



BIG **SUMMER** *GAMES*

RULEBOOK

EN - TEAM, INDIVIDUALS

RULEBOOK



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BRIEFING

Athletes and teams will be informed about the workouts through a briefing on official social media accounts and by distributing this standards document to the athletes. It is the responsibility of each athlete and team to attend the briefing or familiarize themselves with the standards through the appropriate documents.

The organizer reserves the right to make any changes to the workouts, organizational plan, and the competition day schedule.

RIGHTS AND RESPONSIBILITIES OF THE JUDGE

- The judge counts each rep based on individual agreement with the athlete and informs them of the number of completed repetitions – clearly and audibly.
- The judge gives a clear verbal cue for the athlete to move to the next exercise or part of the workout.
- The judge is authorized to adjust the athlete's equipment position during the workout if there is an immediate risk to the safety of the athlete, other competitors, or themselves.
- Incorrectly performed repetitions are automatically judged as "NO REP." The judge immediately states the reason for the NO REP so the athlete can perform the next attempts according to the correct standard.

RIGHTS AND RESPONSIBILITIES OF THE ATHLETE (TEAM)

- Arrive on time at the staging area based on the heat call announced by the organizer. If an athlete arrives at the staging area or competition floor after the workout has started, their score will be 0.
- Follow the movement standards and comply with the instructions of the judge, head judge, and event organizers.
- To validate the workout result, the athlete must confirm the score by signing the scorecard immediately after completing the workout.
- If the athlete disagrees with the result, they may file a protest with the head judge no later than 30 minutes after the end of the given workout. If the scorecard is signed, no protest will be accepted later than 30 minutes after the workout has ended.

ALLOWED ATHLETE EQUIPMENT FOR WORKOUTS:

- Weightlifting belt, grips, personal jump rope, wraps, chalk.
- Among the prohibited equipment are: lifting straps, taping of the pull-up bar.
- For the swimming workout, the use of swimming goggles, ear plugs, nose clip, and swim cap is allowed. It is forbidden to use a wetsuit or buoyant swimwear. Fins, paddles for hands or feet, and any other equipment that aids in buoyancy or speed are also prohibited.
- For the running workout, it is forbidden to use shoes with wheels or any other non-standard running aids.
- The organizer/Head Judges reserve the right to prohibit the use of certain equipment for specific workouts on site.

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1. WOD

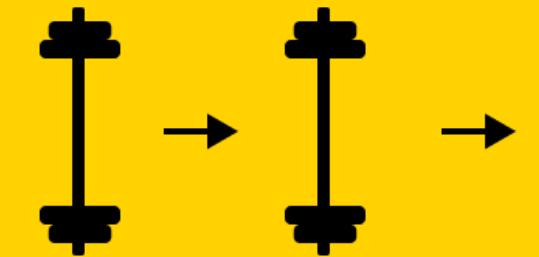
CLEAN LADDER, IGY CENTRUM

WOD
1

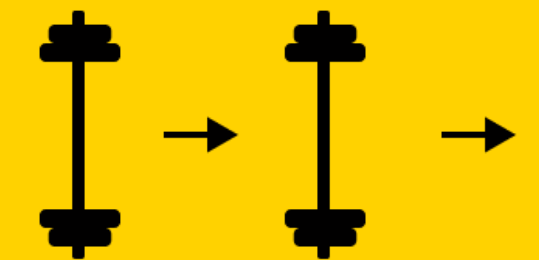
INDIVIDUALS
+TEAMS



B →



A →



START

KLEC

DIVÁCI

WORKOUT 1. FRIDAY

1 ELITE / MASTERS ELITE MEN / ADVANCED

FOR MAX LOAD:

1 Clean every 50 seconds, 10s move

MEN: 90 – 100 – 110 – 115 – 120 – 125 – 130 – 135 – 140 – 145 – 147,5 – 150 kg

WOMEN: 60 - 65 - 70 - 72,5 - 75 - 77.5 - 80 - 82,5 - 85 - 87,5 - 90 - 92,5 kg



Tiebreak: Time of the last successfully lifted weight

SCORE ▪ 1.A - váha + 1.B - čas,

- *Clean = Any variation (power, squat, split). Full control in front rack position required.
- Each athlete has 50 seconds to complete one successful lift + 10 seconds to transition to the next station.

FLOW

This workout follows a “ladder” format with 1 minute allotted for each attempt. The athlete starts at the first station and has 50 seconds to successfully lift the barbell. If successful, the athlete has 10 seconds to move to the next station.

If the athlete fails to lift the barbell within the time limit, they remain at the station until the time expires.

After that, they proceed to the so-called “TIEBREAK,” where, in the next and final time window, they attempt to perform 5 repetitions with the given weight as quickly as possible.

The weight is based on the last successfully completed lift in the ladder.

The score is the highest successfully lifted weight if the athlete completes the ladder.

If the athlete does not complete the entire ladder, they continue to the tiebreak. The athlete’s score will be their last successfully lifted weight + the time of the five reps. Athletes who complete all weights in the ladder will also proceed to the tiebreak.



TIEBREAK MEN:

1.–3. činka: 5 opakování 80 kg

4.–6. činka: 5 opakování 90 kg

7.–9. činka: 5 opakování 100 kg

10.–12. činka: 5 opakování 110 kg

WOMEN:

1.–3. činka: 5 opakování 52,5 kg

4.–6. činka: 5 opakování 60 kg

7.–9. činka: 5 opakování 65 kg

10.–12. činka: 5 opakování 70 kg

The tiebreak is performed for time.

The faster athlete wins the tie.

Any type of clean is allowed
(power, squat, muscle, split).

WORKOUT 1. FRIDAY

1 TEAM

FOR MAX LOAD:

1 Clean every 50 seconds, 10s move

MEN: 90 – 100 – 110 – 115 – 120 – 125 – 130 – 135 – 140 – 145 – 147,5 – 150 kg

WOMEN: 60 - 65 - 70 - 72,5 - 75 - 77.5 - 80 - 82,5 - 85 - 87,5 - 90 - 92,5 kg



Tiebreak: Time of the last successfully lifted weight

SCORE ▪ 1.A - váha + 1.B - čas,

- *Clean = Any variation (power, squat, split). Full control in front rack position required.
- Each athlete has 50 seconds to complete one successful lift + 10 seconds to transition to the next station.

FLOW

Each athlete performs individually, and the results are combined. This workout follows a “ladder” format with 1 minute for each attempt. The athlete starts at the first station and has 50 seconds to successfully lift the barbell. If successful, they have 10 seconds to move to the next station.

If the athlete fails to lift the barbell within the time limit, they remain at the station until the time expires.

After that, they proceed to the “TIEBREAK,” where, in the next and final time window, they attempt to complete 5 reps with the given weight as fast as possible. The weight is based on the last successfully completed lift in the ladder.

The result is the highest successfully lifted weight if the athlete completes the entire ladder.

If the athlete does not complete the full ladder, they proceed to the tiebreak. The athlete’s score will be the last successfully lifted weight + the time for the five reps. Athletes who complete all weights in the ladder also proceed to the tiebreak.



TIEBREAK MEN:

1.–3. činka: 5 opakování 80 kg

4.–6. činka: 5 opakování 90 kg

7.–9. činka: 5 opakování 100 kg

10.–12. činka: 5 opakování 110 kg

WOMEN:

1.–3. činka: 5 opakování 52,5 kg

4.–6. činka: 5 opakování 60 kg

7.–9. činka: 5 opakování 65 kg

10.–12. činka: 5 opakování 70 kg

The tiebreak is performed for time.

The faster athlete wins the tie.

Any type of clean is allowed
(power, squat, muscle, split).

WORKOUT 1. FRIDAY

1 SPORT / MASTERS SPORT

FOR MAX LOAD:

1 Clean every 50 seconds, 10s move

MEN: 50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 97,5 - 100 kg

WOMEN: 35 - 37,5 - 40 - 42,5 - 45 - 47,5 - 50 - 52,5 - 55 - 57,5 - 60 - 62,5 kg



Tiebreak: Time of the last successfully lifted weight

SCORE • 1.A - váha + 1.B - čas

- *Clean = Any variation (power, squat, split). Full control in front rack position required.
- Each athlete has 50 seconds to complete one successful lift + 10 seconds to transition to the next station.

FLOW

This workout follows a “ladder” format with 1 minute for each attempt. The athlete starts at the first station and has 50 seconds to successfully lift the barbell. If successful, they have 10 seconds to move to the next station. If the athlete fails to lift the barbell within the time limit, they remain at the station until the time expires. After that, they proceed to the “TIEBREAK,” where, in the next and final time window, they attempt to complete 5 reps with the given weight as fast as possible.

The weight for the tiebreak is based on the last successfully completed lift in the ladder. The result is the highest successfully lifted weight if the athlete completes the entire ladder. If the athlete does not complete the entire ladder, they proceed to the tiebreak. The athlete’s score will be the last successfully lifted weight + the time for the five reps. Athletes who complete all weights in the ladder also proceed to the tiebreak.



TIEBREAK MEN:

1.–3. činka: 5 opakování 50 kg
4.–6. činka: 5 opakování 60 kg
7.–9. činka: 5 opakování 70 kg
10.–12. činka: 5 opakování 75 kg

WOMEN:

1.–3. činka: 5 opakování 35 kg
4.–6. činka: 5 opakování 40 kg
7.–9. činka: 5 opakování 45 kg
10.–12. činka: 5 opakování 47,5 kg

The tiebreak is performed for time.
The faster athlete wins the tie.

Any type of clean is allowed
(power, squat, muscle, split).

2. WOD

MICHAEL PHELPS, OUTDOOR SWIMMING POOL

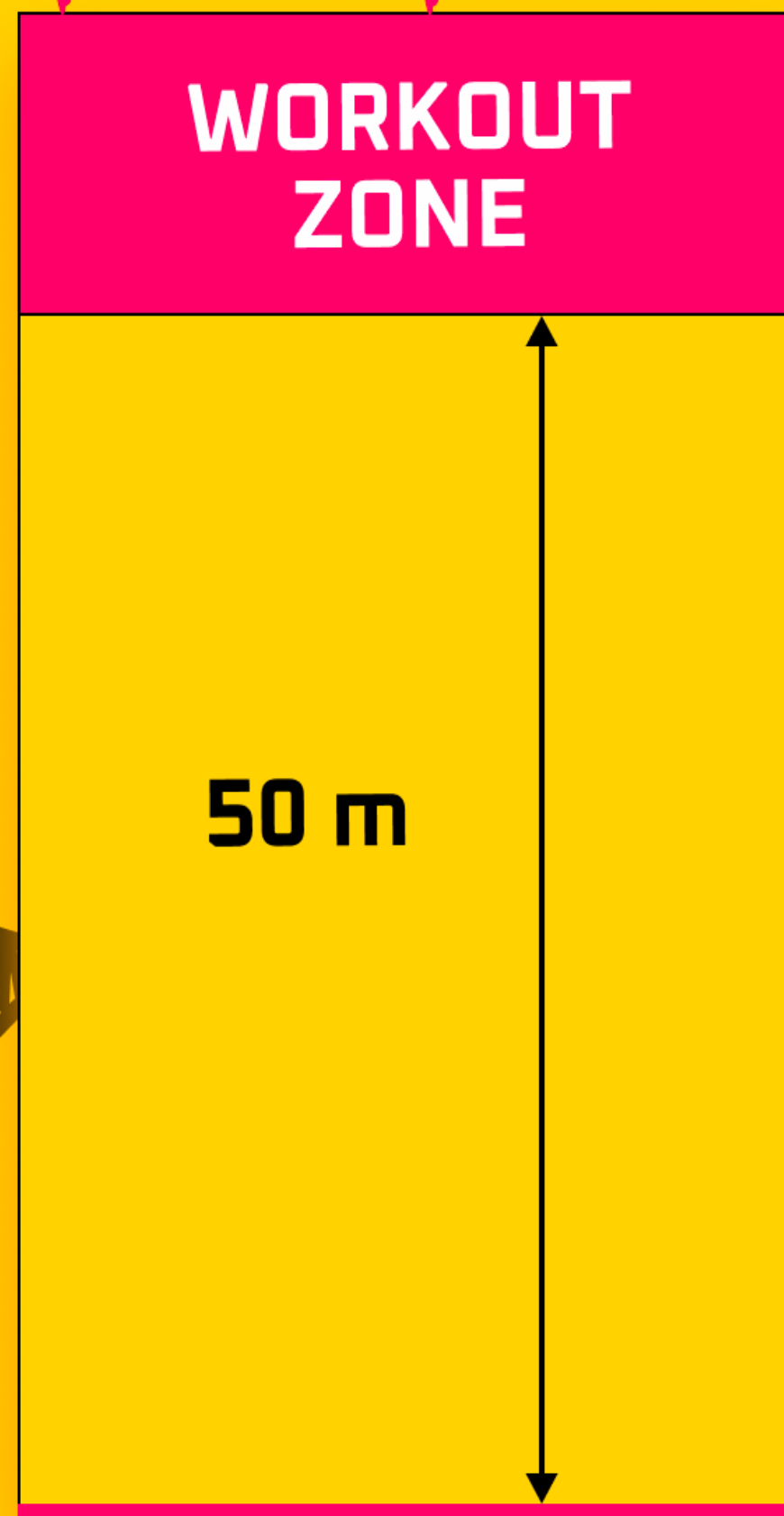
SATURDAY - ELITE, MASTERS SPORT/ELITE, TEAM

