

IRON GAMES WOD 1 “Rollin”

Categorías individuales: (RX / ADV / Masters +35)

For time (7' TC)

30 Db snatch

6 Shuttle runs (9mts = 1 rep)

20 Burpees line facing

25 Db snatch

4 Shuttle runs

15 Burpees line facing

20 Db snatch

2 Shuttle runs

10 Burpees line facing

Dumbbell (H: 22,5kg / M: 15kg)

Categorias Duplas (RX - Advanced – Masters)

For time (8' TC)

20 Db snatch ATLETA A

20 Db snatch ATLETA B

6 Synchro shuttle runs (9mts = 1 rep)

20 Synchro burpees line facing

15 Db snatch ATLETA A

15 Db snatch ATLETA B

4 Synchro shuttle runs

15 Synchro burpees line facing

10 Db snatch ATLETA A

10 Db snatch ATLETA B

2 Synchro shuttle runs

10 Synchro burpees line facing

Dumbell (H: 22,5kg / M: 15kg)

Categorias Duplas (Scaled)

For time (8' TC)

20 Db snatch ATLETA A

20 Db snatch ATLETA B

6 Synchro shuttle runs

20 Synchro burpees line facing

15 Db snatch ATLETA A

15 Db snatch ATLETA B

4 Synchro shuttle runs

15 Synchro burpees line facing

10 Db snatch ATLETA A

10 Db snatch ATLETA B

2 Synchro shuttle runs

10 Synchro burpees line facing

Dumbell (H: 15kg / M: 10kg)