

WORKOUTS

20
25

ADVANCED



INDIVIDUALS

WOD 01

ADVANCED, TEAM - MEN

CLEAN
LADDER

FOR TIME:

WEIGHT:

90 - 100 - 110 - 115 - 120 - 125 - 130 - 135 - 140
- 145 - 147,5 - 150 KG

TIEBREAK: 5 REPS FOR TIME

WEIGHT:

- 80 KG (1.-3. WEIGHT)
- 90 KG (4.-6. WEIGHT)
- 100 KG (7.-9. WEIGHT)
- 110 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

WOD 01

ADVANCED, TEAM WOMEN

CLEAN
LADDER

FOR TIME:

WEIGHT:

60 - 65 - 70 - 72,5, - 75 - 77.5 - 80 - 82,5 - 85 -
87,5 - 90 - 92,5 KG

TIEBREAK: 5 REPS FOR TIME

WEIGHT:

- 52,5 KG (1.-3. WEIGHT)
- 60 KG (4.-6.WEIGHT)
- 65 KG (7.-9. WEIGHT)
- 70 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

WOD 02

ADVANCED MEN, WOMEN

MICHAEL
PHELPS

FOR TIME:

- 50M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5/15KG
- 100M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5/15KG
- 100M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5/15KG

TIME CAP

12 MIN

PLAVECKÝ BAZÉN

INDIVIDUALS

WOD 03

ADVANCED MEN, WOMEN

UP AND
DOWN

FOR TIME:

5 ROUNDS FOR TIME

- 1* BAR MU
- 2* CHEST TO BAR
- 6M HSW (2M UB)

TIME CAP

9 MIN

*EVERY ROUND + 1 BMU AND 2 CTB

IGY CENTRUM

INDIVIDUALS

WOD 04

ADVANCED MEN, WOMEN

ENDURE
THE PAIN

FOR TIME:

- 35/28 CALS BIKE ERG
- 25 HANG SNATCH 40/27,5KG
- 35/28 CALS BIKE ERG

TIME CAP

7 MIN

IGY CENTRUM

INDIVIDUALS

WOD 05

ADVANCED MEN, WOMEN

DOUBLE
TROUBLE

FOR TIME:

3 SETS, EVERY 4 MIN

- 400M RUN (200/200M)
- 75 DOUBLE UNDER

AT 12:00 2 ROUNDS FOR TIME:

- 800M RUN
- 50 DOUBLE UNDER

TIME CAP: 22 MIN

FIRST PART: 12 MIN

SECOND PART: 10 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

INDIVIDUALS

WOD 06

ADVANCED MEN, WOMEN

GYM
CARRY

FOR TIME:

BUY-IN:

- 250/200M ROW

5 ROUNDS

- 10M DUAL DB OVERHEAD CARRY
- 30M DUAL DB FRONT RACK CARRY
- 60M DUAL DB FARMER CARRY

BUY-OUT:

- 250/200M ROW

DB:2X22,5/15KG

TIME CAP

9 MIN

IGY CENTRUM

INDIVIDUALS

WOD 07

ADVANCED MEN, WOMEN

FINISHER

FOR TIME:

- 40 CAL SKI
 - 40 GOBLET HOLD BOX STEP OVER 60/50CM
 - 40 TOES TO BAR
 - 40 GOBLET SQUATS
 - 40 CAL SKI

 - DB: 22,5KG/15KG
-

TIME CAP

14 MIN

IGY CENTRUM