

SPORTIMSTERS 142+

**9.–11.** SRPEN 2024

IGY CENTRUM ČESKÉ BUDĚJOVICE









### FOR TIME:

- 4/3 Rope Climbs 3,5m
- 15/12 Abmat HSPU's
- 3/2 Rope Climbs 3,5m
- 12/9 Abmat HSPU's
- 2/1 Rope Climbs 3,5m
- 9/6 Abmat HSPU's
- TIME CAP: 7 MIN









# **FOR TIME:**

- 3200 m Run
- 4000 m Bike Erg
- 150 m Swim
- TIME CAP: No Time Cap









FOR TIME: 2/2/2/3

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

- Accumulate 60 Front Squats at 40/25 kg
- Every interval starts with BUY IN:
- 8 T2B's
- 10 Box Jump Overs at 60/50 cm
- TOTAL TIME: 12 MIN









## 6 MIN AMRAP:

- Buy in: 3 ROUNDS FOR TIME:
- 15/12 Cals Echo Bike
- 3 Shoulder To Overhead at 60/35 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: 00:00-05:00: FOR TIME

- 100 m Sled Push at 50/30 kg Plate
- 2x100 m Run
- 100 m Sled Push at 50/30 kg Platerest till 5:00 -

### **PART B: 05:00-15:00:** FOR TIME

- FOR TIME:
- 2x100 m D-DB Farmer Carry at 2x22,5/15 kg
- <u>400 m</u> Run







## **3 ROUNDS FOR TIME:**

- 3 lengths Sled Pulls at 40/20 kg
- 15 Lateral Burpees Over Rope
- TIME CAP: 9 MIN







### **FOR TIME:**

- Buy in:
- 25/20 Chin Ups
- Then: 3 Rounds:
- 6-9-12 D-DB Deadlifts at 2x 22,5/15 kg
- 5-4-3 Wall Walks
- TIME CAP: 9 MIN

