



INDIVIDUAL FINAL WOOD

ISCARIOT

FINAL

TIME CAP: 9 MIN FOR TIME

3 ROUND FOR TIME OF:

1 ISCARIOT KISS (7 DEADLIFT + 7 HANG POWER CLEAN + 7 BACK SQUAT)

9 STRICT HANDSTAND PUSH UP

21 WALL BALL SHOT



WEIGHT AND VARIATIONS

	ISCARIOT KISS	HANDSTAND PUSH UP STRICT	WALL BALL
ELITE	90/60 KG	√	12/9 KG
MASTER 35	90/60 KG	√	12/9 KG
JUNIOR	80/50 KG	Man strict / Female any style	12/9 KG
SCALED	80/50 KG	Man strict / Female any style	12/9 KG
TEEN	60/40 KG	Man strict / Female any style	
MASTER 40	80/50 KG	Man strict / Female any style	12/9 KG
MASTER 45	70/45 KG	Man strict / Female any style	12/9 KG
MASTER 50	60/40 KG	Any style	12/9 KG
EXPERIENCE	60/40 KG	DUMBBELL SNATCH 22,5/15 KG	9/6 KG