



"ENJOY THE SILENCE"

FOR TIME CAP 10'

30 m DUAL DB LUNGES
30 DB BOX STEP OVER
30 m HSWALK
30 m DUAL DB LOUNGES
30 DB BOX STEP OVER

RX-INT

DUAL DB LUNGES	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
DB BOX STEP OVER	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
HSWALK	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
DUAL DB LUNGES	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
DB BOX STEP OVER	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135
	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150

SC

DUAL DB LUNGES	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
DB BOX STEP OVER	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
DUAL DB LUNGES	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
DB BOX STEP OVER	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120

Rx: 22,5 / 15 KG

Im: 20 / 12,5 KG. Intermedio hará 15 m HSW

Sc: 17,5 / 10 KG. Scaled no hará HSW

EJERCICIOS ESCALADOS

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

TOTAL TIME/ REPS.

Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

RX INT SC