

October 6, 2011

Written by Andrea

Wednesday, 05 October 2011 20:52 -

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**Advanced**

800m run

15 hang power snatch #65

800m run

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15 hang power snatch #65

800m run

15 hang power snatch #65

**Intermediate**

400m run

15 hang power snatch #45

400m run

15 hang power snatch #45

400m run

15 hang power snatch #45

**Beginner**

200m run

10 hang power snatch #15-25

200m run

10 hang power snatch #15-25

200m run

10 hang power snatch #15-25