



"Parafilia"

A: Time Cap 3'

30 Burpee Facing Bar
(new standard)
10 Thruster 60 kg

1' Rest

B: Time Cap 3'

30 Alternate Pistols
10 Thruster 60 kg

1' Rest

C: Time Cap 3'

30 C2B
10 Thruster 60 kg

Burpee Facing Bar	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
Thruster	1	2	3	4	5	6	7	8	9	10

Time A: _____

Alternate Pistols	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
Thruster	1	2	3	4	5	6	7	8	9	10

Time B: _____

CHEST TO BAR	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
Thruster	1	2	3	4	5	6	7	8	9	10

Time C: _____

VARIATIONS:

Rx: 60 kg / 40 kg.

Int: 50 kg - Wall Ball 9kg / 30 kg - Wall Ball 6kg.

Sc: 45 kg -Wall Ball 9kg - Pull Up / 25 kg -Wall Ball 6kg - Pull Up.

EN LOS WODS NO TERMINADOS SE SUMARÁ 5" POR REP NO HECHA

Judge's name: _____

(A+B+C)

TOTALTIMES: _____

Athlete name: _____

Athlete's signature: _____

Rx

Int

Sc

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3: