

July 11, 2014

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



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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Written by Andrea

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5 dumbbell snatch, left arm #10

5 dumbbell snatch, right arm #10

30 single unders