June 15, 2013

Written by Andrea
Friday, 14 June 2013 19:47 -

"Baby Isabel"

Advanced

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30 hang power snatches #65

Intermediate

30 hang power snatches #45

Beginner

30 hang power snatches #15-25

If your belly significantly impedes your bar path, substitute a one-armed dumbbell snatch at approximately half the bar weight.