

June 23, 2013

Written by Andrea
Saturday, 22 June 2013 22:13 -



Advanced

21-15-9

Hang power snatch #65

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Overhead squat #65

Intermediate

21-15-9

Hang power snatch #45

Overhead squat #45

Beginner

15-12-9

Hang power snatch #15-25

Overhead squat #15-25

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If your belly impedes your bar path, use dumbbells for the snatch.