



BIG
SUMMER
GAMES

MASTERS ELITE



9.-11.
SRPEN 2024

IGY CENTRUM
ČESKÉ BUDĚJOVICE





MASTERS ELIETE

INDIVIDUALS

WOD 1

TGIF = PUMP SESH

FOR TIME:

- 1 Legless Rope Climb 4,5m
- 4 Rope Climbs
- 21 Ring Dips
- 1 Legless Rope Climb 4,5m
- 3 Rope Climbs
- 15 Ring Dips
- 1 Legless Rope Climb 4,5m
- 2 Rope Climbs
- 9 Ring Dips

- TIME CAP: 7 MIN





MASTERS ELITE

INDIVIDUALS



WOD 2
SMELLS LIKE TRI

FOR TIME:

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





ELITE MASTERS

INDIVIDUALS



WOD 3

3/3/3/4

FOR TIME: 3/3/3/4

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

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





MASTERS ELITE

INDIVIDUALS

WOD 4
"JELLYFISH"



6 MIN AMRAP:

- Buy in: 3 ROUNDS FOR TIME:
- 15 Cals Echo Bike
- 3 Shoulder To Overhead at 100 (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.





MASTERS ELITE

INDIVIDUALS

WOD 5

REPEAT CROSSFIT

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

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

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

- 2x100 m D-DB Farmer Carry at 2x30kg
- 400 m Run
- 2x100 m Sandbag Bearhug Carry at 68kg





MASTERS ELITE

INDIVIDUALS

WOD 6

GOLD'S GYM

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





ELITE MASTERS

INDIVIDUALS

WOD 7
FINAL

FOR TIME:

- Buy in:
- 7 Bar Complex*
- Then: 3 Rounds:
- 6-9-12 D-DB Deadlifts at 2x 30 kg
- 2x 8m Handstand Walk (8 m UB)
- TIME CAP: 7 MIN
- *Bar Complex = Pull over + Muscle Up = 2 movements unbroken

