

March 2, 2011

Written by Andrea
Tuesday, 01 March 2011 17:37 -



Advanced

3 rounds

Run 400m

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15 dumbbell hang power snatch #20-25

9 shoulder press (with dumbbells)

Intermediate

3 rounds

Run, row or walk 400m

15 dumbbell hang power snatch #15-20

9 shoulder press (with dumbbells)

Beginner

3 rounds

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Row or walk 400m

12 dumbbell hang power snatch #10-15

9 shoulder press (with dumbbells)