



**EMPIRE**

**DESAFÍO DEL IMPERIO**



# AGENDA DEL DESAFÍO DEL IMPERIO



VIE  
24

## ENTREGA DE KITS

EMPIRE BOX - CI 39 B Sur No. 72 G 83  
5:30 am a 9:00 am - 4 pm a 7 pm



SÁB  
25

## ENTREGA DE KITS

EMPIRE BOX - CI 39 B Sur No. 72 G 83  
6:00 am a 6:40 am



## BRIEF DE LOS WODS

LIVE INSTAGRAM @samucoach04

VIE  
24



8:00 pm a 8:30 pm

SÁB  
25

# COMPETENCIA



## WOD 1 EL DESPERTAR

GLADIADORES 7:00am a 7:26 am

LEGIONARIOS 7:40am a 8:19 am

CENTURIONES 8:33am a 8:59 am

EMPERADORES 9:13am a 9:39 am



## WOD 2 LA CONQUISTA

GLADIADORES 10:21am a 10:51 am

LEGIONARIOS 11:07 am a 11:52 am

CENTURIONES 12:08pm a 12:38 pm

EMPERADORES 12:54pm a 1:24 pm



## WOD FINAL EL LEGADO

6 Atletas por Categoría

GLADIADORES 2:38 pm a 2:57 pm

LEGIONARIOS 3:17 pm a 3:36 pm

CENTURIONES 3:56 pm a 4:15 pm

EMPERADORES 4:35 pm



# PREMIACIÓN

5:15 pm



# GLADIADORES - AFICIONADOS

## WOD 1 - EL DESPERTAR

Heat 1 7:00 am | Heat 2 7:13 am | Heat 3 7:26 am

HEAT	ATLETA	CARRIL
1	Carolina Lopez	1
1	Carolina Tangarife	2
1	Catherine Canelo	3
1	Daniela Rodríguez	4
1	Diana Avendaño	5
1	Gabriela Castillo	6



HEAT	ATLETA	CARRIL
2	Geraldine Cerinza	1
2	Laura Martínez	2
2	Nathalie Pinilla	3
2	Patricia Pérez	4
2	Valentina Guirales	5
2	Angelica Chitiva	6



HEAT	ATLETA	CARRIL
3	Andrea Rodríguez	1
3	Angela Ortiz	2
3	Yadira Reyes	3
3	Alejandro Rico	4
3	Daniel Carrera	5
3	Gustavo Suarez	6



# LEGIONARIOS - PRINCIPIANTE

## WOD 1 - EL DESPERTAR

Heat 4 7:40 am | Heat 5 7:53 am | Heat 6 8:06 am | Heat 7 8:19 am

HEAT	ATLETA	CARRIL
------	--------	--------

4	Andrea Camacho	1
---	----------------	---

4	Angie Ayala	2
---	-------------	---

4	Jeimy Socarras	3
---	----------------	---

4	Karen León	4
---	------------	---

4	Laura Vargas	5
---	--------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

6	Angel Hernández	1
---	-----------------	---

6	Angel Mercado	2
---	---------------	---

6	Carlos Suarez	3
---	---------------	---

6	Cristian Sanchez	4
---	------------------	---

6	Daniel Tarazona	5
---	-----------------	---

6	Iván Guerra	6
---	-------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

5	Loren Tiusaba	1
---	---------------	---

5	Mariana Ballen	2
---	----------------	---

5	Mayerly Triana	3
---	----------------	---

5	Sharon Moreno	4
---	---------------	---

5	Lina Zuluaga	5
---	--------------	---

5	Jennifer Castro	6
---	-----------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

7	Juan Vargas	1
---	-------------	---

7	Oscar Gil	2
---	-----------	---

7	Santiago Triana	3
---	-----------------	---

7	Sebastian Vera	4
---	----------------	---

7	Vladimir Contreras	5
---	--------------------	---



# CENTURIONES - INTERMEDIO

## WOD 1 - EL DESPERTAR

Heat 8 8:33 am | Heat 9 8:46 am | Heat 10 8:59 am

HEAT	ATLETA	CARRIL
8	Alejandra Quinche	1
8	Katherin Zuleta	2
8	Mariana Tamayo	3
8	Milena Infante	4
8	Vivian Rubio	5
8	Yeye Valero	6



