



**LIGA HOMBRES DE HIERRO**  
WOD 18 de Abril de 2019.



# "VICARIOUS"

**3 ROUNDS FOR TIME**  
**TIME CAP 18'**

- 9 PUSH JERK
- 15 FRONT SQUAT
- 21 BURPEE OVER BAR
- 27 BOX JUMP OVER 60/50

PUSH JERK	1	2	3	4	5	6	7	8	9																
FRONT SQUAT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
BURPEE OVER THE BAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21																			
BOX JUMP OVER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21	22	23	24	25	26	27													

PUSH JERK	1	2	3	4	5	6	7	8	9																
FRONT SQUAT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
BURPEE OVER THE BAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21																			
BOX JUMP OVER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21	22	23	24	25	26	27													

PUSH JERK	1	2	3	4	5	6	7	8	9																
FRONT SQUAT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
BURPEE OVER THE BAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21																			
BOX JUMP OVER	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15										
	16	17	18	19	20	21	22	23	24	25	26	27													

- PESOS.**  
**RX: 70/50 KG**  
**INT: 60/40 KG**  
**SC: 50 30 KG.**  
**BOX JUMP 60/50 cm.**

EJERCICIOS ESCALADOS

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

TOTAL TIME/ REPS
------------------

Judge's name  
Judge's signature

Athlete's name  
Athlete's signature

CATEGORÍA

- RX    INT    SC