

September 30, 2011

Written by Andrea

Thursday, 29 September 2011 18:36 -



"Baby Joshie"

Advanced

3 rounds

15 dumbbell power snatch, right arm #25

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10 pull ups

15 dumbbell power snatch, left arm

10 pull ups

Intermediate

3 rounds

12 dumbbell power snatch, right arm #15-20

7 pull ups

12 dumbbell power snatch, left arm

7 pull ups

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Beginner

3 rounds

9 dumbbell power snatch, right arm #10-15

5 pull ups

9 dumbbell power snatch, left arm

5 pull ups