

November 7, 2011

Written by Andrea
Sunday, 06 November 2011 19:28 -



Advanced

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3 rounds

20 wall ball #14

20 hang power snatch #65

Intermediate

3 rounds

15 wall ball #10

15 hang power snatch #45

Beginner

3 rounds

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10 wall ball #6-8

10 hang power snatch #15-25