

**February 8, 2014**

Written by Andrea  
Friday, 07 February 2014 20:03 -

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**Advanced**

3 rounds

20 one-armed dumbbell snatch #30

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20 pull ups

20 knees to elbows

## **Intermediate**

3 rounds

15 one-armed dumbbell snatch #20

15 pull ups or progressions

15 knees to elbows

## **Beginner**

3 rounds

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10 one-armed dumbbell snatch #10

10 pull up progressions

10 knees to elbows