

IRON GAMES WOD 2 “Chop Suey”

Categorías individuales: RX / ADV / Master

Intervals 2-2-2-3

15 Chest to bar

12 Box jump overs

Max reps S. Snatch

Rest 1' e/intervalo

Parámetro RX / Master +35

Barra H: 70kg / M: 50kg

Box H: 60cm / M: 50cm

Parámetro ADV / Master +40

Barra H: 60kg / M: 40kg

Box igual para todas las cat.

Categoria dupla RX H – M / Master +35 H - M

Intervals 2-2-3

12 Synchro chest to bar

16 Box jump over a completar

Max reps synchro S. Snatch

Rest 1' e/interval

Barbell (H: 70kg / M: 50kg)

Box (H: 60cm / M: 50cm)

Categoria dupla Scaled H-H

Intervals 2-2-3

12 Syncro Pull ups

16 Box jump alternado

Max reps S. Snatch alternado

Rest 1' e/intervalo

Categoria dupla Scaled M-M

Intervals 2-2-3

12 Synchro Push ups

16 Box jump alternado

Max reps S. Snatch alternado

Rest 1' e/intervalo

Barbell (H: 40kg / M: 25kg)

Box (H: 60cm / M: 50cm)

Categoria dupla Scaled H-M

Intervals 2-2-3

12 Synchro Push ups

16 Box jump alternado

Max reps Synchro S. Snatch

Rest 1' e/intervalo

Barbell (H: 40kg / M: 25kg)

Box (H: 60cm / M: 50cm)

Categoria ADV M-M

Intervals 2-2-3

12 Synchro Pull ups

16 Box jump alternado

Max reps S. Snatch alternado

Rest 1' e/interval

Categoria ADV H-M

Intervals 2-2-3

12 Synchro Pull ups

16 Box jump over a completar

Max reps synchro S. Snatch

Rest 1' e/intervalo

Barbell (H: 60kg / M: 40kg)

Box (H: 60cm / M: 50cm)