

**9.-11.** SRPEN 2024

IGY CENTRUM ČESKÉ BUDĚJOVICE











### FOR TIME:

- 1 Legless Rope Climb 4,5m/3,5m
- 4 Rope Climbs 4,5m
- 21/18 Ring Dips
- 1 Legless Rope Climb 4,5m/3,5m
- 3 Rope Climbs 4,5m
- 15/12 Ring Dips
- 1 Legless Rope Climb 4,5m/3,5m
- 2 Rope Climbs 4,5m
- 9/6 Ring Dips
- TIME CAP: 7 MIN









## **FOR TIME:**

- 3200 km Run
- 4000 m Bike Erg
- 250 m Swim
- TIME CAP: NO TIME CAP









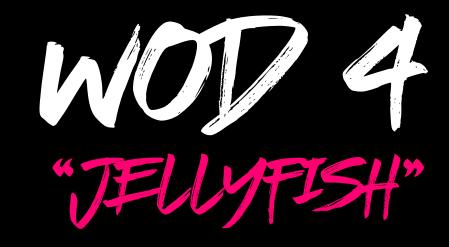
## FOR TIME: 3/3/3/4

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

- Accumulate 63 Front Squats at 70/42,5 kg
- Every interval starts with BUY IN:
- 25 T2B's
- 15 Box Jump Overs at 75/60 cm
- TOTAL TIME: 16 MIN









# 6 MIN AMRAP:

- Buy in: 3 ROUNDS FOR TIME:
- 15/12 Cals Echo Bike
- 5 Shoulder To Overhead at 100/55 kg (from rack)
- In remaining time find:
- 2RM Shoulder To Overhead (from rack)
- \*Tie break: In case of the same weight for 2RM, decide the time of 3 rounds.







#### **PART A: 00:00-4:00:** FOR TIME

- 100 m Sled Push at 70/50kg Plate
- 2x100 m Run
- 100 m Sled Push at 70/50 kg Plate
- rest till 4:00 -

### PART B: 04:00-14:00: FOR TIME

- 2x100 m D-DB Farmer Carry at 2x30/22,5 kg
- 400 m Run
- 2x100 m Sandbag Bearhug Carry at 68/45 kg







## 3 ROUDS FOR TIME:

- 3 lengths Sled Pulls at 80/55 kg
- 15/12 D-DB Bench Presses at 2x30/22,5 kg

TIME CAP: 9 MIN







## FOR TIME:

- Buy in:
- 9 Bar Complexes\*
- Then: 3 Rounds:
- 9-12-15 D-DB Deadlifts at 2x 30/22,5 kg
- 16 m Handstand Walk (2x 8m all UB with turn)

TIME CAP: 7 MIN

\*Bar Complex = Pull-Over + Muscle Up = 2
movements unbroken

