



LIGA HOMBRES DE HIERRO

Jueves 28 de Julio 2018.

HOMBRES DE HIERRO

WOD "RIDERS ON THE STORM"

TIME CAP 18'

2 ROUNDS

20 Wall Ball 9 / 6 kg

5 Complex (5 rep)

2 ROUNDS

20/16 Cal Row (1 rep)

3 Complex (3 rep)

2 ROUNDS

20 Chest to Bar

1 Complex (1 rep)

	Round 1					Round 2				
Wall Ball										
	5	10	15	20		5	10	15	20	
Complex										
	1	2	3	4	5	1	2	3	4	5
Cal Row										
	20					20				
Complex										
	1	2	3			1	2	3		
Chest to Bar										
	5	10	15	20		5	10	15	20	
Complex										
	1					1				

VARIATIONS

M. F.

RX: 60-70-80 kg / 40-50-60 kg

INT: 50-60-70 kg / 30-35-40 kg

SC: 40-50-60 kg / 25-30-35 kg. (Pull Up)

COMPLEX: CLUSTER+2 FRONT SQUAT+STOH

TOTAL TIME : _____

Athlete's signature:

Judge's signature:

Athlete name: _____

Judge name: _____

Rx

Int

Sc