



LIGA HOMBRES DE HIERRO

Jueves 26 de Julio 2018.

HOMBRES DE HIERRO

"SHOW ME HOW TO LIVE"

TIME CAP 15'

2 ROUNDS FOR TIME

15-12-9

CAL ROW (fem. 12-9-6)

SNATCH

6-4-2

BAR MUSCLE UP

BURPEE OTB

VARIATIONS

M. F.

RX: 50 kg / 35 kg

INT: 45 kg / 30 kg (C2B)

SC: 40 kg / 25 kg. (PULL UP)

(SI LLEGAS AL TIME CAP EN RONDA ROW, ANOTAR CAL HECHAS)

Work	Rep	15	12	9	15	12	9
Cal. Row							
Snatch							
TOTAL		30	54	72	126	150	168
		1°			3°		

Work	Rep	6	4	2	6	4	2
Bar MU							
B OTB							
TOTAL		84	92	96	180	188	192
		2°			4°		

TOTAL TIME : _____

Athlete's signature:

Judge's signature:

Athlete name: _____

Judge name: _____

Rx

Int

Sc