HEAT	ATLETA	CARRIL
9	Andres Barreto	1
9	Angel Correa	2
9	Cristian Romero	3
9	Diego Pinzón	4
9	Helbert Valbuena	5



HEAT	ATLETA	CARRIL
10	John Mejia	1
10	Karl Sediel	2
10	Kevin Guerra	3
10	Mario Monrroy	4
10	Santiago Sierra	5



# EMPERADORES - AVANZADOS

## WOD 1 - EL DESPERTAR

Heat 11 9:13 am | Heat 12 9:26 am | Heat 13 9:39 am

HEAT	ATLETA	CARRIL
11	Julian Chará	1
11	André Ríos Garavito	2
11	Antony Martinez	3
11	Brayan Arcila	4
11	Brayan Cruz	5
11	Brayan Pardo	6



HEAT	ATLETA	CARRIL
12	Steven Ortiz	1
12	Carlos Lozano	2
12	David Piñeros	3
12	David Bernal	4
12	Edwin Castro	5
12	Eider Aparicio	5



HEAT	ATLETA	CARRIL
13	Jiubani Estupiñan	1
13	John Franco	2
13	Carito Sierra	3
13	Julian Leon	4
13	Alizon Welfar	5
13	Cristian Guzman	5



# GLADIADORES - AFICIONADOS

## WOD 2 - LA CONQUISTA

Heat 1 10:21 am | Heat 2 10:36 am | Heat 3 10:51 am

HEAT	ATLETA	CARRIL
1	Carolina Lopez	1
1	Carolina Tangarife	2
1	Catherine Canelo	3
1	Daniela Rodríguez	4
1	Diana Avendaño	5
1	Gabriela Castillo	6



HEAT	ATLETA	CARRIL
2	Geraldine Cerinza	1
2	Laura Martínez	2
2	Nathalie Pinilla	3
2	Patricia Pérez	4
2	Valentina Guirales	5
2	Angelica Chitiva	6



HEAT	ATLETA	CARRIL
3	Andrea Rodríguez	1
3	Angela Ortiz	2
3	Yadira Reyes	3
3	Alejandro Rico	4
3	Daniel Carrera	5
3	Gustavo Suarez	6



# LEGIONARIOS - PRINCIPIANTE

## WOD 2 - LA CONQUISTA

Heat 4 11:07 am | Heat 5 11:22 am | Heat 6 11:37 am | Heat 7 11:52 am

HEAT	ATLETA	CARRIL
------	--------	--------

4	Andrea Camacho	1
---	----------------	---

4	Angie Ayala	2
---	-------------	---

4	Jeimy Socarras	3
---	----------------	---

4	Karen León	4
---	------------	---

4	Laura Vargas	5
---	--------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

5	Loren Tiusaba	1
---	---------------	---

5	Mariana Ballen	2
---	----------------	---

5	Mayerly Triana	3
---	----------------	---

5	Sharon Moreno	4
---	---------------	---

5	Lina Zuluaga	5
---	--------------	---

5	Jennifer Castro	6
---	-----------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

6	Angel Hernández	1
---	-----------------	---

6	Angel Mercado	2
---	---------------	---

6	Carlos Suarez	3
---	---------------	---

6	Cristian Sanchez	4
---	------------------	---

6	Daniel Tarazona	5
---	-----------------	---

6	Iván Guerra	6
---	-------------	---



HEAT	ATLETA	CARRIL
------	--------	--------

7	Juan Vargas	1
---	-------------	---

7	Oscar Gil	2
---	-----------	---

7	Santiago Triana	3
---	-----------------	---

7	Sebastian Vera	4
---	----------------	---

7	Vladimir Contreras	5
---	--------------------	---





# CENTURIONES - INTERMEDIO

## WOD 2 - LA CONQUISTA

Heat 8 12:08 pm | Heat 9 12:23 pm | Heat 10 12:38 pm

HEAT	ATLETA	CARRIL
8	Alejandra Quinche	1
8	Katherin Zuleta	2
8	Mariana Tamayo	3
8	Milena Infante	4
8	Vivian Rubio	5
8	Yeye Valero	6



HEAT	ATLETA	CARRIL
9	Andres Barreto	1
9	Angel Correa	2
9	Cristian Romero	3
9	Diego Pinzón	4
9	Helbert Valbuena	5



HEAT	ATLETA	CARRIL
10	John Mejia	1
10	Karl Sediel	2
10	Kevin Guerra	3
10	Mario Monrroy	4
10	Santiago Sierra	5



# EMPERADORES - AVANZADOS

## WOD 2 - LA CONQUISTA

Heat 11 12:54 pm | Heat 12 1:09 pm | Heat 13 1:24 pm

HEAT	ATLETA	CARRIL
11	Julian Chará	1
11	André Ríos Garavito	2
11	Antony Martinez	3
11	Brayan Arcila	4
11	Brayan Cruz	5
11	Brayan Pardo	6



HEAT	ATLETA	CARRIL
12	Steven Ortiz	1
12	Carlos Lozano	2
12	David Piñeros	3
12	David Bernal	4
12	Edwin Castro	5
12	Eider Aparicio	6



HEAT	ATLETA	CARRIL
13	Jiubani Estupiñan	1
13	John Franco	2
13	Carito Sierra	3
13	Julian Leon	4
13	Alizon Welfar	5
13	Cristian Guzman	6



# GLADIADORES - AFICIONADOS

## WOD FINAL - EL LEGADO

Heat 1 2:38 pm | Heat 2 2:57 pm

HEAT	ATLETA	CARRIL
3	-----	1
3	-----	2
3	-----	3
3	-----	4
3	-----	5
3	-----	6



HEAT	ATLETA	CARRIL
4	-----	1
4	-----	2
4	-----	3
4	-----	4
4	-----	5
4	-----	6





# LEGIONARIOS - PRINCIPIANTE

## WOD FINAL - EL LEGADO

Heat 3 3:17 pm | Heat 4 3:36 pm

HEAT	ATLETA	CARRIL	HEAT	ATLETA	CARRIL
3	-----	1	4	-----	1
3	-----	2	4	-----	2
3	-----	3	4	-----	3
3	-----	4	4	-----	4
3	-----	5	4	-----	5
3	-----	6	4	-----	6



# CENTURIONES - INTERMEDIO

## WOD FINAL - EL LEGADO

Heat 5 3:56 pm | Heat 6 4:15 pm

HEAT	ATLETA	CARRIL
5	-----	1
5	-----	2
5	-----	3
5	-----	4
5	-----	5
5	-----	6



HEAT	ATLETA	CARRIL
6	-----	1
6	-----	2
6	-----	3
6	-----	4
6	-----	5
6	-----	6





# EMPERADORES - AVANZADOS

## WOD FINAL - EL LEGADO

| Heat 7 4:35 pm |

HEAT	ATLETA	CARRIL
7	-----	1
7	-----	2
7	-----	3
7	-----	4
7	-----	5
7	-----	6



# WOD FLOTANTE EL LLAMADO



---

8:00 am a 1:30 pm

---

1 Min  
Max Cal Row

Rest 1 min

1 Min  
Max Cal Bike

---

**3 MIN**

---



# WOD 1

## EL DESPERTAR



---

EVERY 1:30 - Rest 30´ en cada ronda  
6 Rounds

---

12 WALL BALL  
6 SNATCH  
MAX BURPEES OVER THE BAR

Parámetros:

Gladiador - AF: 45/35

Legionario - PRIN: 75/55

Centurión - INT: 95/65

Emperador - AV: 115/85

---

**12 MIN**

---



# WOD 2

## LA CONQUISTA



---

FOR TIME  
4 Rounds

---

1 DT  
6 BMU  
12 BOX JUMP OVER

### Parámetros Pesos:

Gladiador - AF: 65/45  
Legionario - PRIN: 95/65  
Centurión - INT: 115/85  
Emperador - AV: 135/95

### Parámetros Gimnasia:

Gladiador - AF: 10 H.R PU  
Legionario - PRIN: 8 PULL UPS  
Centurión - INT: 8 C2B/ 8 PU  
Emperador - AV: 6 BMU

---

## 14 MIN

---



# MARCAS PATROCINADORAS



ever  
wod.



# BOXES EN EL DESAFÍO DEL IMPERIO

---

1. ETDC BOX CROSSFIT
2. ATLÁNTIDA BOX
3. DRAGÓN BOX TRAINING
4. GIBOR BOX
5. FIT FORCE BOX
6. ADN BOX
7. TABATA BOX
8. NÓMADAS
9. ALPHA FIT CLUB

