

WORKOUTS

20
25

SPORT MASTERS



CrossFit[®]
LICENSED | 20
EVENT | 25



INDIVIDUALS

WOD 01

SPORT, MASTERS MEN

CLEAN
LADDER

FOR TIME:

WEIGHT:

50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 97,5
- 100 KG

TIEBREAK: 5 REPS FOR TIME

WEIGHT:

- 50 KG (1.-3. WEIGHT)
- 60 KG (4.-6. WEIGHT)
- 70 KG (7.-9. WEIGHT)
- 75 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

WOD 01

SPORT WOMEN

CLEAN
LADDER

FOR TIME:

WEIGHT:

35 - 37,5 - 40 - 42,5 - 45 - 47,5 - 50 - 52,5 - 55 -
57,5 - 60 - 62,5 KG

TIEBREAK: 5 REPS FOR TIME

WEIGHT:

- 35 KG (1.-3. WEIGHT)
- 40 KG (4.-6.WEIGHT)
- 45 KG (7.-9. WEIGHT)
- 47,5 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

WOD 02

SPORT SP. MASTERS

MICHAEL
PHELPS

FOR TIME:

- 50M SWIM
- 15 DUAL DB FLOOR PRESS 2X15/10KG
- 100M SWIM
- 15 DUAL DB FLOOR PRESS 2X15/10KG
- 50M SWIM

TIME CAP

12 MIN

PLAVECKÝ BAZÉN

INDIVIDUALS

WOD 03

SPORT SP. MASTERS

UP AND
DOWN

FOR TIME:

5 ROUNDS FOR TIME

- 6 PULL UP
- 3 WALL WALK
- 6 SHUTTLE RUN (10M)

TIME CAP

11 MIN

*EVERY ROUND + 1 WALL WALK

IGY CENTRUM

INDIVIDUALS

WOD 04

SPORT SP. MASTERS

ENDURE
THE PAIN

FOR TIME:

- 30/24 CALS BIKE ERG
- 20 HANG SNATCH 30/20KG
- 30/24 CALS BIKE ERG

TIME CAP

7 MIN

IGY CENTRUM

INDIVIDUALS

WOD 05

SPORT SP. MASTERS

DOUBLE
TROUBLE

FOR TIME:

3 SETS, EVERY 4 MIN

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

AT 12:00 2 ROUNDS FOR TIME:

- 400M RUN
- 25 DOUBLE UNDER

TIME CAP: 20 MIN

FIRST PART: 12 MIN

SECOND PART: 8 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

INDIVIDUALS

WOD 06

SPORT SP. MASTERS

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:2X15/10KG

TIME CAP

9 MIN

IGY CENTRUM

INDIVIDUALS

WOD 07

SPORT SP. MASTERS

FINISHER

FOR TIME:

- 30 CAL SKI
 - 30 GOBLET HOLD BOX STEP OVER 60/50CM
 - 30 TOES TO BAR
 - 30 GOBLET SQUATS
 - 30 CAL SKI
-
- DB: 15KG/10KG
-

TIME CAP

14 MIN

IGY CENTRUM