

**July 11, 2014**

Written by Andrea  
Thursday, 10 July 2014 21:31 -

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## **Advanced**

For 15 minutes do:

5 dumbbell snatch, left arm #30

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5 dumbbell snatch, right arm #30

50 double unders

## **Intermediate**

For 15 minutes do:

5 dumbbell snatch, left arm #20

5 dumbbell snatch, right arm #20

40 double or single unders

## **Beginner**

For 10 minutes do:

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5 dumbbell snatch, left arm #10

5 dumbbell snatch, right arm #10

30 single unders