



LIGA HOMBRES DE HIERRO

WOD 20 de Septiembre de 2018.



"BOTTOM OF THE WELL"

TIME CAP 20'

2 ROUNDS FOR TIME

- 30 HSPU
- 5 OHS
- 20 HSPU
- 10 OHS
- 10 HSPU
- 15 OHS

VARIATIONS

M.

- RX: 70 kg / 50 kg
- INT: 60 kg / 40 kg
- SC: 50 kg / 30 kg

F.

ROUND

1

HSPU	5	10	15	20	25	30
OHS	1	2	3	4	5	
HSPU	5	10	15	20		
OHS	1	2	3	4	5	
	1	2	3	4	5	
HSPU	5	10				
OHS	1	2	3	4	5	
	1	2	3	4	5	
	1	2	3	4	5	

ROUND

2

	5	10	15	20	25	30
	1	2	3	4	5	
	5	10	15	20		
	1	2	3	4	5	
	1	2	3	4	5	
	5	10				
	1	2	3	4	5	
	1	2	3	4	5	
	1	2	3	4	5	

***NOTE: Sc.... Push Up Release / Pull Up / Chest2B**

Athlete's signature:

Judge's signature:

TOTAL TIME: _____

Athlete name: _____

Name: _____

Judge's name: _____

Rx Int Sc