

Coaching Series Part I: The Snatch



Saturday
25/09/2010

12.00pm

5 Tennant Street
Fyshwick ACT

The first in a two-part series on the Olympic Lifts. Part I: The Snatch is a practical workshop that will cover:

- Warm-up/mobility specifically for Olympic lifting
- Progressions/ assistance work for the Snatch
- Snatch technique instruction

Hosting the workshop is B32CF Olympic lifting Coach and experienced O-lifter Jon Valentine. Check out his bio at www.b32crossfit.com.au

\$20 for B32 members

\$30 for non B32 members

Numbers will be limited to the first 25 people.

Phone Ross on 0402 458 871 to confirm your attendance.



Next level strength and conditioning.

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