WORKOUTS

2025

ELITE

MASTERS ELITE

BCROSS® CHALLENGE

CrossFit® LICENSED EVENT 2025

BIG SUMMER GAMES

INDIVIDUALS

WOD 01

ELITE, MASTERS, ADVANCED MEN

CLEAN LADDER

FOR TIME:

WEIGHT:
90 - 100 - 110 - 115 - 120 - 125 - 130 - 135 - 140 - 145 - 147,5 - 150 KG

TIEBREAK: 5 REPS FOR TIME
WEIGHT:

- 80 KG (1.-3. WEIGHT)
- 90 KG (4.-6.WEIGHT)
- 100 KG (7.-9. WEIGHT)
- 110 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

ELITE WOMEN

WOD 01

CLEAN LADDER

FOR TIME:

WEIGHT:
60 - 65 - 70 - 72,5, - 75 - 77.5 - 80 - 82,5 - 85 - 87,5 - 90 - 92,5 KG

TIEBREAK: 5 REPS FOR TIME
WEIGHT:

- 52,5 KG (1.-3. WEIGHT)
- 60 KG (4.-6.WEIGHT)
- 65 KG (7.-9. WEIGHT)
- 70 KG (10.-12. WEIGHT)

TIME CAP

12 MIN

IGY CENTRUM

INDIVIDUALS

WOD 02

ELITE MEN, WOMEN

MICHAEL PHELPS

FOR TIME:

- 100M SWIM
- 20 DUAL DB FLOOR PRESS 2X22,5/15KG
- 200M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5/15KG
- 100M SWIM
- 20 DUAL DB FLOOR PRESS 2X22,5/15KG

TIME CAP

14 MIN

PLAVECKÝ BAZÉN

INDIVIDUALS

MASTERS ELITE

WOD 02

MICHAEL PHELPS

FOR TIME:

- 50M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5KG
- 100M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5KG
- 100M SWIM
- 10 DUAL DB FLOOR PRESS 2X22,5KG

TIME CAP

12 MIN

PLAVECKÝ BAZÉN

INDIVIDUALS

WOD 03

ELITE
MEN, WOMEN

UP AND DOWN

FOR TIME:

5 ROUNDS FOR TIME

- 1 BAR MU
- 1* PULL OVER
- 1 BMU
- 2-2M SHUTTLE HSW UB
- 4M HSW UB

TIME CAP

9 MIN

*EVERY ROUND + 1 PULL OVER

IGY CENTRUM

INDIVIDUALS

MASTERS ELITE

WOD 03

UP AND DOWN

FOR TIME:

5 ROUNDS FOR TIME

- 1 BAR MU
- 1* PULL OVER
- 1 BMU
- 2-2M SHUTTLE HSW UB
- 4M HSW UB

TIME CAP

9 MIN

*EVERY ROUND + 1 PULL OVER

IGY CENTRUM

INDIVIDUALS

WOD 04

ELITE MEN, WOMEN

ENDURE THE PAIN

FOR TIME:

- 40/32 CALS BIKE ERG
- 25 HANG SNATCH 50/35KG
- 40/32 CALS BIKE ERG

TIME CAP

7 MIN

IGY CENTRUM

INDIVIDUALS

MASTERS ELITE

WOD 04

ENDURE THE PAIN

FOR TIME:

- 40 CALS BIKE ERG
- 20 HANG SNATCH 50KG
- 40 CALS BIKE ERG

TIME CAP

7 MIN

IGY CENTRUM

INDIVIDUALS

WOD 05

ELITE
MEN, WOMEN

DOUBLE TROUBLE

FOR TIME:

3 SETS, EVERY 4 MIN

- 400M RUN (200/200M)
- 100 DOUBLE UNDER

AT 12:00 2 ROUNDS FOR TIME:

- 800M RUN
- 75 DOUBLE UNDER

TIME CAP: 22 MIN

FIRST PART: 12 MIN
SECOND PART: 10 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

INDIVIDUALS

MASTERS ELITE

WOD 05

DOUBLE TROUBLE

FOR TIME:

3 SETS, EVERY 4 MIN

- 400M RUN (200/200M)
- 75 DOUBLE UNDER

AT 12:00 2 ROUNDS FOR TIME:

- 800M RUN
- 50 DOUBLE UNDER

TIME CAP: 22 MIN

FIRST PART: 12 MIN
SECOND PART: 10 MIN

NÁPLAVKA
U DLOUHÉHO MOSTU

INDIVIDUALS

WOD 06

ELITE
MEN, WOMEN

GYM CARRY

FOR TIME:

BUY-IN:

- 250/200M ROW

5 ROUNDS

- 10M DUAL DB OVERHEAD CARRY
- 30M DUAL DB FRONT RACK CARRY
- 60M DUAL DB FARMER CARRY

BUY-OUT:

- 250/200M ROW

DB:2X22,5/15KG

TIME CAP

9 MIN

*EVERY CARRY 10M UB

IGY CENTRUM

INDIVIDUALS

MASTERS ELITE

WOD 06

GYM CARRY

FOR TIME:

BUY-IN:

- 250M ROW

5 ROUNDS

- 10M DUAL DB OVERHEAD CARRY
- 30M DUAL DB FRONT RACK CARRY
- 60M DUAL DB FARMER CARRY

BUY-OUT:

- 250M ROW

DB:2X22,5KG

TIME CAP

9 MIN

*EVERY CARRY 10M UB

IGY CENTRUM

INDIVIDUALS

WOD 07

ELITE
MEN, WOMEN

FINISHER

FOR TIME:

- 50 CAL SKI
- 50 GOBLET HOLD BOX STEP OVER 60/50CM
- 50 TOES TO BAR
- 50 GOBLET SQUATS
- 50 CAL SKI

- DB: 22,5KG/15KG

TIME CAP

14 MIN

IGY CENTRUM

INDIVIDUALS

WOD 07

MASTERS ELITE

FINISHER

FOR TIME:

- 40 CAL SKI
- 40 GOBLET HOLD BOX STEP OVER 60/50CM
- 40 TOES TO BAR
- 40 GOBLET SQUATS
- 40 CAL SKI

- DB: 22,5KG

TIME CAP

14 MIN

IGY CENTRUM