SUNDAY - SPORT / ADVANCED



PLOVÁRNA

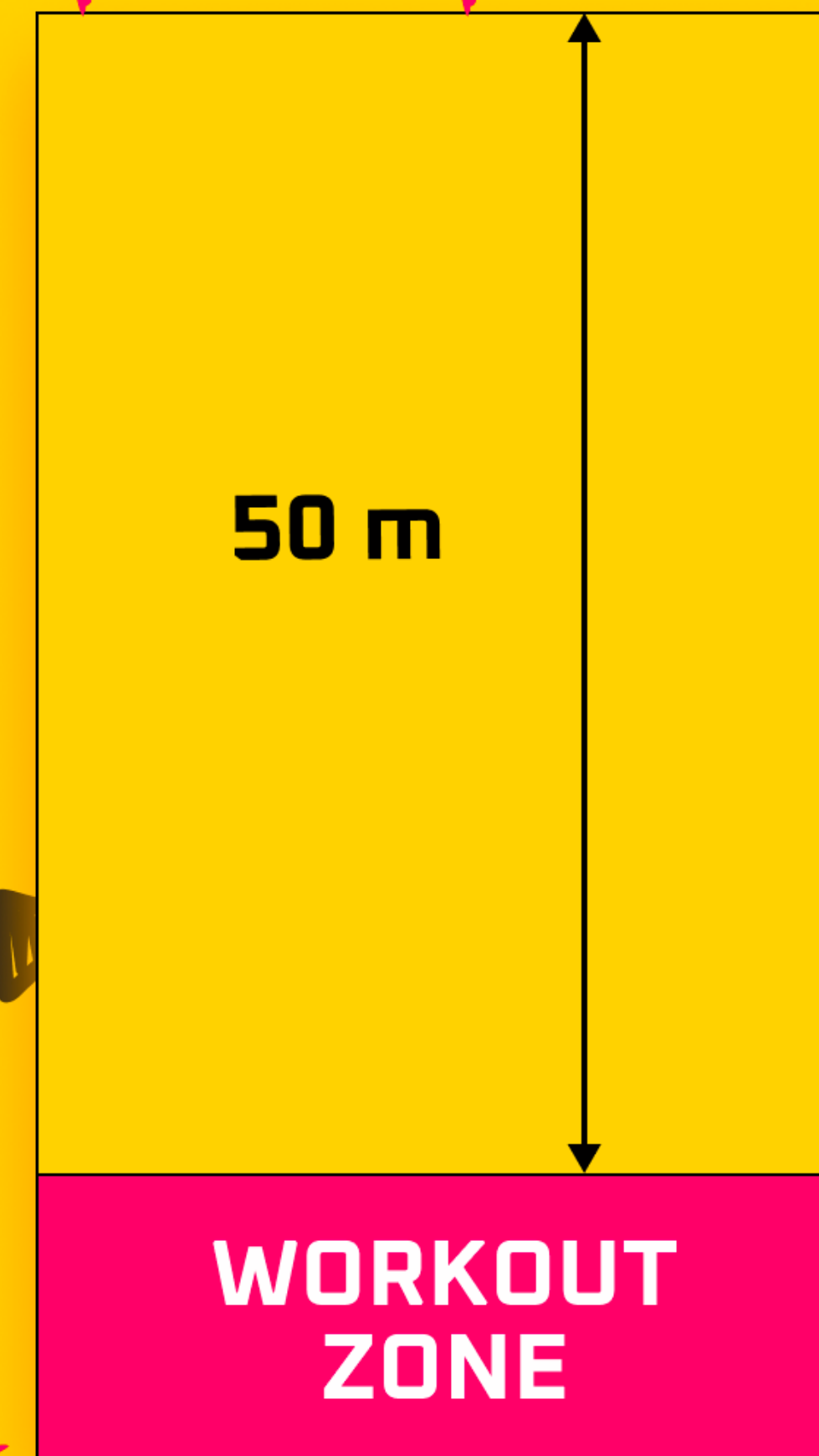
ALL
MASTERS
ADVANCED
SPORT



START

PLOVÁRNA

ELITE
TEAM



START

WORKOUT 2. ELITE

2 FOR TIME

100 m Swim
20 Dual DB Floor Press (2×22,5 kg / 2×15 kg)
200 m Swim
10 Dual DB Floor Press (2×22,5 kg / 2×15 kg)
100 m Swim
20 Dual DB Floor Press (2×22,5 kg / 2×15 kg)

TIME CAP: 14 MIN



SCORE • čas

- Swim = Standard front crawl or any swimming style allowed. Full lap must be completed.
- Dual DB Floor Press = Both dumbbells start in extension above chest, then descend until triceps touch the ground. Full lockout at the top with both arms. Men: 2×22,5 kg, Women: 2×15 kg.

FLOW

The workout starts outside, from the water. After the start signal, athletes jump into the pool and begin with the first swimming segment – 100 m. This is followed by 20 reps of Dual DB Floor Press according to category, then 200 m swimming + 10 reps, and finally 100 m swimming + 20 reps.

The Floor Press is performed lying on the ground. Legs can be in any position. During the movement, the athlete must hold both dumbbells at all times. A rep starts with the dumbbells held overhead with elbows fully extended. The athlete must lower both elbows to touch the ground and then press the dumbbells back up until the elbows are locked out, with the dumbbells directly above.

The workout ends after completing the final set or when the 14-minute time cap is reached. The score is the time or the cap plus the number of unfinished reps.

WORKOUT 2.

MASTERS ELITE

2 FOR TIME

50 m Swim
10 Dual DB Floor Press (2×22,5 kg)
100 m Swim
10 Dual DB Floor Press (2×22,5 kg)
100 m Swim
10 Dual DB Floor Press (2×22,5 kg)

TIME CAP: 12 MIN



SCORE • čas

- Swim = Standard front crawl or any swimming style allowed. Full lap must be completed.
- Dual DB Floor Press = Both dumbbells start in extension above chest, then descend until triceps touch the ground. Full lockout at the top with both arms. Men: 2×22,5 kg, Women: 2×15 kg.

FLOW

The workout starts outside, from the water. After the start signal, athletes jump into the pool and swim 50 meters. This is followed by 10 Dual DB Floor Press reps, then 100 meters of swimming + 10 reps, and finally 50 meters + 10 reps.

All sets of Floor Press are performed lying on the ground. Legs can be in any position. During the movement, the athlete must hold both dumbbells at all times. A rep starts with the dumbbells held overhead with elbows fully extended. The athlete must then lower both elbows to touch the ground and press the dumbbells back up until the elbows are fully locked out, with the dumbbells directly above.

The workout ends after completing the final set or when the time cap is reached. The score is the time or the cap plus the number of unfinished reps.

WORKOUT 2. ADVANCED

2 FOR TIME

50 m Swim
10 Dual DB Floor Press (2×22,5 kg / 2×15 kg)
100 m Swim
10 Dual DB Floor Press (2×22,5 kg / 2×15 kg)
100 m Swim
10 Dual DB Floor Press (2×22,5 kg / 2×15 kg)

TIME CAP: 12 MIN



SCORE • čas

- Swim = Standard front crawl or any swimming style allowed. Full lap must be completed.
- Dual DB Floor Press = Both dumbbells start in extension above chest, then descend until triceps touch the ground. Full lockout at the top with both arms. Men: 2×22,5 kg, Women: 2×15 kg.

FLOW

The workout starts outside, from the water. After the start signal, athletes jump into the pool and swim 50 meters. This is followed by 10 Dual DB Floor Press reps, then 100 meters of swimming + 10 reps, and finally 50 meters + 10 reps.

All sets of Floor Press are performed lying on the ground. Legs can be in any position. During each rep, the athlete must hold both dumbbells at all times. A rep begins with the dumbbells held overhead with elbows fully extended. The athlete must then lower both elbows to touch the floor and press the dumbbells back up until the elbows are fully locked out, with the dumbbells directly above.

The workout ends after completing the final set or when the time cap is reached. The score is either the time or the cap plus the number of unfinished reps.

WORKOUT 2.

MASTERS SP./SPORT

2 FOR TIME

50 m Swim
15 Dual DB Floor Press (2×15 kg / 2×10 kg)
100 m Swim
15 Dual DB Floor Press (2×15 kg / 2×10 kg)
50 m Swim

TIME CAP: 12 MIN



SCORE • čas

- Swim = Standard front crawl or any swimming style allowed. Full lap must be completed.
- Dual DB Floor Press = Both dumbbells start in extension above chest, then descend until triceps touch the ground. Full lockout at the top with both arms. Men: 2×22,5 kg, Women: 2×15 kg.

FLOW

The workout starts outside, from the water. After the start signal, athletes jump into the pool and swim 50 meters. This is followed by 10 Dual DB Floor Press reps, then 100 meters of swimming + 15 reps, and finally 50 meters + 15 reps.

All sets of Floor Press are performed lying on the ground. Legs can be in any position. During each rep, the athlete must hold both dumbbells at all times. A rep begins with the dumbbells held overhead with elbows fully extended. The athlete must then lower both elbows to touch the floor and press the dumbbells back up until the elbows are fully locked out, with the dumbbells directly above. The workout ends after completing the final swim or when the time cap is reached. The time is stopped when the athlete visibly touches the edge of the pool. The score is either the time or the cap plus the number of unfinished reps.

WORKOUT 2. TEAM

2

FOR TIME

Athlete 1:

2 Rounds

- 15 Dual DB Thrusters (2×22,5 / 15 kg)
- 100 m Swim

Athlete 2:

2 Rounds

- 20 Dual DB Floor Press (2×22,5 / 15 kg)
- 100 m Swim



Athlete 3:

2 Rounds

- 30 Dual DB Front Squats (2×22,5 / 15 kg)
- 100 m Swim

TIME CAP: 24 MIN

FLOW

The team consists of three athletes. Each of them completes 2 rounds of movements according to the workout and swimming, one after the other. The workout is sequential – the next athlete starts only after the previous one has completed their entire section.

