



**LIGA HOMBRES DE HIERRO**  
WOD 14 de Marzo de 2019.



**"19.3"**

**FOR TIME**

**TIME CAP 10'**

61 m DB OH Lunge  
50 DB Box Step-Ups  
50 Strict HSPU  
61 m HSW

<b>m. DB OverHead Lunge</b>	1.53	3.05	4.57	6.09	7.61	9.13	10.65	12.17	13.69	15.21	16.73	18.25	19.77	21.29	22.81	24.33	25.85	27.37	28.89	30.41
	31.93	33.45	34.97	36.49	38.01	39.53	41.05	42.57	44.09	45.61	47.13	48.65	50.17	51.69	53.21	54.73	56.25	57.77	59.29	61.00

<b>DB Box Step-Ups</b>	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
	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

<b>Strict HSPU</b>	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
	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

<b>m. HSW</b>	1.53	3.05	4.57	6.09	7.61	9.13	10.65	12.17	13.69	15.21	16.73	18.25	19.77	21.29	22.81	24.33	25.85	27.37	28.89	30.41
	31.93	33.45	34.97	36.49	38.01	39.53	41.05	42.57	44.09	45.61	47.13	48.65	50.17	51.69	53.21	54.73	56.25	57.77	59.29	61.00

**Los 61 m se dividirán en 40 bloques de 1,52 m, una pista pintada en el suelo de 7,6 m (5 tramos)**

**RX: 22,5 / 15 kg - Box 60 cm / 50 cm.**

**SC: 22,5 / 15 kg Front Lunge - Box 60 cm / 50 cm. - HSPU elevado 12,7 cm - Bear Crawl**

EJERCICIOS ESCALADOS

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

TOTAL TIME/ REPS
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Judge's name  
Judge's signature

Athlete's name  
Athlete's signature

CATEGORÍA

RX  INT  SC