



# THE BATTLE OF THE MEDITERRANEAN 2019

"WOD 1" clasificatorio del 2 al 8 de Noviembre de 2018



## "WELCOME TO THE BATTLE"

### AMRAP 8'

3 BMU  
6 DEADLIFT  
9 WALL BALL

|          | BMU/C2B<br>/PULL UP | DEADLIFT | WALL<br>BALL |
|----------|---------------------|----------|--------------|
| ROUND 1  | 3                   | 6        | 9            |
| ROUND 2  | 3                   | 6        | 9            |
| ROUND 3  | 3                   | 6        | 9            |
| ROUND 4  | 3                   | 6        | 9            |
| ROUND 5  | 3                   | 6        | 9            |
| ROUND 6  | 3                   | 6        | 9            |
| ROUND 7  | 3                   | 6        | 9            |
| ROUND 8  | 3                   | 6        | 9            |
| ROUND 9  | 3                   | 6        | 9            |
| ROUND 10 | 3                   | 6        | 9            |
| ROUND 11 | 3                   | 6        | 9            |
| ROUND 12 | 3                   | 6        | 9            |
| ROUND 13 | 3                   | 6        | 9            |
| ROUND 4  | 3                   | 6        | 9            |
| ROUND 15 | 3                   | 6        | 9            |

Judge's signature:

Athlete signature:

TOTAL REPS: \_\_\_\_\_

Rx E/I \_\_\_ Ms \_\_\_ Sc \_\_\_

### VARIATIONS

RX ELITE e INTERMEDIO M. 100kg-9kg /F. 60 kg-6kg

Master+35 M. 90kg-9kg /F. 50kg-6kg

Scaled M. 80kg-C2B-9kg /F. 40kg-PULL UP-6kg

Altura Wall Ball 3,05/2,75m.

**\*Solo el atleta podrá tocar el material**