

BIG
SUMMER
GAMES

WEIGHTLIFTING



9.-11.
SRPEN 2024

IGY CENTRUM
ČESKÉ BUDĚJOVICE



BIG
SUMMER
GAMES



WEIGHTLIFTING

EDITION

WOD 1

FIND MAX WEIGHT IN 7 MINUTES:

- 1 RM Snatch





WEIGHTLIFTING

EDITION

WOD 2

FIND MAX WEIGHT IN 7 MINUTES:

- 1 RM Clean & jerk





WEIGHTLIFTING

EDITION

WOD 3

FOR TIME:

- 3 rnd 6 - 4 - 2 reps
- snatch + hang snatch + ohs
- 70% BW
- 3 rnd 2 - 4 - 6 reps
- clean + hang clean + stoh
- 90% BW
- at "BW" kg
- Time cap: 11 minutes

