

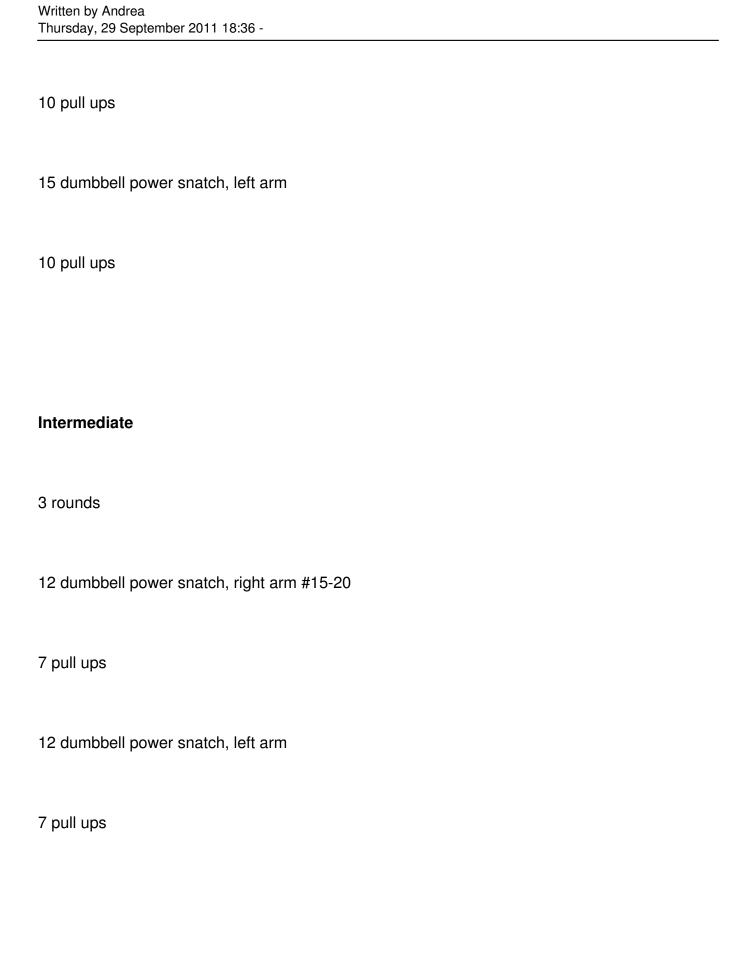
"Baby Joshie"

## **Advanced**

3 rounds

15 dumbbell power snatch, right arm #25

## **September 30, 2011**



## **September 30, 2011**

Written by Andrea
Thursday, 29 September 2011 18:36 
Beginner

Beginner
3 rounds
9 dumbbell power snatch, right arm #10-15
5 pull ups
9 dumbbell power snatch, left arm
5 pull ups