



LIGA HOMBRES DE HIERRO
WOD 28 de Marzo de 2019.



"19.5"
FOR TIME
TIME CAP 20'

33-27-21-15-9 REPS
THRUSTER
CHEST TO BAR

THRUSTER	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	26	27	28	29	30	31	32	33	
CHEST TO BAR	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	26	27	28	29	30	31	32	33	

THRUSTER	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	26	27	
CHEST TO BAR	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	26	27	

THRUSTER	1	2	3	4	5	6	7	8	9	10	11
	12	13	14	15	16	17	18	19	20	21	
CHEST TO BAR	1	2	3	4	5	6	7	8	9	10	11
	12	13	14	15	16	17	18	19	20	21	

THRUSTER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
CHEST TO BAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

THRUSTER	1	2	3	4	5	6	7	8	9
CHEST TO BAR	1	2	3	4	5	6	7	8	9

PESOS...

RX: 43 / 29 kg.

SC: 29 / 20 kg. PULL UPS EN VEZ DE CHEST TO BAR.

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