



LEVEL WOD 23.1

A+B	18 PULL UP (EACH)	18	36	18 SYNCHRO THRUSTERS	54
C+D	16 TTB (EACH)	70	86	16 SYNCHRO THRUSTERS	102
A+B	14 HSPU (EACH)	116	130	14 SYNCHRO THRUSTERS	144
C+D	12 SYNCHRO CH2B		156	12 SYNCHRO SQ. CLEAN	168
FREE	8 SYNCHRO TTB 6		176	8 SYNCHRO SQ. CLEAN	184
FREE	SYNCHRO SHSPU		190	6 SYNCHRO SQ. CLEAN	196
FREE	4 SYNCHRO BMU		200	2 SYNCHRO SQ. CLEAN	202
FREE	4 SYNCHRO BMU		206	2 SYNCHRO SQ. CLEAN	208
FREE	4 SYNCHRO BMU		212	2 SYNCHRO SQ. CLEAN	214
FREE	4 SYNCHRO BMU		218	2 SYNCHRO SQ. CLEAN	220
FREE	4 SYNCHRO BMU		224	MAX SYNCHRO SQ. CLEAN	

NOMBRE	RESULTADO



LEVEL WOD 23.2/23.3

DEL 0' AL 3'

15 BBJO	15
12 FRONT SQUAT	27
9 SH TO OH	36

MAX CAL ROW	MAX
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DEL 3' AL 6'

SQUAT CLEAN + HANG SQUAT CLEAN
KG

NOMBRE	RESULTADO