

December 13, 2011

Written by Andrea

Monday, 12 December 2011 20:41 -



Advanced

3 rounds

15 dumbbell hang power snatch #20, right arm

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9 knees to elbows

15 dumbbell hang power snatch #20, left arm

9 knees to elbows

Intermediate

3 rounds

12 dumbbell hang power snatch #15, right arm

7 knees to elbows or knee ups

12 dumbbell hang power snatch #15, left arm

7 knees to elbows or knee ups

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Beginner

3 rounds

9 dumbbell hang power snatch #10, right arm

5 knees to elbows or knee ups

9 dumbbell hang power snatch #10, left arm

5 knees to elbows or knee ups