LIGA HOMBRES DE HIERRO

WOD 71 de Febrero de 2019.

"SCARS"

AFAP

5 Bar Muscle Up
15 DB OHS (Single)
Gym Complex
15 Devil Press
Gym Complex
15 Double DB Thruster
Gym Complex
15 DB Hang C&Jerk (Single)
5 Bar Muscle Up

Bar Muscle Up	1	2	3	4	5										
DB OHS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Gym Complex	1														
Devil Press	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Gym Complex	1														
Double DB Thruster	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Gym Complex	1														
DB Hang Clean & Jerk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Bar Muscle Up	1	2	3	4	5										

Gym Complex
Rx: 5 T2B + 5 C2B (unbroken)
IM: 3 T2B + 3 C2B (unbroken)
Sc: 5 T2B

PESOS:
Rx: 22,5 / 15 kg
Im: 20 / 12,5 kg
Sc: 17,5 / 10 kg. Sc hará 5 C2B en vez de Bar Muscle Up

Judge's name: _____

TOTAL TIME: _____

Athlete name: _____

Athlete's signature:

Rx ☐ Int ☐ Sc ☐

MODIFICATIONS

Ejerc. escalado 1:
Ejerc. escalado 2:
Ejerc. escalado 3:
Ejerc. escalado 4:
Ejerc. escalado 5:
Ejerc. escalado 6:

© 2018 Hombres de Hierro. All Rights Reserved.