



**LIGA HOMBRES DE HIERRO**  
WOD 20 Mayo de 2019.



# "HEADSTRONG!"

## AFAP

### 21-15-9

Pull Up  
Hang Clean&Jerk

### 9-6-3

Bar Muscle Up  
Clean&Jerk

Pull UP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Hang Clean&Jerk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Pull UP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15						
Hang Clean&Jerk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15						
Pull UP	1	2	3	4	5	6	7	8	9												
Hang Clean&Jerk	1	2	3	4	5	6	7	8	9												
Bar Muscle Up	1	2	3	4	5	6	7	8	9												
Clean&Jerk	1	2	3	4	5	6	7	8	9												
Bar Muscle Up	1	2	3	4	5	6															
Clean&Jerk	1	2	3	4	5	6															
Bar Muscle Up	1	2	3																		
Clean&Jerk	1	2	3																		

**RX: 60-80 / 40-50**

**INT: 50-70 / 30-40**

**SC: 40-60 / 20-30. Cambiará BMU por C2B**

### EJERCICIOS ESCALADOS

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

TOTAL TIME
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Judge's name  
Judge's signature

Athlete's name  
Athlete's signature

CATEGORÍA

RX    INT    SC