

**March 2, 2012**

Written by Andrea  
Thursday, 01 March 2012 21:34 -

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**12.2**

**Advanced**

25 hang power snatches #35

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25 hang power snatches #50

25 hang power snatches #65

### **Intermediate**

20 hang power snatches #15

20 hang power snatches #30

20 hang power snatches #45

### **Beginner**

15 hang power snatches PVC

15 hang power snatches #15

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15 hang power snatches #25

Dumbbells may be subbed for barbell.