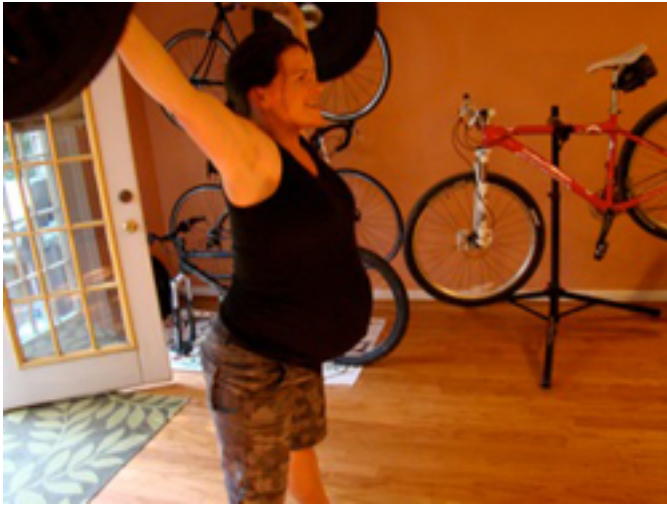


**December 22, 2011**

Written by Andrea  
Wednesday, 21 December 2011 19:03 -

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## **Advanced**

1000m run

60 push ups

10 hang power snatch #65

## **Intermediate**

**December 22, 2011**

Written by Andrea  
Wednesday, 21 December 2011 19:03 -

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800m run

45 push ups or progressions

10 hang power snatch #45

**Beginner**

600m run

30 push ups or progressions

10 hang power snatch #15-25