

JUDGE

18/08/2022 - 25/08/2022

CLASIFICATORIO ONLINE

EVENTO: F2F / PLAY OFFS

CATEGORÍA:

ATLETA:



2022
TRAVIESO

WOD 1. A

AMRAP 9'

6 Cluster *RX: 35/50 Kg - INT: 25/40 Kg - SCL: 20/30 Kg*

4 HSPU *SCL: Hand Release Push Up*

*Each round adds 4 HSPU

	R1	R2	R3	R4	R5	R6	R7	R8	R9	R10
6 Cluster	6	12	18	24	30	36	42	48	54	60
HSPU/ Hang Release Push UP	4	8	12	16	20	24	28	32	36	40
TOTAL REPS	10	30	60	100	150	210	280	360	450	550

FINAL REPS:

WOD 1. B

FROM 9' TO 13'

RM COMPLEX

1 CLEAN + 1 HANG CLEAN + 1 JERK

SCORE 1	SCORE 2	SCORE 3	SCORE 4	SCORE 5

FINAL RM:

WOD 2. A

FOR TIME:

30 - 20 - 10 Cal Row
+ 8 Shuttle Run 7,5m between rounds

Cal Row	Shuttle Run	Cal Row	Shuttle Run	Cal Row	FINAL TIME/REPS
30	8	20	8	10	

WOD 2. B

THEN:

24 BMU - INT: Chest To Bar - SCL: Pull Ups

FINAL TIME/REPS:

TIME CAP 9'

JUEZ: _____

FIRMA ATLETA:

#NORULES