



"THE GRINCH"

FOR TIME

- 1 DeadLift
- 2 Ring MU
- 3 Burpee box jump over
- 4 Front Squat double db
- 5 Mts HSWalk UB
- 6 Power Clean
- 7 HSPU
- 8 Single Arm DB STO
- 9 OH Lunge single arm DB
- 10 Pull Ups
- 11 Double Unders
- 12 BAR MU

VARIATIONS:

RX / INT / SC

- 2. RMU / C2B / WALL CLIMB
- 5. HSW UB / HSW 2,5 + 2,5 / DB SNATCH
- 7. HSPU / HSPU / KB SWING 24-16 kg
- 11. DU / DU / SU
- 12. BMU / BMU / C2B

PESOS:

Deadlift	Power clean	Db
Rx: 140/90	Rx: 80/60	Rx: 22,5/15
Im: 120/70	Im: 70/50	Im: 20/12,5
Sc: 100/60	Sc: 60/40	Sc: 17,5/10

SE DEBERÁN COMENZAR LAS RONDAS CON EL NUEVO MOVIMIENTO.

DeadLift	1	1	1	1	1	1	1	1	1	1	1	1
Ring MU		2	2	2	2	2	2	2	2	2	2	2
Burpee Box Jump Over			3	3	3	3	3	3	3	3	3	3
Front Squat DB				4	4	4	4	4	4	4	4	4
HSW Unbroken					5	5	5	5	5	5	5	5
Power Clean						6	6	6	6	6	6	6
HSPU							7	7	7	7	7	7
DB STO								8	8	8	8	8
OH Lunge DB									9	9	9	9
Pull Ups										10	10	10
Double Unders											11	11
Bar MU												12
Rounds	1°	2°	3°	4°	5°	6°	7°	8°	9°	10°	11°	12°

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: