



LIGA HOMBRES DE HIERRO

WOD 13 de Septiembre de 2018.



"AERIALS"

A) AMRAP 6'

1000/850 M Row

Max Burpee over row

1000 m Row	1									
Max Burpee over row	10	20	30	40	50	60	70	80	90	100

REST 3'

ROUNDS

1 2 3 4 5 6 7 8 9 10

B) AMRAP 6'

10/8 Cal Row

1 Clean & Jerk

10/8 Cal Row

1 Thruster

10/8 Cal Row

1 Snatch

	1	2	3	4	5	6	7	8	9	10
10 / 8 Cal Row	10	10	10	10	10	10	10	10	10	10
Clean & Jerk	1	1	1	1	1	1	1	1	1	1
10 / 8 Cal Row	10	10	10	10	10	10	10	10	10	10
Thruster	1	1	1	1	1	1	1	1	1	1
10 / 8 Cal Row	10	10	10	10	10	10	10	10	10	10
Snatch	1	1	1	1	1	1	1	1	1	1

VARIATIONS

M.

F.

RX: 60 kg / 40 kg

INT: 50 kg / 30 kg

SC: 40 kg / 25 kg

***NOTE: RX e INT add 5 / 2,5 kg between rounds .**

Athlete's signature:

TOTAL REPS A : _____

Judge's signature:

TOTAL REPS B : _____

Athlete name: _____

Name: _____

Rx

Int

Sc