

WORKOUTS

20
25

TEAM ADVANCED



CrossFit[®]
LICENSED | 20
EVENT | 25



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

TEAM

WOD 02

ADVANCED 2+1

MICHAEL
PHELPS

FOR TIME:

2 ROUNDS ATHLETE 1

- 15 DUAL DB THRUSTER 2X22,5/15KG
- 100M SWIM

2 ROUNDS ATHLETE 2

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

2 ROUNDS ATHLETE 3

- 30 DUAL DB FRONT SQUAT
- 100M SWIM

TIME CAP

24 MIN

PLAVECKÝ BAZÉN

TEAMS

WOD 03

ADVANCED 2+1

UP AND
DOWN

FOR TIME:

BUY IN:

- 10 S2 BAR MUSCLE UP
- 30M HSW

3 ROUNDS

- 10 WALL WALKS / HANG (1 ATLET)
- 15 CHEST TO BAR / HANG (1 ATLET)
- 20 TOES TO BAR / HANG (1 ATLET)

TIME CAP

15 MIN

IGY CENTRUM

TEAMS

WOD 04

ADVANCED 2+1

ENDURE
THE PAIN

AMRAP: 10 MIN

PART A:

3 ROUNDS FOR TIME

- 12 S2 HANG SNATCH 40/27,5KG
- 12 S2 THRUSTER
- 12 S2 HANG CLEAN AND JERK

PART B: MAX CAL BIKE (THE FULL 10 MIN)

SCORE:

PART A: TIME

PART B: CAL

IGY CENTRUM

TEAMS

WOD 05

ADVANCED 2+1

DOUBLE
TROUBLE

FOR TIME:

3 ROUNDS

- 400M (200/200M)
52 RUN (WITH 1M ROPE)
- 75 DOUBLE UNDER (ANYONE)

3 ROUNDS

(ONE ATHLETE COMPLETES ONE FULL ROUND)

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

TIME CAP:

21 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

TEAMS

WOD 06

ADVANCED 2+1

GYM
CARRY

FOR TIME:

3 ROUNDS:

- 10 S3 SHUTTLE RUN 8M
 - 20 S3 GOBLET HOLD LUNGES
 - 10 S3 SHUTTLE RUN 8M
 - 30 S3 ONE ARM DB STOH
-
- DB: 22,5/15KG

TIME CAP

12 MIN

IGY CENTRUM

TEAM

WOD 07

ADVANCED 2+1

FINISHER

FOR TIME:

2 ROUNDS:

- M1+F
- 250/200M ROW
- 10 S2 BURPEE BOX GET OVER 100/100CM
- M1+M2
- 250/200M ROW
- 10 S2 BURPEE BOX GET OVER 100/100CM
- M2+F
- 250/200M ROW
- 10 S2 BURPEE BOX GET OVER 100/100CM

TIME CAP

16 MIN

IGY CENTRUM