

PROMOFIT GAMES X – EQUIPAS

WOD 1

1A (M1/F1):

2RFT (Time Cap 6')

15 Cal Row/Assault bike

10 Syncro Box Jump Over (60cm)

5 Syncro Front Squat (70kg/50kg)

Rest 1'

1B (M2/F2):

2RFT (Time Cap 6')

15 Cal Row/Assault bike

10 Syncro Box Jump Over (60cm)

5 Syncro Front Squat (70kg/50kg)

WOD 2

2A: AFAP (Time Cap 12') (M1/M2)

10 Squat Clean @ 80kg

8 Squat Clean @ 90kg (Cap 6')

6 Squat Clean @ 100kg

4 Squat Clean @ 110kg (Cap 10')

2 Squat Clean @ 120kg

2B: AFAP (Time Cap 12') (F1/F2)

10 Squat Clean @ 50kg

8 Squat Clean @ 55kg (Cap 6')

6 Squat Clean @ 60kg

4 Squat Clean @ 65kg (Cap 10')

2 Squat Clean @ 70kg

WOD 3

Amrap 8' (0' a 2' A1 – 2' a 4' A2 – 4' a 6' A3 – 6' a 8' A4)

R1: 3 Power Snatch (60kg/40kg)

3 Toes to Bar

R2: 6 Power Snatch (60kg/40kg)

6 Toes To Bar

R3: 9

WOD 4

For time: (Time Cap 15')

- 42 Syncro Thrusters (40kg/30kg)
6 Rope Climbs
- 36 Syncro Thrusters (40kg/30kg)
5 Rope Climbs
- 30 Syncro Thrusters (40kg/30kg)
4 Rope Climbs
- 24 Syncro Thrusters (40kg/30kg)
3 Rope Climbs
- 18 Syncro Thrusters (40kg/30kg)
2 Rope Climbs
- 12 Syncro Thrusters (40kg/30kg)
1 Rope Climbs

WOD 5

For time: (Time Cap 15')

Pair M1/F1

- 45 Double Deadlifts @180kg
- 45 Syncro Burpees Over the Bar

Pair M2/F2

21-15-9

- Double Deadlifts @180kg
- Syncro Burpees Over the Bar

WOD 6

6A: Amrap 3' (A1/A2)

- 40 metros Hswalk
- Máx Du's

1' Rest

6B: Amrap 3' (A3/A4)

- 40 metros Hswalk
- Máx Du's

Wod 7

A / B / C:

- 3RFT: (Time Cap 8')
- 25 Kettlebell Swing (28kg/20kg)
- 20 Ball Over shoulder (40kg/30kg)
- 15 Strict Ring dips

WOD 8 – FINAL cap25'

Half Jackie

500m Row
25 Thrusters 20kgs
15 Pull Ups

Half Nancy (3 Rounds)

200m Row
15 OHS 40/30

Amanda

9-7-5
Snatch 60/40
Bar Mu's

Diane

21-15-9 deadlift 100/70
Handstand push ups