

nexo

THROWDOWN ZAMORA

BY FEBRUARY CHALLENGE



parejas



equipos

CRITERIOS DE INCLUSIÓN POR CATEGORÍA

RX



- INTEGRANTE MASCULINO:

DEBE PODER REALIZAR RING Y BAR MUSCLE UPS, LEGLESS ROPE CLIMB, ROPE CLIMB, STRICT HANDSTAND PUSH UP, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 75KG SNATCH Y 95KG CLEAN AND JERK.



- INTEGRANTE FEMENINO:

DEBE PODER REALIZAR RING Y BAR MUSCLE UPS, LEGLESS ROPE CLIMB, ROPE CLIMB, STRICT HANDSTAND PUSH UP, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 47,5KG SNATCH Y 65KG CLEAN AND JERK



- INTEGRANTE MASCULINO:

DEBE PODER REALIZAR RING Y BAR MUSCLE UPS, LEGLESS ROPE CLIMB, ROPE CLIMB, STRICT HANDSTAND PUSH UP, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 65KG SNATCH Y 95KG CLEAN AND JERK.



- INTEGRANTE FEMENINO:

DEBE PODER REALIZAR RING Y BAR MUSCLE UPS, LEGLESS ROPE CLIMB, ROPE CLIMB, STRICT HANDSTAND PUSH UP, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 47,5KG SNATCH Y 65KG CLEAN AND JERK

RX

INTERMEDIO



- INTEGRANTE MASCULINO:

DEBE PODER REALIZAR ROPE CLIMB, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 55KG SNATCH Y 80KG CLEAN AND JERK



- INTEGRANTE FEMENINO:

DEBE PODER REALIZAR ROPE CLIMB, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 40KG SNATCH Y 55



- INTEGRANTE MASCULINO:

DEBE PODER REALIZAR ROPE CLIMB, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 55KG SNATCH Y 80KG CLEAN AND JERK.



- INTEGRANTE FEMENINO:

DEBE PODER REALIZAR ROPE CLIMB, HANDSTAND PUSH UP, CHEST TO BAR, TOES TO BAR, PULL UP, DOUBLE UNDERS Y PISTOLS. PESO MÁXIMO EXIGIDO: 40KG SNATCH Y 55KG CEAN AND JERK.

INTERMEDIO

SCALED



- INTEGRANTE MASCULINO:

ROPE CLIMB, TOES TO BAR, PULL UP Y DOUBLE UNDERS. PESO MÁXIMO EXIGIDO: 45KG SNATCH Y 65KG CLEAN AND JERK



- INTEGRANTE FEMENINO:

ROPE CLIMB, TOES TO BAR, PULL UP Y DOUBLE UNDERS. PESO MÁXIMO EXIGIDO: 30KG SNATCH Y 45KG CLEAN AND JERK



- INTEGRANTE MASCULINO:

ROPE CLIMB, TOES TO BAR, PULL UP Y DOUBLE UNDERS. PESO MÁXIMO EXIGIDO: 45KG SNATCH Y 65KG CLEAN AND JERK



- INTEGRANTE FEMENINO:

ROPE CLIMB, TOES TO BAR, PULL UP Y DOUBLE UNDERS. PESO MÁXIMO EXIGIDO: 30KG SNATCH Y 45KG CLEAN AND JERK

SCALED