Athlete 1 starts the workout and performs 2 rounds: 15 Dual DB Thrusters + 100 m swim.

After completion, Athlete 2 takes over and performs 2 rounds: 20 Dual DB Floor Press + 100 m swim.

Finally, Athlete 3 completes 2 rounds: 30 Dual DB Front Squats + 100 m swim. A hand touch (“tag”) is required to pass the relay between athletes.

The workout ends either when all rounds are completed by all three athletes or when the 24-minute time cap is reached.

The score is either the time or 24:00 + the number of unfinished reps/meters.

– Men: 2×22.5 kg / Women: 2×15 kg

WORKOUT 2. TEAM

2

Dual DB Thruster

- Full squat into overhead press in one motion.
- Hips below knees, full lockout overhead.

Dual DB Floor Press

- Lying on the ground, elbows touch floor at bottom.
- Full extension at the top, hips stay on the floor.

Dual DB Front Squat

- Dumbbells in front rack, squat below parallel.
- Stand up to full extension (hips + knees locked).



Swim (100 m)

- Any stroke allowed.

Full 100 meters must be completed (=2x50m).

All sets of Floor Press are performed lying on the ground. Legs can be in any position. During each repetition, the athlete must hold both dumbbells at all times. A rep begins with the dumbbells held overhead with elbows fully extended. The athlete must then lower both elbows to touch the ground and press the dumbbells back up until the elbows are fully locked out, with the dumbbells directly overhead.

3. WOD

UP AND DOWN, IGY CENTRUM

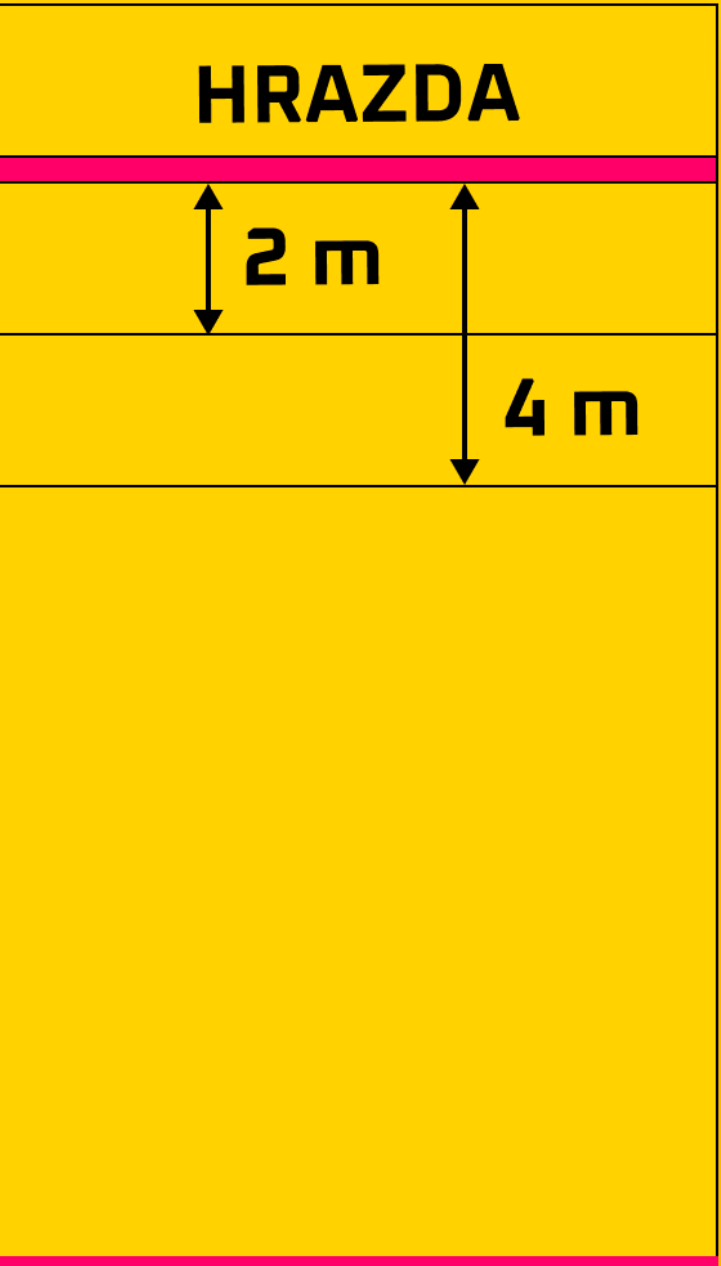




ELITE
MASTERS ELITE



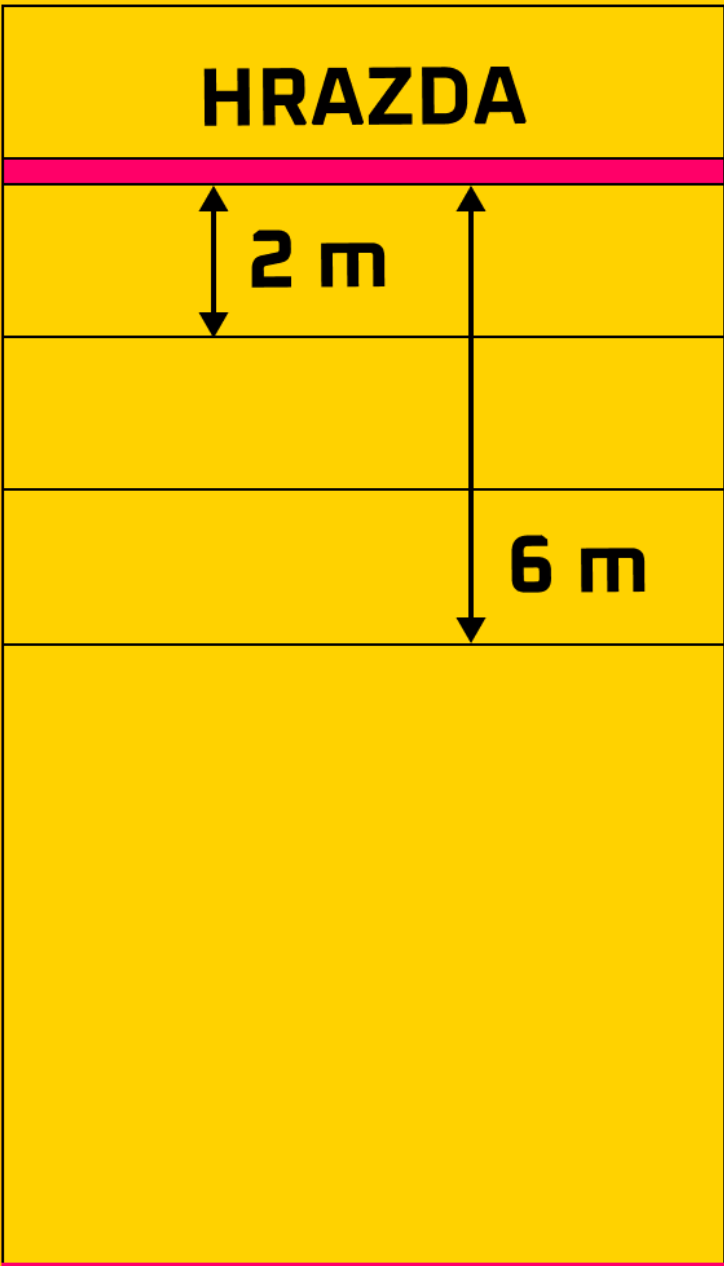
START



ADVANCED



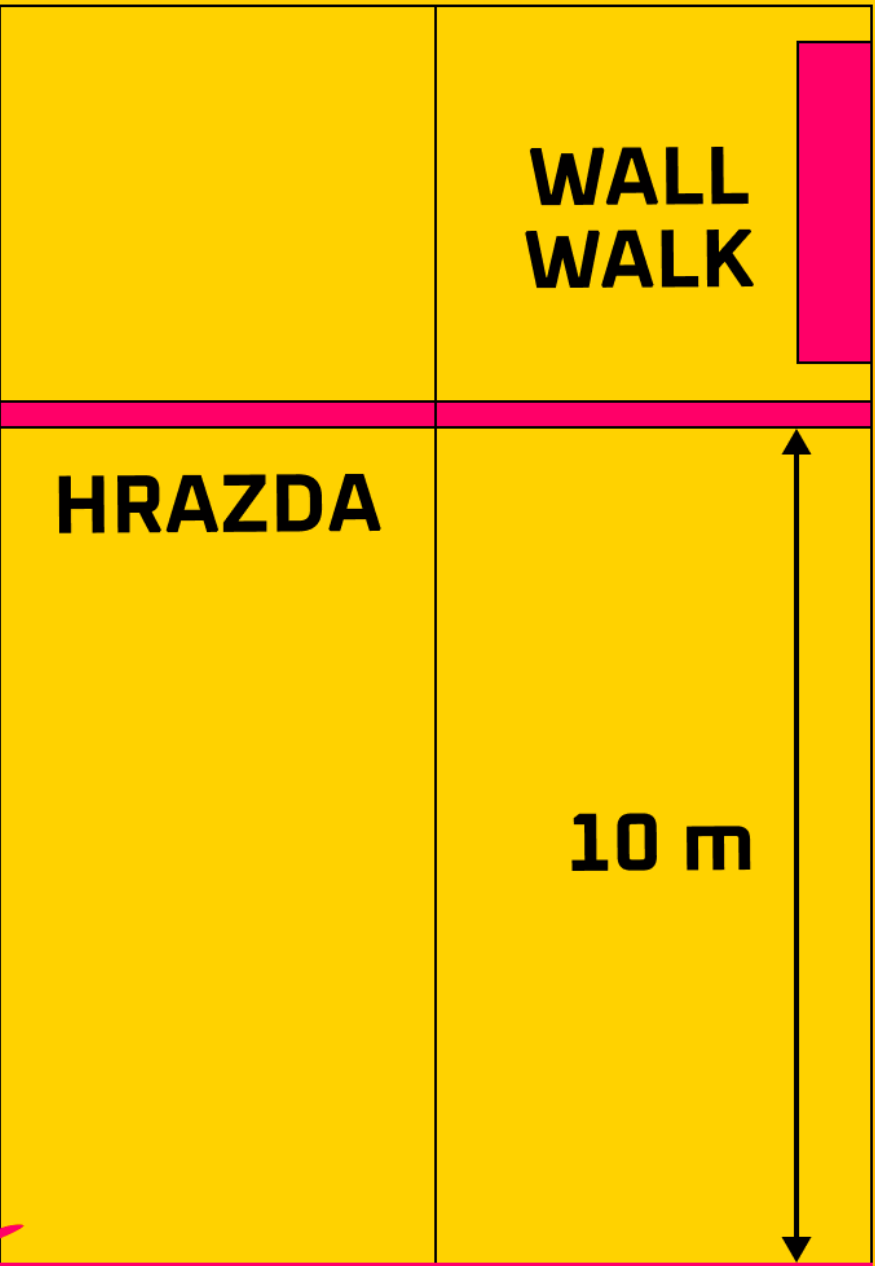
START



TEAMS



START



WORKOUT 3.

