

**November 17, 2013**

Written by Andrea  
Sunday, 17 November 2013 00:00

---



**"Baby Isabel"**

**Advanced**

**November 17, 2013**

Written by Andrea  
Sunday, 17 November 2013 00:00

---

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.