



9.-11. SRPEN 2024

IGY CENTRUM ČESKÉ BUDĚJOVICE









- FOR TIME:
- 10/9 Rope Climbs
- 18 D-DB Bench Presses at 2x 22,5/15
- 8/7 Rope Climbs
- 30 D-DB Bench Presses at 2x 22,5/15
- 6/5 Rope Climbs
- 42 D-DB Bench Presses at 2x 22,5/15
- Rope 3.5m = nižší značka
- TIME CAP: 9min







FIND MAX WEIGHT IN 7 MINUTES:

• 1RM CLEAN + HANG CLEAN + STOH







- FOR TIME:
- BUY IN: 45 TTB
- 8 RND I GO YOU GO
- 9/7 Cals Echo
- 5 Shoulder To Overhead at 60/35 kg (from floor)
- BUY OUT: 35 pull up
- TIME CAP: 12 min

