



**LIGA HOMBRES DE HIERRO**  
WOD 21 de Marzo de 2019.



**"19.4"**

**FOR TIME**  
**TIME CAP 12'**

**3 ROUNDS OF**  
10 SNATCH  
12 BURPEE FACING BAR

**3' REST (OBLIGADO)**

**3 ROUNDS OF**  
10 BAR MU  
12 BURPEE FACING BAR

SNATCH	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										
SNATCH	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										
SNATCH	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										TIME

BMU	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										
BMU	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										
BMU	1	2	3	4	5	6	7	8	9	10												
BURPEE FACING BAR	1	2	3	4	5	6	7	8	9	10	11	12										

**OBLIGATORIAMENTE SE HARÁN LOS 3' DE REST**

**RX: 43 / 29 kg.**

**SC: 29 / 20 kg. CHIN OVER BAR PULL UP Y EN LOS FACING SE PERMITE EL STEP**

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