

May 21, 2014

Written by Andrea
Tuesday, 20 May 2014 18:33 -



"Baby Isabel"

Advanced

30 hang power snatches #65

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Intermediate

30 hang power snatches #45

Beginner

30 hang power snatches #15-25

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