



# LIGA HOMBRES DE HIERRO

WOD 18 Julio de 2019.

# HOMBRES DE HIERRO

## "DEVIL INSIDE ME"

### A. 0'-3'RM CLEAN

RM CLEAN	KG	KG	KG	KG	KG
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### B. 3'-15' CAP

1 K / 850m ROW  
 30 THRUSTER  
 750m / 600m ROW  
 20 THRUSTER  
 500m / 350 m ROW  
 10 THRUSTER

ROW	1																
THRUSTER	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
ROW	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
THRUSTER	32																
ROW	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47		
THRUSTER	48	49	50	51	52												
ROW	53																
THRUSTER	54	55	56	57	58	59	60	61	62	63							

### C. 15'-18'RM CLEAN

RM CLEAN	KG	KG	KG	KG	KG
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Rx: 50 / 35 KG  
 Im: 50 / 35 KG  
 Sc : 40 / 25 KG

EJERCICIOS ESCALADOS  
 Ejerc. 1:  
 Ejerc. 2:  
 Ejerc. 3:

TOTAL KG A+C.	TOTAL TIME.
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\_\_\_\_\_  
 Judge's name  
 Judge's signature

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

CATEGORÍA  
 RX    INT    SC