

April 7, 2014

Written by Andrea
Sunday, 06 April 2014 18:23 -



Advanced

1 minute of double unders

1 minute of dumbbell snatches #30

2 minutes of double unders

2 minutes of dumbbell snatches #30

3 minutes of double unders

April 7, 2014

Written by Andrea
Sunday, 06 April 2014 18:23 -

3 minutes of dumbbell snatches #30

Intermediate

1 minute of double or single unders

1 minute of dumbbell snatches #20

2 minutes of double or single unders

2 minutes of dumbbell snatches #20

3 minutes of double or single unders

3 minutes of dumbbell snatches #20

Beginner

April 7, 2014

Written by Andrea
Sunday, 06 April 2014 18:23 -

1 minute of single unders or step ups

1 minute of dumbbell snatches #10

2 minutes of single unders or step ups

2 minutes of dumbbell snatches #10

3 minutes of single unders or step ups

3 minutes of dumbbell snatches #10

Snatches are single arm, alternating.