



# LIGA HOMBRES DE HIERRO

Jueves 19 de Julio 2018.

# HOMBRES DE HIERRO

## WOD "RISE OF ANGEL"

### TIME CAP 18'

#### 10 ROUNDS FOR TIME

- 1 Squat Clean
- 2 Strict HSPU
- 3 DB Squat Snatch
- 4 DeadLift
- 5 Chest to Bar

	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9	Round 10
<b>Squat Clean</b>	1	1	1	1	1	1	1	1	1	1
<b>HSPU</b>	2	2	2	2	2	2	2	2	2	2
<b>DB Squat Snatch</b>	3	3	3	3	3	3	3	3	3	3
<b>DeadLift</b>	4	4	4	4	4	4	4	4	4	4
<b>Chet to Bar</b>	5	5	5	5	5	5	5	5	5	5
<b>Total reps</b>	15	30	45	60	75	90	105	120	135	150

### VARIATIONS

M. F.

RX: 22,5-90 kg / 17,5-65 kg

INT: 20-75 kg / 15-45 kg (HSPU kipping)

SC: 17,5-60 kg / 12,5-30 kg. (WALL CLIMB - DB Snatch - PULL UP)

**TOTAL REPS :** \_\_\_\_\_

Athlete's signature:

Judge's signature:

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

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

Rx

Int

Sc