

WORKOUTS

20
25

TEEN



CrossFit[®]
LICENSED | 20
EVENT | 25



INDIVIDUALS

WOD 05

TEEN MEN, WOMEN

DOUBLE
TROUBLE

FOR TIME:

3 SETS, EVERY 4 MIN

- 400M (200/200M)
- 25 DOUBLE UNDER
- 25 SINGLE UNDER

AT 12:00 2 ROUNDS FOR TIME:

- 400M RUN (200/200M)
- 25 DOUBLE UNDER
- 25 SINGLE UNDER

TIME CAP: 22 MIN

FIRST PART: 12 MIN

SECOND PART: 10 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

INDIVIDUALS

WOD 02

TEEN MEN, WOMEN

GYM
CARRY

FOR TIME:

BUY-IN:

- 250/200M ROW

5 ROUNDS

- 5 LATERAL BURPEE OVER BAR
- 5 CLEAN 30/25KG
- 20M DUAL DB FRONT RACK CARRY
- 20M DUAL DB FARMER CARRY

BUY-OUT:

- 250/200M ROW

DB: 15/10KG

TIME CAP

14 MIN

IGY CENTRUM

INDIVIDUALS

WOD 03

TEEN MEN, WOMEN

FINISHER

FOR TIME:

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

- DB: 15KG/10KG

TIME CAP

10 MIN

IGY CENTRUM