



"BE QUIET AND DRIVE"

TIME CAP 15'

- 15 CLEAN&JERK
- 5 BAR MU
- 15 TOES TO BAR
- 10 CLEAN&JERK
- 10 BAR MU
- 10 TOES TO BAR
- 5 CLEAN&JERK
- 15 BAR MU
- 5 TOES TO BAR

CLEAN & JERK	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
BAR MU	1	2	3	4	5											
TOES TO BAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	

CLEAN & JERK	1	2	3	4	5	6	7	8	9	10
BAR MU	1	2	3	4	5	6	7	8	9	10
TOES TO BAR	1	2	3	4	5	6	7	8	9	10

CLEAN & JERK	1	2	3	4	5											
BAR MU	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
TOES TO BAR	1	2	3	4	5											

MAXIMOS CLEAN & JERK

MAX CLEAN & JERK	REPS
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PESOS.

MAN. WOMAN

RX: 60/70/80/100 // 40/45/50/60.

INT: 50/60/70/80 // 30/35/40/50. Int hará 3-6-9 BMU.

SC: 40/45/50/60 // 20/25/30/40. SC hará C2B en vez de BMU y cambia T2B por Rodilla por encima de cadera

EJERCICIOS ESCALADOS

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

TIME	REPS C&J
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Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

- RX INT SC