



THE BATTLE OF THE MEDITERRANEAN 2019
 "WOD 2" clasificatorio del 9 al 15 de Noviembre de 2018



"RAINING BLOOD"

FOR TIME: TC 12'

10 SNATCH
 50 DOUBLE UNDER
 25 HSPU
 8 SNATCH
 40 DOUBLE UNDER
 20 HSPU
 6 SNATCH
 30 DOUBLE UNDER
 15 HSPU
 4 SNATCH
 20 DOUBLE UNDER
 10 HSPU
 2 SNATCH
 10 DOUBLE UNDER
 5 HSPU

SNATCH	1	2	3	4	5	6	7	8	9	10
DOUBLE UNDER	10	20	30	40	50					
HSPU	5	10	15	20	25					
SNATCH	1	2	3	4	5	6	7	8		
DUBLE UNDER	10	20	30	40						
HSPU	5	10	15	20						
SNATCH	1	2	3	4	5	6				
DOUBLE UNDER	10	20	30							
HSPU	5	10	15							
SNATCH	1	2	3	4						
DOUBLE UNDER	10	20								
HSPU	5	10								
SNATCH	1	2								
DOUBLE UNDER	10	20								
HSPU	5	10								
SNATCH	1	2								
DOUBLE UNDER	10									
HSPU	5									

Judge's signature: _____

Athlete signature: _____

TOTAL TIME(TC'): _____

Rx E/I _____

Ms _____

Sc _____

VARIATIONS

RX ELITE e INTERMEDIO **M.** 50-60-70-80-90 KG/ **F.** 35-40-45-50-55 KG.

Master+35 **M.** 40-50-60-70-80 KG/ **F.** 30-35-40-45-50 KG.

Scaled **M.** 40-45-50-55-60 KG/KB Swing Am. 24KG/Simple Under (**mismo número de Reps**).

Scaled **F.** 25-27,5-30-32,5-35 KG/KB Swing Am. 16KG/Simple Under (**mismo número de Reps**).

*Solo se podrá utilizar una barra.

*Al atleta se le podrán cambiar los pesos.