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REQUISITOS THOR FIVE ADVANCED [RX]

	CHICO / CHICA
Dead Lift	110Kg / 70Kg
Clean	60Kg / 40Kg
Snach	55Kg / 32,5Kg
OHS	50Kg / 30Kg
Bench Press	55Kg / 35Kg
Back Squat	85Kg / 60Kg
Front Squat	60Kg / 40Kg
PU	C2B / C2B
MU (Ring/Bar)	MU / C2B - Pull Up Ring
T2B/T2R	T2B/T2B
HSPU	Deficit / 1 Abmat
HS Walk	4ª jornada / No
WB	9Kg / 7Kg
Dumbbell	20Kg / 15Kg
Kettle	24Kg / 16Kg
Comba	DU / DU
Rope Climb	RC Legless / RC

CONSTANCIA-DISCIPLINA-ESFUERZO