




BIG
SUMMER
GAMES

TEAM SPORT



9.-11.
SRPEN 2024

IGY CENTRUM
ČESKÉ BUDĚJOVICE



BIG
SUMMER
GAMES



WOD 1
TGIF = PUMP SESH



3 ROUNDS FOR TIME:

- 12 SYNCHRO T2B'S (S2)*
- 12 HSPU'S**
- 20 SYNCHRO SHUTTLE RUN 10 M (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





WOD 2

TRI SPECIALIZED



RELAY FOR TIME:

- 3200 M RUN
- 5000 M BIKE ERG
- 150 M SWIM
- TIME CAP: NO TIME CAP
- *ONE ATHLETE DOES ONLY ONE DISCIPLINE, TEAM CHOOSE





WOD 3

2121213

✓ **FOR TIME - 2/2/2/3**

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

- ACCUMULATE 60 PARTNER DEADLIFTS AT 100 KG*

EVERY INTERVAL STARTS WITH BUY IN:

- 3 ROPE CLIMBS (SPLIT ANYHOW) 3,5M
- 50 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.





WOD 4



"JELLYFISH"

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

- 9/7 CALS ECHO
- 5 SHOULDER TO OVERHEAD AT 60/35 KG (FROM FLOOR)
- REST 1 MIN -

PART B: 4 MIN WINDOW TO FIND

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





WOD 5

REPEAT CROSSFIT



2 ROUNDS FOR TIME:

- 100 M M1+M2 PARTNER CARRY (ANYHOW)
- 100 M M1+M2 SYNCHRO RUN (S2)
- 100 M M2+M1 PARTNER CARRY (ANYHOW)
- 100M M2+M1 SYNCHRO RUN (S2)

- 100 M F SLED PUSH AT 30 KG PLATE
- 2X100 M F RUN
- 100M F SLED PUSH AT 30 KG PLATE

- TIME CAP: 9 MIN





WOD 6
RECYCLED



8 MIN AMRAP

- PART A:
- MAX CALS BIKEERG
- PART B:
- 10 SYNCHRO HANG POWER CLEAN AT 40/30KG (S2)
- 10 SYNCHRO LATERAL BURPEES OVER THE BAR (S2)
- *ATHLETES HAVE TO PERFORM BURPEE ON THE OPPOSITE SIDE OF THE SAME BARBELL





WOD 7
FINAL



3 ROUNDS FOR TIME*

- 12 PAIR SYNCHRO CHIN UPS
- 8 ALT. WALL WALKS**
- 8 PAIR SYNCHRO D-DB THRUSTERS AT 2X22,5/15
- TIME CAP: 7 MIN
- *EVERY PAIR HAS TO PERFORM ONE ROUND.
PAIRS MUST BE: M1+F, M1+M2, M2+F (IN ANY ORDER)
- **ATHLETES MUST ALTERNATE EACH REP

