



LIGA HOMBRES DE HIERRO

Jueves 23 de Mayo 2018.



"RIDE THE LIGHTNING"

PART 1.

TIME CAP 15'

- 24 Toes To Bar
- 10 Snatch
- 24 Toes To Bar
- 8 Snatch
- 24 Toes To Bar
- 6 Snatch
- 24 Toes To Bar
- 4 Snatch

TIME CAP 15'	
24 Toes To Bar	
10 Snatch	
24 Toes To Bar	
8 Snatch	
24 Toes To Bar	
6 Snatch	
24 Toes To Bar	
4 Snatch	

PART 2.

15' -24' (RX - INT)

RM Snatch

*Only 3 attempts

*Only increase weight

	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
SNATCH (KG)			

VARIATIONS

M. F.

RX: 60-70-80-85 kg / 40-45-50-55 kg

INT: 50-60-65-70 kg / 27,5-30-35-40 kg

SC: 40-45-50-55 kg / 25-27,5-30-35 kg (Knees to elbows)

(NOTE: SC no RM Snatch)

TOTAL TIME (Part 1): _____

RM KG (Part 2): _____

Athlete name: _____

Judge name: _____

Rx

Int

Sc