

PROMOFIT GAMES X – INDIVIDUAIS/MASTER

WOD 1

3RFT (Time Cap 10')
30 Cal Row
20 Box Jump Over (60cm/50cm)
10 Front Squat (70kg/40kg)

WOD 2

AFAP (Time Cap 9')
10 Squat Clean @ 80kg/50kg
8 Squat Clean @ 90kg/55kg (Cap 4')
6 Squat Clean @ 100kg/60kg
4 Squat Clean @ 110kg/65kg (Cap 7')
2 Squat Clean @ 120kg/70kg

WOD 3

Amrap 7'
R1: 3 Power Snatch (60kg/35kg)
3 Toes to Bar
R2: 6 Power Snatch (60kg/35kg)
6 Toes To Bar
R3: 9

WOD 4

For time: (Time Cap 6')
21 Thrusters (40kg/30kg)
3 Rope Climbs
15 Thrusters (40kg/30kg)
2 Rope Climbs
9 Thrusters (40kg/30kg)
1 Rope Climbs

WOD 5

For time: (Time Cap 6')
104 Wall Balls (9kg/6kg)
52 Pull ups

1' Rest

WOD 6:

4RFT (Time Cap 8')
28 Du's Unbroken
15 Power Cleans (50kg/35kg)

WOD 7

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

WOD 8 – FINAL

For time: (Time Cap: 12min)

2 Rounds

9-6-3 Deadlift, Hang Clean Shoulder to Overhead (70/45)
9-6-3 Pull ups, Chest to Bar, Bar Mu's

1 Round

15-10-5 Backsquat (100/60)

Handstand Walk
1 Rope Climb
Handstand Walk