

October 21, 2013

Written by Andrea

Sunday, 20 October 2013 18:44 - Last Updated Sunday, 20 October 2013 19:06



Advanced 3 rounds 20 hang power snatches #65 500m row
5 hang power snatches #45

Intermediate 3 rounds 1

500m row

Beginner

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3 rounds

10 hang power snatches #15-25

250m row

If your belly impedes your bar path, do one-armed dumbbells for the snatch.