

November 17, 2013

Written by Andrea

Sunday, 17 November 2013 00:00 - Last Updated Saturday, 15 March 2014 13:51



"Baby Isabel"

Advanced

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30 hang power snatches #65

Intermediate

30 hang power snatches #45

Beginner

30 hang power snatches #15-25

If your belly significantly impedes your bar path, substitute a one-armed dumbbell snatch at approximately half the bar weight.