



# LIGA HOMBRES DE HIERRO

Jueves 17 de Abril 2018.



## WOD "WELCOME TO THE JUNGLE"

### TIME CAP 22'

#### START WITH.

20m HsWalk (4x5m)

20 DeadLift

#### 3RFT

20 Squat Clean

100 DU

20 WallBall (9 / 6 kg)

#### ENDS WITH.

20m HsWalk (4x5m)

20 DeadLift

	START	Round 1	Round 2	Round 3	ENDS
20m HsWalk					
20 DeadLift					
20 Squat Clean					
100 DU					
20 WallBall					
20m HsWalk					
20 DeadLift					

#### VARIATIONS

M. F.

RX: 60 kg / 40 kg

INT: 50 kg / 30 kg (HSPU)

SC: 40 kg / 25 kg (PushUP Release // SimpleUnder)

(NOTE: si en INT se escalan los DU se deberán hacer SU x3)

TOTAL TIME (Part 1):

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

Judge name: \_\_\_\_\_

Rx

Int

Sc