

March 2, 2012

Written by Andrea

Thursday, 01 March 2012 21:34 -



12.2

Advanced

25 hang power snatches #35

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25 hang power snatches #50

25 hang power snatches #65

Intermediate

20 hang power snatches #15

20 hang power snatches #30

20 hang power snatches #45

Beginner

15 hang power snatches PVC

15 hang power snatches #15

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15 hang power snatches #25

Dumbbells may be subbed for barbell.