ELITE / MASTERS ELITE

3 5 RND FOR TIME

- 1 Bar Muscle Up
- 1 Pull Over
- 1 Bar Muscle Up
- 2× 2m Shuttle Handstand Walk (unbroken)
- 1× 4m Handstand Walk (unbroken)

Each round add: +1 Pull Over
Final round = 5 Pull Overs

TIME CAP: 9 MIN



▪ MOVEMENT STANDARDS:

- Bar Muscle Up – Athlete must begin from a hang, pass over the bar, and reach full lockout above.
- Pull Over – Full rotation from hang to top support over the bar.
- Shuttle Handstand Walk (forward + backward) – The athlete must walk 2 meters forward on hands, then immediately 2 meters backward, all unbroken (no breaks or falls).
- Handstand Walk (4m) – Athlete must walk forward on hands for 4m, unbroken.

FLOW

The workout is for time with a 9-minute time cap. In each round, the athlete performs:

1 Bar Muscle-Up, 1 Pull Over, 1 Bar Muscle-Up, 2× 2m Handstand Walk forward and backward (unbroken), and a 4m Handstand Walk (unbroken).

With each round, the number of Pull Overs increases by 1. That means in Round 5, the athlete performs 1 BMU, 5 Pull Overs, 1 BMU, 2×2m HSW, and a 4m HSW forward.

The workout ends after completing Round 5 or when the time cap is reached. The score is either the time or the time cap plus the number of unfinished reps.

WORKOUT 3. ADVANCED

3 5 RND FOR TIME

- 1 Bar Muscle Up
- 2 Chest to Bar
- 6m Handstand Walk (2m unbroken segments)
- Each round add:
 - +1 Bar Muscle Up (1-2-3-4-5)
 - +2 Chest to Bar (2-4-6-8-10)

TIME CAP: 9 MIN



- **MOVEMENT STANDARDS:**
- Bar Muscle Up – Athlete must pass over the bar to full lockout.
- Chest to Bar Pull-Up – Chest must clearly contact the bar at or below the collarbone.
- Handstand Walk – Athlete must complete 6m per round. Only 2m segments unbroken are valid (3×2m). Restart if fall occurs before 2m.

FLOW

The workout is a climbing “ladder.”
In Round 1: 1 Bar Muscle-Up, 2 Chest-to-Bar Pull-Ups, 6m Handstand Walk (in 2m segments).
In each round, the number of BMUs and C2Bs increases according to the scheme (e.g., in Round 5 = 5 BMUs, 10 C2Bs). The Handstand Walk remains the same in every round.
The workout ends after completing Round 5 or when the time cap is reached. The score is the time plus the number of unfinished reps.

WORKOUT 3.

SPORT / MASTERS SPORT

3 5 RND FOR TIME

6 Pull-Ups
3 Wall Walks
6× 10m Shuttle Run

Each round add:
+1 Wall Walk

TIME CAP: 11 MIN



- **MOVEMENT STANDARDS:**
- Pull-Up – Chin must clearly pass above the bar. Any grip or style allowed.
- Wall Walk – Start chest on the floor, walk feet to wall and hands to line. Standard dle X League.
- Shuttle Run (10m) – Athlete runs 10m, turns, runs back. No hand touch required. Both feet must fully cross the line.

FLOW

The workout consists of 5 rounds. Each round includes: 6 Pull-Ups, an increasing number of Wall Walks (3–4–5–6–7), and 6 x 10m shuttle runs.

The Wall Walk starts from a prone position; the athlete moves into a handstand hold with feet against the wall according to the prescribed standard.

Shuttle Runs are performed without hand touches – both feet must simply cross the line.

The workout ends after all rounds are completed or when the time cap is reached. The score is the time or the time cap plus the number of unfinished reps.

WORKOUT 3. TEAM

3

FOR TIME

BUY-IN: (Team completes together)

10 Synchro Bar Muscle Ups (S2)

30 m Handstand Walk (can be split)

THEN:

3 Rounds (in rotation):

10 Wall Walks (while 1 athlete hangs)

15 Chest to Bar Pull-Ups (while 1 athlete hangs)

20 Toes to Bar (while 1 athlete hangs)



TIME CAP: 15 MIN

FLOW

The workout starts with a team buy-in – the team performs 10 synchronized bar muscle-ups (done by two athletes), followed by 30 meters of handstand walk, divided between athletes in any order.

Then, the team proceeds to 3 rounds of a sequential block:

- For Wall Walks, Chest-to-Bar Pull-Ups, and Toes-to-Bar, one athlete works while another must hang from the bar. The third athlete rests.
- Roles can be switched based on team strategy, but at all times, one athlete must be working and one hanging.
- If the hanging athlete drops, the working athlete must immediately stop, as all reps during that time become invalid. Once the hanging athlete resumes the hang, the working athlete may continue.

The workout ends after completing all 3 rounds or when the time cap is reached.

WORKOUT 3. TEAM

3 Synchro Bar Muscle-Up - Two athletes must reach full lockout above the bar at the same time.

Handstand Walk -30 m total, can be split. Forward walk, full control.

Wall Walk - Start chest to floor, walk to line. Rep is valid once chest returns to floor. Second athlete must hang from bar throughout.

Chest to Bar - Chest clearly touches bar at or below collarbone. Second athlete must hang from bar throughout.

Toes to Bar - Both feet touch the bar at the same time between the hands. Second athlete must hang from bar throughout.

Hang Standard - Passive or active hang allowed. No touching the floor.- If the hanging athlete drops, the working athlete must immediately stop, as no reps will count during that time. Once the hang is re-established, the working athlete may continue.

4. WOD

ENDURE THE PAIN, IGY CENTRUM



WOD 4

TEAMS



 BIKE ERG	 PÁNSKÁ OSA DÁMSKÁ OSA PÁNSKÁ OSA
	HRAZDA

START

WOD 4

ELITE
ALL
MASTERS
ADVANCED
SPORT



 BIKE ERG
HRAZDA

START

WORKOUT 4. ELITE

4 FOR TIME

40/32 Cals BikeErg
25 Hang Snatches (50/35 kg)
40/32 Cals BikeErg

TIME CAP: 7 MIN



- BikeErg – Athlete may not leave the machine until the required calories are completed.
- Hang Snatch – The movement starts from the hang position (above the knees). The athlete must bring the bar overhead in one continuous motion and catch it either in a full squat (squat snatch) or power snatch. The lift ends with the bar locked out overhead, hips and knees fully extended, and feet in line.
- Men: 50 kg, Women: 35 kg

FLOW

The athlete starts standing behind the BikeErg, holding the seat. The workout begins on the BikeErg. The athlete must complete 40 calories (men) / 32 calories (women).

They then move to the barbell and perform 25 Hang Snatches – each rep starts from above the knees (hang position) and finishes with the barbell locked out overhead in full extension. Both squat snatch and power snatch are allowed.

After completing the snatches, the athlete returns to the BikeErg for a second calorie segment of the same length.

The workout ends after the final calorie is completed or when the time cap is reached.

The score is either the time or 7:00 + the number of unfinished reps.

WORKOUT 4.

MASTERS ELITE

4 FOR TIME

40/32 Cals BikeErg
20 Hang Snatches 50kg
40/32 Cals BikeErg

TIME CAP: 7 MIN



- BikeErg – Athlete may not leave the machine until the required calories are completed.
- Hang Snatch – The movement starts from the hang position (above the knees). The athlete must bring the bar overhead in one continuous motion and catch it either in a full squat (squat snatch) or power snatch. The lift ends with the bar locked out overhead, hips and knees fully extended, and feet in line.
- Men: 50 kg, Women: 35 kg

FLOW

The athlete starts standing behind the BikeErg, holding the seat. The workout begins on the BikeErg. The athlete must complete 40 calories.

They then move to the barbell and perform 20 Hang Snatches – each rep starts from above the knees (hang position) and finishes with the barbell locked out overhead in full extension. Both squat snatch and power snatch are allowed.

After completing the snatches, the athlete returns to the BikeErg for a second 40-calorie segment.

The workout ends after the final calorie is completed or when the time cap is reached.

The score is either the time or 7:00 + the number of unfinished reps.

WORKOUT 4. ADVANCED

4 FOR TIME

35/28 Cals BikeErg
25 Hang Snatches (40/27,5 kg)
35/28 Cals BikeErg

TIME CAP: 7 MIN



- BikeErg – Athlete may not leave the machine until the required calories are completed.
- Hang Snatch – The movement starts from the hang position (above the knees). The athlete must bring the bar overhead in one continuous motion and catch it either in a full squat (squat snatch) or power snatch. The lift ends with the bar locked out overhead, hips and knees fully extended, and feet in line.
- Men: 40 kg, Women: 27,5 kg

FLOW

The athlete starts standing behind the BikeErg, holding the seat. The workout begins on the BikeErg. The athlete must complete 35 calories (men) / 28 calories (women).

They then move to the barbell and perform 25 Hang Snatches – each rep starts from above the knees (hang position) and finishes with the barbell fully locked out overhead. Both squat snatch and power snatch are allowed.

After completing the snatches, the athlete returns to the BikeErg for a second calorie segment of the same length.

The workout ends after the final calorie is completed or when the time cap is reached.

The score is either the time or 7:00 + the number of unfinished reps.

WORKOUT 4. SPORT / MASTERS SPORT

FLOW

4 FOR TIME

30/24 Cals BikeErg
20 Hang Snatches (30/20 kg)
30/24 Cals BikeErg

TIME CAP: 7 MIN



- BikeErg – Athlete may not leave the machine until the required calories are completed.
- Hang Snatch – The movement starts from the hang position (above the knees). The athlete must bring the bar overhead in one continuous motion and catch it either in a full squat (squat snatch) or power snatch. The lift ends with the bar locked out overhead, hips and knees fully extended, and feet in line.
- Men: 30 kg, Women: 20 kg

The athlete starts standing behind the BikeErg, holding the seat. The workout begins on the BikeErg. The athlete must complete 30 calories (men) / 24 calories (women).

They then move to the barbell and perform 20 Hang Snatches – each rep starts from above the knees (hang position) and finishes with the barbell fully locked out overhead. Both squat snatch and power snatch are allowed.

After completing the snatches, the athlete returns to the BikeErg for a second calorie segment of the same length.

The workout ends after the final calorie is completed or when the time cap is reached.

The score is either the time or 7:00 + the number of unfinished reps.

WORKOUT 4. TEAM

4 AMRAP 10 MIN

Part A – FOR TIME:

3 Rounds (shared by the team):

12 Synchro Hang Snatches (40/27,5 kg) (S2)

12 Synchro Thrusters (S2)

12 Synchro Hang Clean & Jerks (S2)

Part B – FOR MAX EFFORT:

Max Calories on Bike

(runs continuously during the entire 10 minutes)

SCORE:

– Part A: Time to complete 3 rounds

– Part B: Total calories from the bike

Hang Snatch = Athlete lifts the barbell from above the knees directly overhead in one motion.

Thruster = Full front squat into overhead press in one continuous motion.

Hang Clean & Jerk = From hang, barbell is cleaned to shoulders and then jerked overhead.

– All barbell movements are performed synchronized (lockout at the top must match).

Bike = Athlete may switch anytime, bike runs for the full 10 minutes.

Men: 40 kg

Women: 27,5 kg

WORKOUT 4.

TEAM

4

FLOW

Part A – 3 Rounds For Time (synchronized lifting):

Two athletes work together, performing all three movements in synchronized reps.

The team must complete 3 rounds of the following sets:

- 12 Synchro Hang Snatches (S2)
- 12 Synchro Thrusters (S2)
- 12 Synchro Hang Clean & Jerks (S2)

Each athlete must complete 2 rounds total (1+1) – the team chooses its own rotation strategy.

Barbells are set up in a row: male – female – male, with athletes facing sideways toward the audience.

Part B – Max Cal Bike:

While two athletes are working on Part A, the third athlete is cycling on the BikeErg.

The BikeErg runs continuously for the full 10 minutes, and athletes may switch at any time.

If the team finishes Part A before the time cap, athletes may rotate freely on the BikeErg.

The workout ends after 10 minutes.

5. WOD

DOUBLE TROUBLE, RIVERBANK

SATURDAY - SPORT / ADVANCED

SUNDAY - ELITE, MASTERS SP./ELITE, TEAM, TEEN

NAPLAVKA

ELITE
ALL
MASTERS
ADVANCED
SPORT
TEAM
TEEN

200 m

WORKOUT
ZONE



START

WORKOUT 5. ELITE

5

FOR TIME

3 sets, every 4 min:
400 m Run (200/200 m)
100 Double Unders
At 12:00 strat 2 rounds for time:
800 m Run
75 Double Unders

TIME CAP:10 MIN
(for second part only – ends at 22:00)



- *
- Run = 200 m out + 200 m back (for 400 m total).
- Double Unders = Rope passes under the feet twice per jump.
- Only the second part (from 12:00) is scored.
- If the athlete does not complete the work in part 1, the number of completed reps is recorded.

FLOW

Part One: 3 sets – every 4 minutes, the athlete runs 400 meters (200m out and back), followed by 100 Double Unders. The goal is to complete the work before the 4-minute mark and use the remaining time to rest.

If the athlete fails to complete the set within 4 minutes, the workout ends immediately, and their time and number of completed reps are recorded.

At minute 12, the second part of the workout begins, which is scored:
2 rounds (4 x 200m) – 800m run + 75 Double Unders.
The athlete has 10 minutes to complete this part (until 22:00).

The final score is the time achieved in Part Two.
If the athlete does not complete the second part, the score will be 10:00 + the number of unfinished reps.

WORKOUT 5.

MASTERS ELITE

5 FOR TIME

3 sets, every 4 min:
400 m Run (200/200 m)
75 Double Unders

At 12:00 start 2 rounds for time:
800 m Run
50 Double Unders

TIME CAP:10 MIN
(for second part only – ends at 22:00)

- *
- Run = 200 m out + 200 m back (for 400 m total).
- Double Unders = Rope passes under the feet twice per jump.
- Only the second part (from 12:00) is scored.
- If the athlete does not complete the work in part 1, the number of completed reps is recorded.

FLOW

Part One: 3 sets – every 4 minutes, the athlete runs 400 meters (200m out and back), followed by 75 Double Unders. The goal is to complete the work before the 4-minute mark and use the remaining time to rest.

If the athlete fails to finish the set within 4 minutes, the workout ends automatically, and their time and number of completed reps are recorded.

At minute 12, the second part of the workout begins, which is scored:
2 rounds (4 x 200m) – 800m run + 50 Double Unders.
The athlete has 10 minutes to complete this part (until 22:00).

The final score is the time achieved in Part Two.
If the athlete does not finish the second part, the score will be 10:00 + the number of unfinished reps.

WORKOUT 5. ADVANCED

5 FOR TIME

3 sets, every 4 min:
400 m Run (200/200 m)
75 Double Unders

At 12:00 start 2 rounds for time:
800 m Run
50 Double Unders

TIME CAP: 10 MIN
(for second part only – ends at 20:00)

- *
- Run = 200 m out + 200 m back (for 400 m total).
- Double Unders = Rope passes under the feet twice per jump.
- Only the second part (from 12:00) is scored.
- If the athlete does not complete the work in part 1, the number of completed reps is recorded.

FLOW

Part One: 3 sets – every 4 minutes, the athlete runs 400 meters (200m out and back), followed by 75 Double Unders. The goal is to complete the work before the 4-minute mark and use the remaining time to rest.
If the athlete fails to complete the set within 4 minutes, the workout ends automatically, and their time and number of completed reps are recorded.

At minute 12, the second part of the workout begins and is scored:
2 rounds (4 x 200m) – 800m run + 50 Double Unders.
The athlete has 10 minutes to complete this part (until 22:00).

The final score is the time achieved in Part Two.
If the athlete does not finish the second part, the score will be 10:00 + the number of unfinished reps.

WORKOUT 5.

SPORT / MASTERS

5 FOR TIME

3 sets, every 4 min:
400 m Run (200/200 m)

50 Double Unders

At 12:00 start 2 rounds for time:

400 m Run

25 Double Unders

TIME CAP: 8 MIN

(for second part only – ends at 20:00)

- *
- Run = 200 m out + 200 m back (for 400 m total).
- Double Unders = Rope passes under the feet twice per jump.
- Only the second part (from 12:00) is scored.
- If the athlete does not complete the work in part 1, the number of completed reps is recorded.

FLOW

Part One: 3 sets – every 4 minutes, the athlete runs 400 meters (200m out and back), followed by 50 Double Unders. The goal is to complete the work before the 4-minute mark and use the remaining time to rest.

If the athlete fails to complete the set within 4 minutes, the workout ends automatically, and their time and number of completed reps are recorded.

At minute 12, the second part of the workout begins and is scored:

2 rounds (4 x 200m) – 400m run + 25 Double Unders.

The athlete has 8 minutes to complete this part (until 20:00).

The final score is the time achieved in Part Two.

If the athlete does not finish the second part, the score will be 08:00 + the number of unfinished reps.

WORKOUT 5.

TEAM

5 FOR TIME

Part A

- 3 Rounds (Team of 2, synchronized):
- 400 m Partner Run (200+200 m split, with rope (1m) – both athletes must run twice)
- 75 Double Unders (shared – any athlete)

THEN

- Part B – 3 Rounds (Individual, each athlete completes 1 full round):
- 400 m Run (200+200 m split – solo)
- 75 Double Unders

TIME CAP: 21 MIN

MOVEMENT STANDARDS:

- Partner Run (S2 Rope Run)
- Two athletes are connected by a 1m rope, which both must hold throughout the run.
- 400 m is split as 200 m + 200 m, each athlete runs two intervals.
 - Rope must remain tight – no dragging or dropping.

- Solo Run
- 400 m per athlete, split into 200 m out and 200 m back.
 - Run must be completed before moving to Double Unders.

- Double Unders
- Rope passes twice under the feet in one jump.
 - Only completed reps count.
 - In Part A, reps can be shared freely.
 - In Part B, must be completed by the athlete doing the run.

WORKOUT 5.

TEAM

5 FLOW

The workout consists of two parts.

Part A – Team Run & DU (3 Rounds):

Two athletes work simultaneously – they complete a 400m run together while holding a 1-meter rope. Each athlete must run 2× 200m. After the run, the team completes 75 Double Unders, which can be performed by any team member.

After completing 3 rounds of this section, the workout continues with:

Part B – Individual Work (3 Rounds):

Each team member completes one full round solo:

- 400m run (200m out and back)
- 75 Double Unders (performed alone)

The team decides the order of the athletes. Each athlete must complete one full round.

The workout ends after all 6 rounds are completed (3 team rounds + 3 individual rounds) or when the 21-minute time cap is reached.

6. WORKOUT

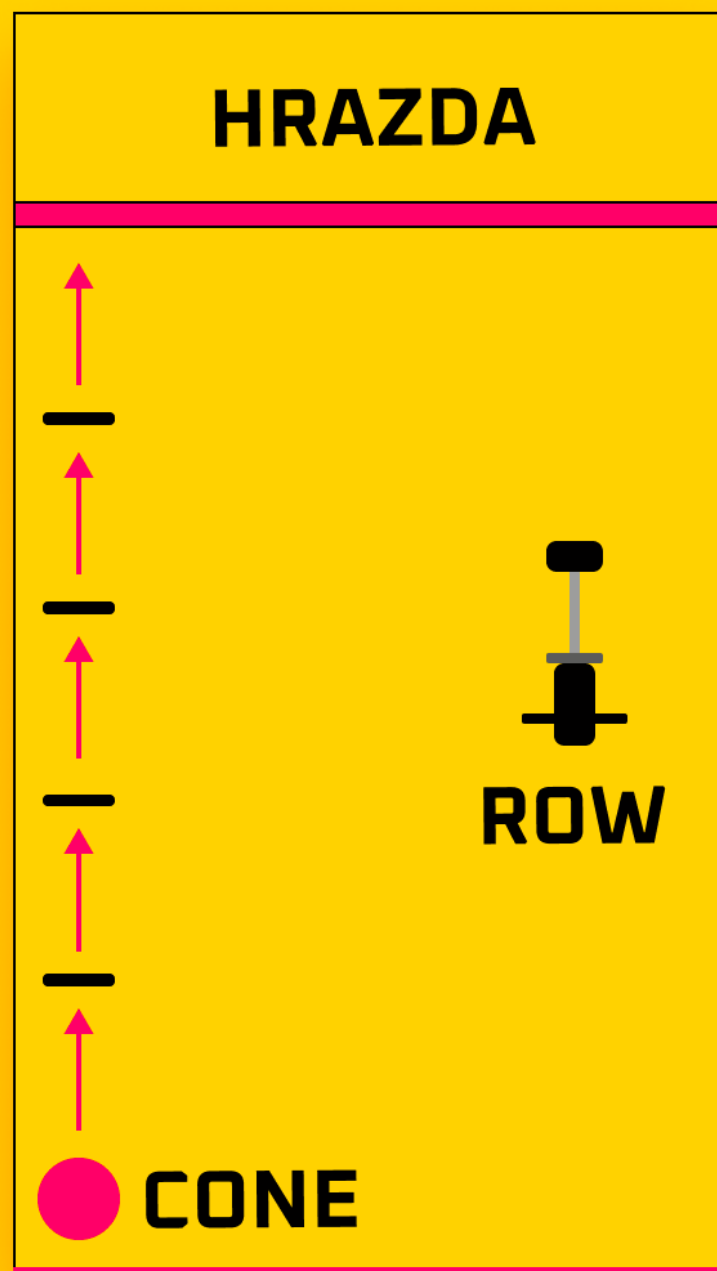
GYM CARRY, IGY CENTRUM



WOD 6

ELITE
ALL
MASTERS
ADVANCED
SPORT

10 m



DB

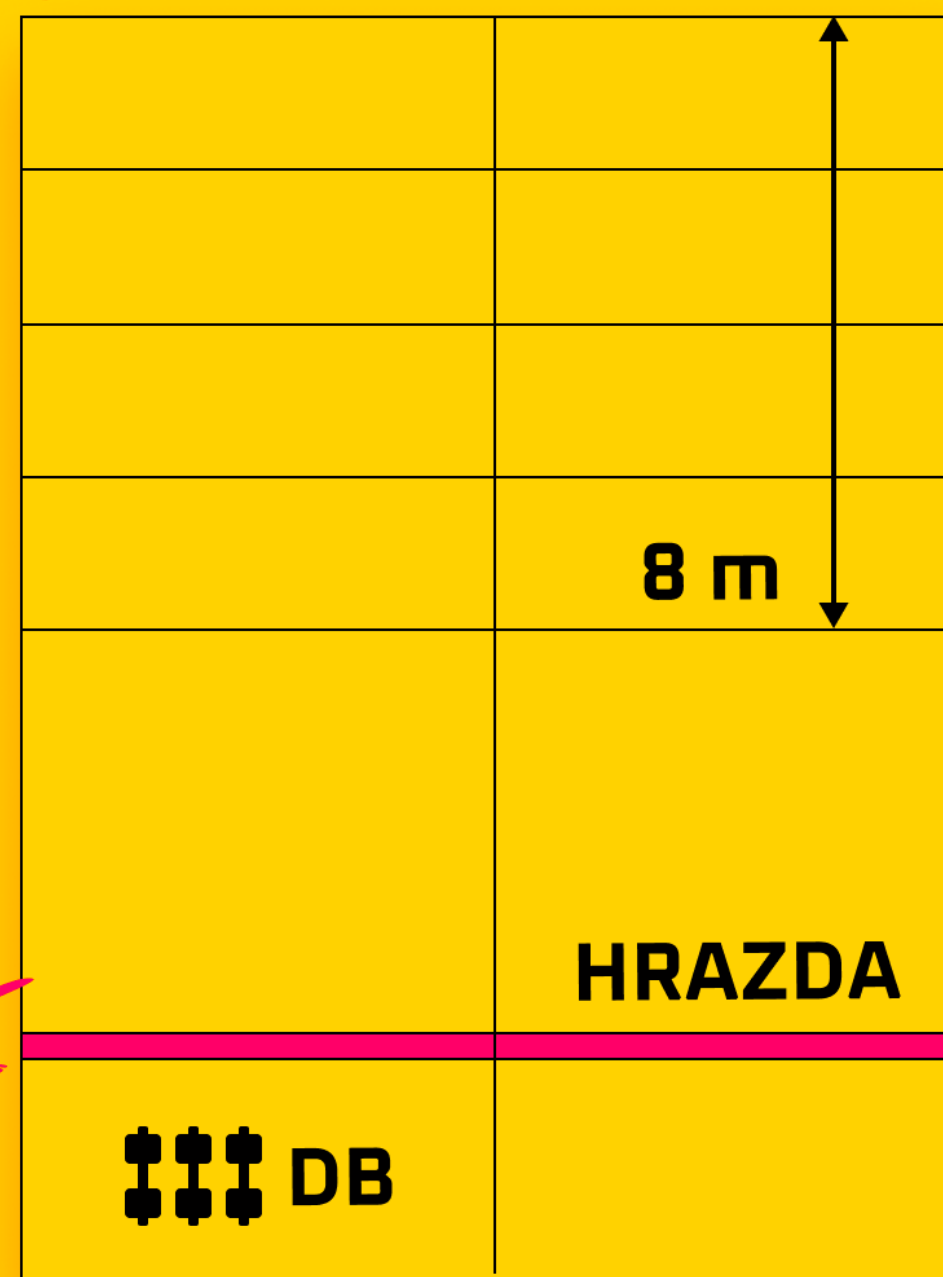
START

WOD 6

TEAMS



START



WORKOUT 6. ELITE / MASTERS EL.

6

FOR TIME

Buy-in: 250/200 m Row

5 Rounds:

10 m Dual DB Overhead Carry

30 m Dual DB Front Rack Carry

60 m Dual DB Farmer Carry

Buy-out: 250/200 m Row

Every carry must be 10 meters unbroken.

Men: 2×22,5 kg, Women: 2×15 kg



TIME CAP: 9 MIN

FLOW

The workout starts with rowing – 250 meters for men / 200 meters for women.

This is followed by 5 rounds consisting of carries in 3 different positions:

10m Overhead Carry – dumbbells must be held overhead with elbows fully locked out and the body stable.

30m Front Rack Carry – dumbbells rest on the shoulders, with elbows pointing forward.

60m Farmer Carry – dumbbells are held at the sides of the body in a traditional carry position.

After completing the final 60m Farmer Carry in each round, the athlete must move a cone forward to confirm the round is completed.

Each type of carry is divided into 10-meter segments that must be completed unbroken – if the athlete stops, sets the dumbbells down, or breaks position during a segment, the entire 10-meter segment must be repeated. The athlete may rest between segments.

After finishing all 5 rounds, there is a final rowing segment – 250m for men / 200m for women.

The workout ends after all segments are completed or when the 9-minute time cap is reached.

The score is either the time or 9:00 + the number of unfinished

WORKOUT 6. ADVANCED

6 FOR TIME

Buy-in: 250/200 m Row
5 Rounds:
10 m Dual DB Overhead Carry
30 m Dual DB Front Rack Carry
60 m Dual DB Farmer Carry
Buy-out: 250/200 m Row
Every carry must be 10 meters unbroken.

Men: 2×22,5 kg, Women: 2×15 kg



TIME CAP: 9 MIN

FLOW

The workout starts with rowing – 250 meters for men / 200 meters for women.

This is followed by 5 rounds consisting of carries in 3 different positions:

10m Overhead Carry – dumbbells must be held overhead with elbows fully locked out and the body stable.

30m Front Rack Carry – dumbbells rest on the shoulders, with elbows pointing forward.

60m Farmer Carry – dumbbells are held at the sides of the body in a traditional carry position.

After completing the final 60m Farmer Carry in each round, the athlete must move a cone forward to confirm the round is completed.

Each type of carry is divided into 10-meter segments that must be completed unbroken – if the athlete stops, sets the dumbbells down, or breaks position during a segment, the entire 10-meter segment must be repeated. The athlete may rest between segments.

After finishing all 5 rounds, there is a final rowing segment – 250m for men / 200m for women.

The workout ends after all segments are completed or when the 9-minute time cap is reached.

The score is either the time or 9:00 + the number of unfinished

WORKOUT 6.

SPORT / MASTERS SPORT

FLOW

6 FOR TIME
Buy-in: 250/200 m Row
5 Rounds:
10 m Dual DB Overhead Carry
30 m Dual DB Front Rack Carry
60 m Dual DB Farmer Carry
Buy-out: 250/200 m Row
Every carry must be 10 meters unbroken.

Men: 2×15 kg, Women: 2×10 kg

 **TIME CAP: 9 MIN**

The workout starts with rowing – 250 meters for men / 200 meters for women.
This is followed by 5 rounds consisting of carries in 3 different positions:
10m Overhead Carry – dumbbells must be held overhead with elbows fully locked out and the body stable.
30m Front Rack Carry – dumbbells rest on the shoulders, with elbows pointing forward.
60m Farmer Carry – dumbbells are held at the sides of the body in a traditional carry position.
After completing the final 60m Farmer Carry in each round, the athlete must move a cone forward to confirm the round is completed. Each type of carry is divided into 10-meter segments that must be completed unbroken – if the athlete stops, sets the dumbbells down, or breaks position during a segment, the entire 10-meter segment must be repeated. The athlete may rest between segments.
After finishing all 5 rounds, there is a final rowing segment – 250m for men / 200m for women.
The workout ends after all segments are completed or when the 9-minute time cap is reached.
The score is either the time or 9:00 + the number of unfinished

WORKOUT 6.

6

- Row = Athlete may not leave the rower until the correct distance is displayed.
- Carries = Each 10 m segment must be completed unbroken. If the athlete drops the dumbbells or loses the required position during the segment, the entire 10 m section must be restarted from the beginning. Rest is allowed between segments, ale ne během.
- After completing the final 60 m Farmer Carry in each round, the athlete must move a cone forward to indicate one round completed. This serves as official round tracking.

-
-
-



WORKOUT 6. TEAM

6

FOR TIME

FOR TIME – 3 ROUNDS:

10× 8 m S3 Shuttle Run (Synchro)

20x S3 Goblet Hold Lunges (Synchro)

10× 8 m S3 Shuttle Run (Synchro)

30x S3 One Arm Dumbbell STOH (Synchro)

TIME CAP:12 MIN



FLOW

The workout begins with the entire team standing side by side, facing the audience. Together, they start with 10 x 8m shuttle runs, which must be performed synchronously – all athletes must cross the line at the same time, with both feet behind the line.

After the run, the team performs 20 lunges with a dumbbell in the goblet hold position, again in full synchronization – both the step and the return must be done in unison.

This is followed by another 10 x 8m synchronized shuttle run, and then the team continues with 30 One Arm Dumbbell Shoulder to Overhead reps. The movement must be executed synchronously – the dip and the press must happen at the same time. Each athlete can switch arms as needed.

The team completes 3 total rounds of this circuit.
The workout ends when all reps are completed or when the time cap is reached.
The score is either the time or the time cap plus the number of unfinished reps.

WORKOUT 6.

TEAM

6

Shuttle Run:

- 8 m length, both feet must cross the line
- All athletes run side-by-side in sync

Goblet Hold Lunges:

- DB held in front of chest (goblet)
- Back knee near ground
- Lunges in full synchro (step + stand up)

One Arm DB Shoulder to Overhead:

- DB starts on shoulder, ends fully locked out
- Any style allowed (press/jerk)
- All athletes dip & lock out together
- Athletes can switch arms as needed

Dumbbells:

- Men: 1×22,5 kg
- Women: 1×15 kg



7. WORKOUT

FINISHER, IGY CENTRUM

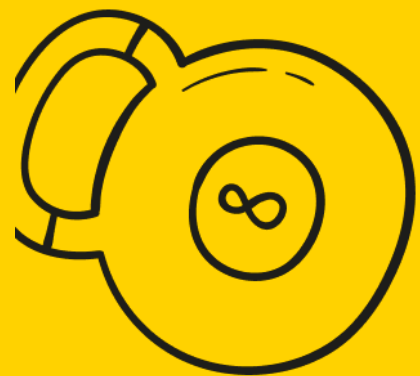


WOD 7

ELITE
ALL
MASTERS
ADVANCED
SPORT

WOD 3

TEEN



START

HRAZDA



BOX



DB



SKIERG

WOD 7

TEAMS



START

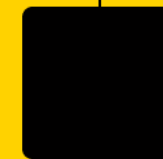
HRAZDA



ROW



ROW



BOX



BOX

BIG
SUMMER
GAMES

STANDARDS

WORKOUT 7. ELITE

7

FOR TIME

50 cal SkiErg
50 Goblet Hold Box Step Over (60/50 cm)
50 Toes to Bar
50 Goblet Squats
50 cal SkiErg

Men: 22,5 kg DB, Women: 15 kg DB

TIME CAP:14 MIN



- * SkiErg = Athlete may not leave the machine until required calories are completed.
- Goblet Hold Box Step Over = Dumbbell held at chest. Both feet must step up and over the box (no jumps).
- Toes to Bar = Both feet touch the bar at the same time between the hands.
- Goblet Squat = Full depth squat with DB held at chest. Hips below knees, full lockout at the top.

FLOW

The workout starts on the SkiErg – 50 calories.
Next, athletes complete 50 step-overs while holding a dumbbell in the goblet position (at the chest). Both feet must step up and down on the box (height: 60 cm for men / 50 cm for women).
They then move on to 50 Toes to Bar, followed by 50 goblet squats – the dumbbell is held at the chest, the squat must go below parallel, and finish with full extension at the top.
The final part is another 50 calories on the SkiErg.
The workout ends after all movements are completed or when the 14-minute time cap is reached.
The score is either the time or 14:00 + the number of unfinished reps.

WORKOUT 7.

ADVANCED / MASTERS ELITE

FLOW

7

FOR TIME

40 cal SkiErg
40 Goblet Hold Box Step Over (60/50 cm)
40 Toes to Bar
40 Goblet Squats
40 cal SkiErg

Men: 22,5 kg DB, Women: 15 kg DB

TIME CAP:14 MIN



- * SkiErg = Athlete may not leave the machine until required calories are completed.
- Goblet Hold Box Step Over = Dumbbell held at chest. Both feet must step up and over the box (no jumps).
- Toes to Bar = Both feet touch the bar at the same time between the hands.
- Goblet Squat = Full depth squat with DB held at chest. Hips below knees, full lockout at the top.

