

LEVEL WOODS 2022

FITNESS CHALLENGE LEAGUE

SCORESHEET LEVEL WOD 22.1

E2MOM 12' (6 BLOQUES)

RONDA 1 (A + B) 0' - 2'	21 Pull up (1 hang) 21	10 Power clean (50/35kg) 31	6 Synchro Burpee over the bar 37
RONDA 2 (C + D) 2' - 4'	18 Toes to bar (1 hang) 55	10 Power clean (60/40kg) 65	9 Synchro Burpee over the bar 74
RONDA 3 (LIBRE) 4' - 6'	15 Synchro pull up 89	10 Power clean (70/45kg) 99	12 Synchro Burpee over the bar 111
RONDA 4 (LIBRE) 6' - 8'	12 Synchro chest to bar 123	10 Power clean (80/55kg) 133	15 Synchro Burpee over the bar 148
RONDA 5 (LIBRE) 8' - 10'	9 Bar Muscle up 157	10 Power clean (90/65kg) 167	18 Synchro Burpee over the bar 185
RONDA 6 (LIBRE) 10' - 12'	6 Muscle up 191	10 Power clean (100/70kg) 201	MAX Synchro Burpee over the bar 201+Burpees
TOTAL DE REPETICIONES LEVEL WOD 22.1			



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SCORESHEET LEVEL WODs 22.2 + 22.3 (individual)

Intervalos de trabajo de 2 minutos

MINUTOS 0'-2'	1RM OVERHEAD SQUAT FROM THE FLOOR
MINUTOS 2'-4'	MÁX CAL ROW
MINUTOS 4'-6'	1RM CLEAN AND JERK FROM THE FLOOR

RESULTADO LEVEL WOD 22.2	RESULTADO LEVEL WOD 22.3
1RM OVERHEAD SQUAT + 1RM CLEAN AND JERK	MÁX CAL ROW



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FITNESS CHALLENGE LEAGUE

SCORESHEET LEVEL WOD 22.4

AMRAP 12'

RONDA 1 (A + B)	200 Single unders (100 each) 200	21 Synchro push up 221	TIE BREAK:
RONDA 2 (C + D)	20 Synchro box jump 55	18 Synchro handstand push up 65	TIE BREAK:
RONDA 3 (LIBRE)	100 Double unders (50 each) 89	15 Synchro strict handstand push up (abmat) 99	TIE BREAK:
RONDA 4 (LIBRE)	10 Synchro facing burpee box jump over 123	12 Synchro strict handstand push up 133	TIE BREAK:
RONDA 5 (LIBRE)	Max reps handstand walk (1 rep = recta 6m)		

TOTAL DE REPETICIONES LEVEL WOD 22.4	REPS:
	TIE BREAK:

