



LIGA HOMBRES DE HIERRO
WOD 07 de Marzo de 2019.



"19.2"

AMRAP 8'

- 25 toes-to-bars
- 50 double-unders
- 15 squat cleans (61 / 38 kg)
- 25 toes-to-bars
- 50 double-unders
- 13 squat cleans (83 / 52 kg)
- Si COMPLETAS LA RONDA AÑADIR... +4'**
- 25 toes-to-bars
- 50 double-unders
- 11 squat cleans (102 / 65 kg)
- +4'**
- 25 toes-to-bars
- 50 double-unders
- 9 squat cleans (124 / 79 kg)
- +4'**
- 25 toes-to-bars
- 50 double-unders
- 7 squat cleans (142 / 93 kg)

Toes2Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Doubles U	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	Time
Squat Clean	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15											

Toes2Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Doubles U	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	Time
Squat Clean	1	2	3	4	5	6	7	8	9	10	11	12	13													

Toes2Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Doubles U	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	Time
Squat Clean	1	2	3	4	5	6	7	8	9	10	11															

Toes2Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Doubles U	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	Time
Squat Clean	1	2	3	4	5	6	7	8	9																	

Toes2Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	
Doubles U	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	Time
Squat Clean	1	2	3	4	5	6	7																			

SC hará Rodillas por encima de cadera, Simples y los pesos serán:
(43/25 kg) (52/34 kg) (61/43 kg) (70/52 kg) (83/61 kg)

EJERCICIOS ESCALADOS

- Ejerc. 1:
- Ejerc. 2:
- Ejerc. 3:

TOTAL TIME/ REPS

Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

- RX
- INT
- SC