



"The Show must go on"

FOR TIME

7-5-3

Ring Muscle Up
Double KB Snatch

100 Double Under

7-5-3

Ring Muscle Up
Double KB Thruster

RM Hang Squat Clean

TIME CAP 16'

VARIATIONS:

Rx: 24 kg / 16 kg.

Int: 20 kg / 12 kg - Bar Muscle Up - 50 Double Unders

SC: 16 kg / 8 kg - Chest to Bar - 100 Single Unders

Ring Muscle Up	1	2	3	4	5	6	7								
D KB Snatch	1	2	3	4	5	6	7								
Ring Muscle Up	1	2	3	4	5										
D KB Snatch	1	2	3	4	5										
Ring Muscle Up	1	2	3												
D KB Snatch	1	2	3												
Double Under	10	20	30	40	50	60	70	80	90	100					
Ring Muscle Up	1	2	3	4	5	6	7								
D KB Thruster	1	2	3	4	5	6	7								
Ring Muscle Up	1	2	3	4	5										
D KB Thruster	1	2	3	4	5										
Ring Muscle Up	1	2	3												
D KB Thruster	1	2	3												
TOTAL TIME															
RM H S Clean	Kg														

Judge's name: _____

TOTAL TIME: _____

TOTAL RM: _____

Athlete name: _____

Athlete's signature: _____

Rx Int Sc

MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3: