

IGY CENTRUM ČESKÉ BUDĚJOVICE





9

SRPEN 2024







3 ROUNDS FOR TIME:

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- 20 SYNCHRO T2B'S (S2)*
- 20 HSPU'S**
- 20 SYNCHRO SHUTTLE RUN 10M (S3)
- TIME CAP: 14 MIN
- *DURING T2B'S ONE ATHLETE MUST BE IN HANDSTAND HOLD
- ** DURING HSPU'S TWO ATHLETES MUST HANG ON PULL UP BAR









RELAY FOR TIME:

- 3200 M RUN
- 6000 M BIKE ERG
- 250 M SWIM
- TIME CAP: NO TIME CAP
- *ONE ATHLETE DOES ONLY ONE DISCIPLINE, TEAM CHOOSE







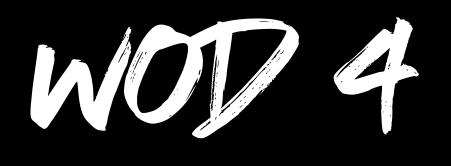


2 MIN ON, 1 MIN OFF: 4TH ROUND EXTENDED TO 3 MIN.

- ACCUMULATE 60 PARTNER DEADLIFTS AT 150 KG*
- EVERY INTERVAL STARTS WITH BUY IN:
- 3 ROPE CLIMBS (SPLIT ANYHOW) 4,5M
- 80 DOUBLE UNDERS (SPLIT ANYHOW)
 TOTAL TIME: 12 MIN
- *EVERY MEMBER OF THE TEAM HAS TO PERFORM
 AT LEAST 1 REP. TEAM HAS TO KEEP THE SAME PAIR
 WORKING THE WHOLE INTERVAL.











PART A: 6 MIN AMRAP - I GO, YOU GO STYLE

- 9/7 CALS ECHO
- 7 SHOULDER TO OVERHEAD AT 70/40 KG (FROM FLOOR)
 - REST 1 MIN -

PART B: 4 MIN WINDOW TO FIND:

- 2 RM CLEANS (EVERY ATHLETE)
- SCORE A: TOTAL REPS
- SCORE B: TOTAL WEIGHT COMBINED F + M1 + M2 (2 BARBELLS)
 SUMMER







2 ROUNDS FOR TIME:

- IOO M M1+M2 PARTNER CARRY (ANYHOW)
- 100 M M1+M2 SYNCHRO RUN (S2)
- IOO M M2+M1 PARTNER CARRY (ANYHOW)
- 100 M M2+M1 SYNCHRO RUN (S2)
- 100 M F SLED PUSH AT 40 KG PLATE
- 2X100 M F RUN
- 100M F SLED PUSH AT 40 KG PLATE
- TIME CAP: 9 MIN









8 MIN AMRAP

- PART A:
- MAX CALS BIKEERG
- PART B:
- 10 SYNCHRO HANG POWER CLEANS AT 50/35 KG (S2)
- IO SYNCHRO LATERAL BURPEES OVER BAR (S2)
- *ATHLETES HAVE TO PERFORM BURPEE ON THE OPPOSITE SIDE OF THE SAME BARBELL







3.



3 ROUNDS FOR TIME*

- 4 PAIR SYNCHRO BAR MUSCLE UPS
- 10 PAIR SYNCHRO D-DB THRUSTERS AT 2X22,5/15 KG
- 6M HANDSTAND WALK (2 M UB)
- 6M HANDSTAND WALK (2 M UB)
- TIME CAP: 6 MIN
- *EVERY PAIR HAS TO PERFORM ONE ROUND.
 PAIRS MUST BE: M1+F, M1+M2, M2+F (IN ANY ORDER)