

BIG
SUMMER
GAMES

TEEN



9.-11.
SRPEN 2024

IGY CENTRUM
ČESKÉ BUDĚJOVICE





TEEN INDIVIDUALS

WOD 1 REPEAT CROSSFIT

PART A: 00:00-5:00: FOR TIME

- 50 m Sled Push at 50/30 kg Plate
- 2x150 m Run
- 50 m Sled Push at 50/30 kg Plate
- - rest till 5:00 -

PART B: 05:00-14:00: FOR TIME

- 2x100 m D-DB Farmer Carry at 2X22,5/15 kg
- 400 m Run





TEEN
INDIVIDUALS

WOD 2
C'N J AND JELLY

- **A. AMRAP 5**
- **12/9 cal echo**
- **9 Thruster 30/20kg**
- **-1 min rest-**
- **B. 4 min**
- **Find 1 RM Clean and Jerk**





TEEN
INDIVIDUALS

WOD 3
FINAL

- **FOR TIME**
- **TC: 9 min**
- **15/12 chin ups /kip allowed**
- **3 RND**
- **6-9-12 D-DB DL 2x22.5/15kg**
- **5-4-3 Wall walk**

