



# LIGA HOMBRES DE HIERRO

Jueves 10 de Abril 2018.



## WOD "OVERKILL"

### **PART 1.**

5 ROUNDS FOR TIME (12' CAP)

- 1 Over Head Squat
- 2 Burpee Over Bar
- 3 Cluster
- 4 Ring MU
- 5 Push Jerk

	Round 1	Round 2	Round 3	Round 4	Round 5
OHS					
Burpee O B					
Cluster					
Ring MU					
Push Jerk					

### **2' REST**

### **PART 2.**

3' MÁXIMAS REPS  
Over Head Squat

### **VARIATIONS**

M. F.

RX: 80 kg / 60 kg

INT: 65 kg / 45 kg (Bar MU)

SC: 50 kg / 30 kg (Chest2Bar)

TOTAL TIME (Part 1):

TOTAL REPS (Part 2):

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

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

Rx

Int

Sc