

November 3, 2011

Written by Andrea

Wednesday, 02 November 2011 18:55 -



Advanced

5 rounds

10 double or single unders

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10 hang power snatch #65

Intermediate

4 rounds

10 single unders or step ups

10 hang power snatch #45

Beginner

3 rounds

10 step ups

10 hang power snatch #15-25

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