The workout begins on the SkiErg – 40 calories.
Next, athletes perform 40 step-overs while holding a dumbbell in the goblet position (at the chest). Both feet must step up and down on the box (60 cm for men / 50 cm for women).
They then move on to 40 Toes to Bar, followed by 40 goblet squats – the dumbbell must be held at the chest, the squat must go below parallel, and finish with full extension at the top.
The final part is another 40 calories on the SkiErg.
The workout ends once all movements are completed or when the 14-minute time cap is reached.
The score is either the time or 14:00 + the number of unfinished reps.

WORKOUT 7.

SPORT / MASTERS SPORT

FLOW

7

FOR TIME

30 cal SkiErg
30 Goblet Hold Box Step Over (60/50 cm)
30 Toes to Bar
30 Goblet Squats
30 cal SkiErg

Men: 15 kg DB, Women: 10 kg DB

TIME CAP:14 MIN



- * SkiErg = Athlete may not leave the machine until required calories are completed.
- Goblet Hold Box Step Over = Dumbbell held at chest. Both feet must step up and over the box (no jumps).
- Toes to Bar = Both feet touch the bar at the same time between the hands.
- Goblet Squat = Full depth squat with DB held at chest. Hips below knees, full lockout at the top.

The workout begins on the SkiErg – 30 calories.
Next, athletes complete 30 step-overs while holding a dumbbell in the goblet position (at the chest). Both feet must step up and down on the box (60 cm for men / 50 cm for women).
They then move on to 30 Toes to Bar, followed by 30 goblet squats – the dumbbell must be held at the chest, the squat must go below parallel and finish with full extension at the top.
The final part is another 30 calories on the SkiErg.
The workout ends after all movements are completed or when the 14-minute time cap is reached.
The score is either the time or 14:00 + the number of unfinished reps.

WORKOUT 7.

TEAM

7 2 ROUND OF:

- Pair M1 + F:**
 - 250/200 m Row (each)
 - 10 Synchronized Burpee Box Get Over 100 cm
- Pair M1 + M2:**
 - 250/200 m Row (each)
 - 10 Synchronized Burpee Box Get Over 100 cm
- Pair M2 + F:**
 - 250/200 m Row (each)
 - 10 Synchronized Burpee Box Get Over 100 cm

 **TIME CAP:16 MIN**

FLOW

The team consists of three pre-assigned pairs that take turns completing the same section:

M1 + F start on the rowers. Both athletes must complete 250/200 meters on their respective rowers. They may continue only once both have finished. Then, they perform 10 synchronized burpee box get overs.

Next up is the pair M1 + M2, following the same format: row (both) + 10 synchronized box get overs.

Finally, M2 + F – again, both complete the row and then 10 synchronized box get overs.

This entire block is repeated twice.

The workout ends after all six segments are completed (2 rounds × 3 pairs), or when the time cap is reached.

The score is either the time or time cap + the number of unfinished reps.

WORKOUT 7.

TEAM

7

Row

- Each athlete must complete the full distance: 250 m for men, 200 m for women.
- Two rowers are available; both athletes must finish before moving on.
- No one can start the next movement until both athletes have completed their row.

Synchronized Burpee Box Get Over (100 cm)

- Both athletes perform a burpee at the same time (chest to floor).
- Then, both must get over the box.
- Synchronization is required in both the burpee and the box get over.
- Box height is 100 cm for all athletes.



TEEN

FINISHER, IGY CENTRUM



WORKOUT 1.

TEEN - NÁPLAVKA

1 FOR TIME

3 sety, start každé 4 min
400m run (200/200m)
25 Double under
25 Single under

Ve 12:00 2 rounds for time:
400m run
25 Double under
25 Single under



TIME CAP: 10 MIN

(for second part only – ends at 22:00)

FLOW

Workout má dvě části. První část tvoří 3 čtyřminutové sety: 400 m běh (rozdělený na 200 m tam a zpět) a 25 DU + 25 Single unders. Cílem je dokončit každé kolo do 4 minut. Pokud atlet nestihne set do 4 min. automaticky končí a zapíše se mu čas a počet opakování.

Ve 12:00 začíná druhá, bodovaná část (2x 200m)- 400 m běh a 25 DU + 25 Single unders. Časový limit na dokončení této části je 10 minut (do 22:00).

Pokud atlet nestihne dokončit, počítá se 10:00 + počet nedokončených opakování.

*Run = 200 m out + 200 m back (for 400 m total).

Double Unders = Rope passes under the feet twice per jump.

Only the second part is scored.

If the athlete does not complete the work in part 1, the number of completed reps is recorded.

Single Unders = Rope passes once per jump. Full range and control must be maintained.

WORKOUT 2. TEEN - IGY

1 FOR TIME

Buy-in:

- 250/200 m Row

Then 5 Rounds:

- 5 Bar-Lateral Burpees Over the Barbell
- 5 Barbell Cleans (30/25 kg)
- 20 m Dual DB Front Rack Carry
- 20 m Dual DB Farmer Carry

Buy-out:

- 250/200 m Row

TIME CAP: 14 MIN

Dumbbells: (Men – 2×15 kg/Women – 2×10 kg)

Barbell: (Men – 30 kg/Women – 25 kg)

FLOW

Workout začíná na vesle – 250 m pro muže / 200 m pro ženy.

Po dokončení veslování přechází atlet na hlavní část workoutu, která obsahuje 5 kol složených z:

- 5 bar-lateral burpees over bar
- 5 cleans (barbell z podlahy do front racku)
- 20 m dual DB front rack carry
- 20 m dual DB farmer carry

Po dokončení 5 kol následuje závěrečné veslování ve stejné vzdálenosti jako na začátku.

Workout končí po dokončení všech částí nebo po uplynutí časového limitu 14 minut.

Výsledkem je čas nebo 14:00 + počet nedokončených opakování/metrů.

WORKOUT 3. TEEN - IGY

1 FOR TIME

20 cal SkiErg
20 Goblet Hold Box Step Over (60/50 cm)
15 Toes to Bar
20 Goblet Squats
20 cal SkiErg

TIME CAP: 10 MIN

Men: 15 kg DB, Women: 10 kg DB



FLOW

Workout začíná na SkiErgu – 20 kalorií. Následuje 20 step overů s jednoručkou drženou v goblet pozici (na hrudi). Atleti musí oběma nohama vystoupat i sestoupit z boxu (výška 60 cm muži / 50 cm ženy). Poté přecházejí na 15 Toes to Bar a následně 20 goblet dřepů – jednoručka je držena na hrudi, dřep musí být pod paralelou s plným propnutím nahoře. Finální část je opět 30 kalorií na SkiErgu. Workout končí po dokončení všech částí, nebo uplynutím časového limitu. Výsledkem je čas, nebo 10:00 + nedokončená opakování.

*

SkiErg = Athlete may not leave the machine until required calories are completed.

Goblet Hold Box Step Over = Dumbbell held at chest. Both feet must step up and over the box (no jumps).

Toes to Bar = Both feet touch the bar at the same time between the hands.

Goblet Squat = Full depth squat with DB held at chest. Hips below knees, full lockout at the top.

NATPLAVKA

ELITE
ALL
MASTERS
ADVANCED
SPORT
TEAM
TEEN

200 m

WORKOUT
ZONE



START

WOD 2

TEEN

HRAZDA



ROW

DB

START

WOD 7

ELITE
ALL
MASTERS
ADVANCED
SPORT

WOD 3

TEEN



HRAZDA



BOX

DB



SKIERG

START

STANDARDS ✓

STANDARDS

CLEANS

The athlete starts with the barbell on the ground and brings it to the front rack position on the shoulders using any clean variation (Muscle, Power, or Squat Clean). In the top position, the knees and hips must be fully extended, the torso upright, and the barbell resting in the front rack position with elbows clearly in front of the bar. Dropping the barbell is allowed, but the athlete must maintain control of the bar to avoid endangering or interfering with other athletes.

POWER CLEAN

The athlete starts with the barbell on the ground. The movement begins with a pull from the floor, bringing the barbell to the front rack position on the shoulders in one fluid motion. In the top position, elbows must be clearly in front of the bar, knees and hips fully extended, and the barbell controlled. A full squat is not allowed during the movement — the clean must be performed as a „power“ clean. The barbell must return to the ground before the next repetition. If the movement is not smooth, the barbell is not stable in the top position, or the athlete fails to meet the required start and end positions, the repetition will not be counted.

STANDARDS

MUSCLE CLEAN

Pohyb začíná s činkou na zemi v klasickém vzpěračském postavení. Atlet zvedá činku plynulým pohybem do front rack pozice, přičemž během celého pohybu nesmí dojít k podřepnutí ani výraznému poklesu těla pod činku. Lokty musí plynule rotovat vpřed a činka musí přirozeně přejít do front rack pozice s plně propnutým tělem. Pohyb končí v momentě, kdy jsou boky, kolena a lokty plně uzamčené v horní pozici. Jakékoliv podřepnutí nebo přerušení plynulého pohybu znamená neplatné opakování.

SQUAT CLEAN

Pohyb začíná s činkou na zemi v klasickém vzpěračském postavení. Atlet zvedá činku plynulým pohybem do front rack pozice, přičemž současně prochází do plného dřepu (boky pod úroveň kolen). Pohyb končí v momentě, kdy atlet plně propne boky a kolena, činka je stabilně ve front rack pozici a lokty jsou jasně vpřed. Jakékoliv neúplné dosažení hloubky dřepu nebo nedokončené propnutí v horní pozici znamená neplatné opakování.

Double Unders

Pro započítání platného opakování musí atletovi při každém výskoku projít lanko dvakrát pod chodidly. Švihadlo se musí točit směrem dopředu.

STANDARDY CVIKŮ

MUSCLE CLEAN

The movement starts with the barbell on the ground in a standard lifting stance. The athlete lifts the barbell in one smooth motion into the front rack position, without any dip or noticeable lowering of the body under the bar. The elbows must rotate forward smoothly, and the barbell must naturally transition into the front rack position with the body fully extended. The movement ends when the hips, knees, and elbows are fully locked out at the top. Any dipping or interruption of the fluid motion will result in a no rep.

SQUAT CLEAN

The movement starts with the barbell on the ground in a standard lifting stance. The athlete lifts the barbell in one continuous motion into the front rack position while simultaneously passing through a full squat (hips below the knees). The rep is completed when the athlete fully extends the hips and knees, the barbell is stable in the front rack position, and the elbows are clearly in front. Any failure to reach full squat depth or to fully extend at the top will result in a no rep.

DOUBLE UNDERS

For a valid repetition, the rope must pass under the athlete's feet twice during a single jump. The rope must rotate forward.

STANDARD

BAR MUSCLE UP

Každé opakování začíná v plně propnutých pažích a nohama ve vzduchu. Kipping Muscle Up je povolen na rozdíl od výmyku či sklopky. Žádná část chodidla se nesmí dostat nad úroveň hrazdy během provádění cviku. V horní pozici jsou paže plně propnuté nad hrazdou a ramena jsou nad osou hrazdy nebo před ní. Žádná jiná část paže kromě dlaní se nesmí dotknout hrazdy. Rukavice, mozolníky či jiné pomůcky k ochraně rukou jsou povoleny. Není povoleno jakkoliv upravovat hrazdu (jinak než nanesením magnesia). Závodní gymnastické mozolníky povoleny nejsou.

Atlet musí předvést oba cviky za sebou bez toho aniž by se dostal z platné pozice bar hang. Pokud atlet dostane "no-rep" v jakéhokoliv cviku, může ho opravit - bez seskočení z hrazdy a tím dokončit komplex.

