



LIGA HOMBRES DE HIERRO
WOD 30 Mayo de 2019.



"THIS IS CARDIO FOR ME"

FOR TIME CAP 5'

- 7 Thrusters
- 7 Burpee facing bar
- 7 Snatch
- 7 Burpee facing bar
- 7 Clean & Jerk
- 7 Burpee facing bar

THRUSTERS	1	2	3	4	5	6	7
BURPEE FACING BAR	1	2	3	4	5	6	7
SNATCH	1	2	3	4	5	6	7
BURPEE FACING BAR	1	2	3	4	5	6	7
CLEAN & JERK	1	2	3	4	5	6	7
BURPEE FACING BAR	1	2	3	4	5	6	7

RX: 70 / 50 kg
INT: 60 / 40 kg
SC: 50 / 30 kg

EJERCICIOS ESCALADOS

- Ejerc. 1:
- Ejerc. 2:
- Ejerc. 3:

TOTAL TIME

Judge's name
Judge's signature

Athlete's name
Athlete's signature

CATEGORÍA

RX INT SC