

April 30, 2014

Written by Andrea

Tuesday, 29 April 2014 19:12 -



Advanced

21-15-9

Hang power snatch into overhead squat #65

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Push ups

Intermediate

21-15-9

Hang power snatch into overhead squat #45

Push ups

Beginner

15-12-9

Hang power snatch into overhead squat #15-25

Push ups

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