WALLWALKS

Na začátku a na konci každého opakování je atlet v lehu na zemi = hrudník, stehna a chodidla jsou v kontaktu s podlahou a ruce (dlaň, prsty, prst) jsou v kontaktu s vymezenou čarou (muži nejvzdálenější od stěny, ženy střední). Poté atlet dostává alespoň jednu nohu na stěnu. Když je alespoň jedna nebo obě nohy na stěně, může atlet posunout ruce z vymezené čáry. Na vrchu (ve střední části opakování) se obě ruce (dlaň, prsty, prst) musí dotknout nejbližší čáry před návratem do konečné pozice.

STANDARDS

CHEST TO BAR

The movement begins with the athlete hanging from the pull-up bar, arms fully extended and feet off the ground. The athlete must pull up so that the chest (below the collarbones) clearly makes contact with the bar. The touch must be visible and controlled, not just a brush with the shirt or shoulder. Any pull-up style is allowed – strict, kipping, or butterfly – as long as all movement standards are met.

A rep is invalid if:

The athlete does not achieve full arm extension in the bottom position.

The chest does not touch the bar, or only the chin, shoulder, or another body part makes contact.

The movement is not under control (e.g., bouncing off the bar without clear chest contact).

Each rep must start from a full hang with extended arms and end with chest contact on the bar.

PULL-UPS

The movement begins with the athlete hanging from the bar, arms fully extended and feet off the ground. The athlete must pull up until the chin clearly rises above the horizontal plane of the bar. Any technique is allowed – strict, kipping, or butterfly – as long as all standards are followed. A rep is valid only when the athlete returns to full extension in the bottom position. A rep is invalid if: The athlete does not fully extend the arms in the bottom position.

The chin does not clear the bar at the top. The movement is not controlled – excessive swinging or failure to meet the movement standards results in a no rep.

STANDARDS

HANDSTAND WALK

Each category has a designated distance that must be completed unbroken. For a rep to count, the athlete must walk the prescribed distance without any breaks. The athlete must start with both feet and both hands (including fingers) behind the line of the segment being attempted. If the athlete begins with any part of the hand touching the starting line, the rep is invalid. A valid repetition ends when both hands cross the designated end line of the required distance.

SHUTTLE RUN

The movement begins from a starting position behind the designated line. The athlete runs to the opposite line over the distance specified in the workout and must cross the line with both feet before turning and running back (unless stated otherwise in the workout). The entire movement must be smooth and controlled. Each start and finish must be behind the designated line.

HANG

The athlete must hang from the bar with both hands – either passive or active hang is allowed. The feet must not make contact with the ground, the rig, or another athlete. The body must be freely suspended. Any contact or release from the hang position constitutes a break. If the hang is part of a combined movement (e.g., during a synchronized sequence), it must be maintained for the entire duration of the repetition – otherwise, the working athlete's rep will not count.

STANDARDS

BIKE ERG

The athlete must follow the Judge's instructions regarding the operation of the BikeErg.

Unless specifically stated in the workout that the athlete is allowed or required to operate the monitor, any interaction with the display is prohibited. Adjusting the seat height, handlebar position, and resistance is allowed — even during the workout. The athlete may leave the BikeErg only when the display shows the required number of calories or meters.

If the workout involves a distance for time, meters count down to zero. The athlete may leave the BikeErg only when the screen displays zero meters remaining and the final time. If the workout requires resetting the monitor, the athlete must follow the Judge's instructions for that workout. The athlete is responsible for ensuring the monitor is running and the BikeErg is active. In case of any technical issue, the athlete must immediately notify the Judge and follow their instructions.

HANG SNATCH

The movement begins from the hang position, meaning the barbell is held above the knees (not lifted from the floor).

From this position, the athlete must perform a snatch — bringing the barbell overhead in one continuous motion without stopping at the shoulders. The bar may be caught in a full squat (squat snatch) or a higher position (power or muscle snatch) — all variations are allowed. In the final position: Arms must be fully locked out overhead- Elbows locked, barbell in line with the ears. Hips, knees, and feet must be fully extended and aligned. The athlete must demonstrate control and stability of the barbell before lowering it back to the hang position. If the barbell is dropped during the attempt, paused on the shoulders, or the movement lacks full range of motion or control, the repetition is invalid.

STANDARDS

Synchro Hang Snatch

Both athletes start with the barbell in the hang position. The movement must be performed in one fluid motion overhead. Synchronization is judged at the moment both athletes reach full lockout overhead – arms fully extended, stable position. The bars can move at different speeds, but the rep only counts when both athletes achieve synchronized lockout.

Synchro Thruster

Both athletes hold the barbell in the front rack position, performing a squat followed by an overhead press. Synchronization is counted at the top position – with the barbell overhead, hips and knees fully extended, and arms locked out. The movement must be continuous, with no pause between the squat and the press.

Synchro Hang Clean & Jerk

Both athletes lift the barbell from the hang position to the front rack, then perform a jerk overhead. Synchronization is judged at the final phase of the movement – when both athletes have reached full lockout overhead after completing the jerk. The jerk can be a push jerk or a split jerk, but it must end in a controlled, stable position.

STANDARDS

DB Floor Press

The athlete lies on their back on the ground, holding one dumbbell in each hand. The movement starts in the top position, with arms fully extended and dumbbells stabilized over the chest.

The athlete then lowers the dumbbells in a controlled motion until the triceps of both arms simultaneously touch the ground. The dumbbells are then pressed back up to the starting position, where the arms must again reach full extension (lockout). A rep is valid only if: Both triceps touch the ground at the bottom. The rep ends with full lockout in a controlled top position. Any lifting of the hips, bouncing the dumbbells off the floor, or movement of the legs will result in a no rep.

Dual DB Thruster

The athlete holds two dumbbells in the front rack position on the shoulders. The movement begins with a squat, during which the hips must pass below the knees. This is followed by a continuous overhead press in one unbroken motion.

A rep is valid when: Arms are fully extended, Dumbbells are overhead, Hips and knees are fully extended, The dumbbells are under control

Dual DB Front Squat

The athlete holds two dumbbells in the front rack position (on the shoulders, elbows forward).

The movement starts from a standing position, followed by a squat below parallel (hips below the knees), and then a return to standing. A rep is valid when: The athlete reaches full depth in the bottom position. And in the top position, hips and knees are fully extended

STANDARDS

ROW

The movement begins when the athlete is seated on the rowing machine with feet strapped in and hands holding the handle. The monitor must be reset to 0 calories before each round and remain visible during the rowing.

Repetitions are counted based on the calories displayed on the screen. The required number of calories must be completed before moving on to the next movement. Key rules: The rower must be reset before each round. The athlete must stay on the rower until the display shows the required number of calories. For video submissions, the front half of the rower must be visible, especially the monitor and the front position of the athlete's body (visible legs are sufficient in the lean-back phase). Stopping before completing the required calories results in a no rep.

OVERHEAD CARRY

The athlete holds both dumbbells overhead with arms fully extended. Elbows must be locked out, shoulders active, and dumbbells stable throughout the movement. Walking is allowed, running is not. The dumbbells must not drop below head level. If the athlete loses position (e.g. bent elbows, dumbbells drop), they must stop and return to a correct position before continuing.

FRONT RACK CARRY

The athlete holds both dumbbells in the front rack position on the shoulders. The dumbbells may touch the shoulders or be slightly in front. Elbows must point forward and slightly up, and the torso remains upright. The dumbbells must not slide down to the hips or rest on the belly/chest. If the athlete loses control or the dumbbells shift out of position, they must re-adjust their hold before continuing.

STANDARDS

FARMER CARRY

The athlete holds one dumbbell in each hand, hanging freely by the sides of the body. Arms must remain extended, shoulders active, and the torso upright.

The dumbbells must hang freely without touching the thighs.

During the carry, the athlete must maintain control over the dumbbells – re-gripping, adjusting, or resting the weights on the body is not allowed.

BURPEE BOX GET OVER

Each rep begins with a burpee – the chest and thighs must touch the ground. The athlete then gets over the box, passing entirely over the top. A rep is valid when the athlete lands with both feet on the ground on the opposite side of the box.

The athlete may not go around the box. Touching the box with hands or body is allowed.

The box height is 100 cm, standard for all athletes.

TOES TO BAR

Before starting the first rep, the athlete must achieve full arm extension in a dead hang and the heels must pass behind the vertical plane of the bar. In the top position, both feet (or shoes) must simultaneously touch the bar between the hands for the rep to count.

STANDARDS

SKI ERG

The athlete must follow the Judge's instructions regarding the operation of the SkiErg.

Unless explicitly stated otherwise in a specific workout, the athlete is not allowed to touch the monitor in any way – its operation and settings are the sole responsibility of the Judge. Changing the damper/resistance setting is not allowed, unless the workout specifically allows it or the Judge gives permission – including during the workout. The athlete may leave the SkiErg only when the display shows: The required number of calories

Or zero remaining meters (in distance-for-time workouts)

If the workout uses a countdown format, the athlete can leave the SkiErg only when the display reaches zero and shows the final time.

If the workout requires the monitor to be reset, the athlete must strictly follow the Judge's instructions.

The athlete is responsible for ensuring that the monitor is running properly and the SkiErg is active.

In case of any technical issue, the athlete must immediately report the problem to the Judge and follow their instructions from that point on.

STANDARDS

Goblet Hold Box Step Over

At the start of each repetition, the athlete holds a dumbbell (or kettlebell) in the goblet hold — vertically, pressed against the upper chest with both hands.

Elbows point downward, and the dumbbell must remain in contact with the body throughout the entire movement.

The athlete must step both feet onto the box and then step both feet down on the opposite side. Each step-over must be performed without jumping — meaning each foot must firmly land on the box.

Jumping over the box or using a “rebound” technique is not allowed.

The dumbbell must remain in the goblet hold position for the entire rep.

Any lowering of the dumbbell, switching grip, or resting it on the shoulder results in a no rep.

Valid repetition = goblet hold + controlled step-up and step-down + each foot contacting the top of the box.

Goblet Squat

The athlete holds one dumbbell (or kettlebell) in the goblet position — both hands at the upper chest level, elbows pointing down, with the dumbbell pressed against the body. The movement starts from a standing position with fully extended hips and knees.

The athlete then lowers into a squat until the hips are below the top of the knees (below parallel depth).

From the bottom position, the athlete pushes back up to a full standing position with hips and knees fully extended.

The dumbbell must remain in the goblet hold position throughout the entire rep — any lowering, resting on the shoulder, or incorrect grip makes the rep invalid.

STANDARDS

Goblet Hold Lunges

Athletes hold a dumbbell with both hands in the goblet hold position in front of the chest. The dumbbell must be under control at all times and cannot rest on the body.

Each repetition starts from a standing position. The athlete steps forward into a lunge, with the back knee lowering close to the ground, the torso remaining upright, and the front foot flat on the ground.

The repetition is counted when all athletes simultaneously return to standing with fully extended knees and the dumbbell controlled in the goblet position. The movement must be performed synchronously by the entire team – both the step forward and the return. If the team is not synchronized or the technique is not met, the repetition will not count.

One Arm Dumbbell Shoulder to Overhead

The athlete starts holding one dumbbell on the shoulder with one hand.

The movement begins with pressing the dumbbell overhead – allowed variations are Strict Press, Push Press, Push Jerk, or Split Jerk.

A repetition is valid if the dumbbell is in the fully locked-out position overhead, the elbow locked, the body upright, and the hips and knees extended.

The dumbbell must be stable and under control in the top position.

Athletes can switch arms freely, but each repetition must meet the standards.

The movement must be performed synchronously by all team members – dip and lockout simultaneously.

If the movement is not smooth, synchronization is lost, or the dumbbell is unstable, the repetition will not count.

PARTNERS

