



# LIGA HOMBRES DE HIERRO

WOD 27 de Septiembre de 2018.



## "LEVELS"

### 4 ROUNDS

2 min ON - 1 min OFF

15 Chest to Bar

10 Burpee Bar

Max Cleans

LAST ROUND 3 min ON

### VARIATIONS

RX: **M.** 80/90/100/110 kg

**F.** 60/65/70/75 kg

INT: **M.** 70/80/90/100/ kg

**F.** 40/45/50/55 kg

SC: **M.** 50/60/70/80 kg

**F.** 30/35/40/45 kg

### ROUND 1

Chest to Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Burpee Bar	1	2	3	4	5	6	7	8	9	10						
Max Clean																

### ROUND 2

Chest to Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Burpee Bar	1	2	3	4	5	6	7	8	9	10						
Max Clean																

### ROUND 3

Chest to Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Burpee Bar	1	2	3	4	5	6	7	8	9	10						
Max Clean																

### ROUND 4

Chest to Bar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Burpee Bar	1	2	3	4	5	6	7	8	9	10						
Max Clean																

**\*NOTE: Sc... Wall Ball - Burpee - Clean.**

**\*NOTE: El peso lo cambiará el propio atleta.**

Athlete's signature:

Judge's signature:

TOTAL REPS: \_\_\_\_\_

Athlete name: \_\_\_\_\_

Name:

Judge's name: \_\_\_\_\_

Rx  Int  Sc