



**LIGA HOMBRES DE HIERRO**  
WOD 13 Mayo de 2019.



## "CEMETERY GATE"

**TIME CAP 12'**

75/60 Cal Row  
50 Burpee over Row  
25 Box Jump Over  
100 Double Unders

<b>CAL ROW</b>	75																								
<b>BURPEE OVER ROW</b>	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
<b>BOX JUMP OVER</b>	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
<b>DOUBLE UNDERS</b>	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	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

**INT: 50 DU**  
**SC: 100 SIMPLES**

### EJERCICIOS ESCALADOS

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

TOTAL TIME

\_\_\_\_\_  
Judge's name  
Judge's signature

\_\_\_\_\_  
Athlete's name  
Athlete's signature

CATEGORÍA

RX    INT    SC