



PRINCIPIUM CONTEST

19

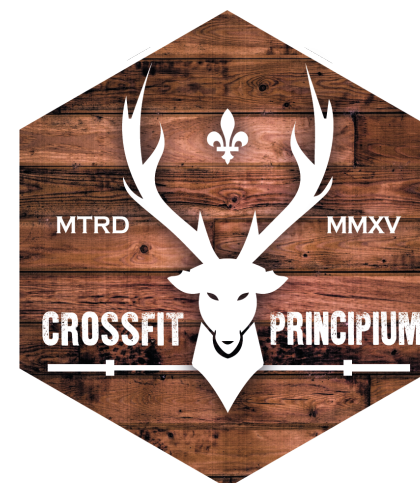


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ORGANISATION DE LA BOX



REPAS

CHILL ZONE

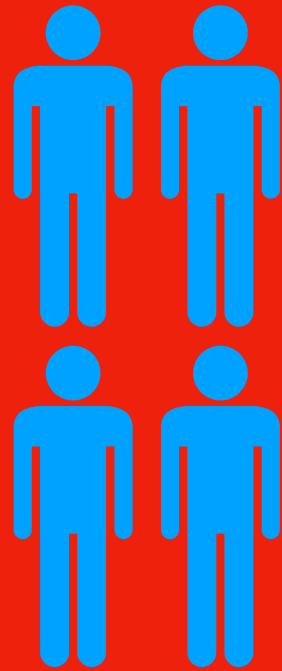
Stand
Vente

FLOATER WOD

CHILL ZONE

WARM UP
ZONE

Zone
d'appel



(Vous êtes ici)



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Ticket

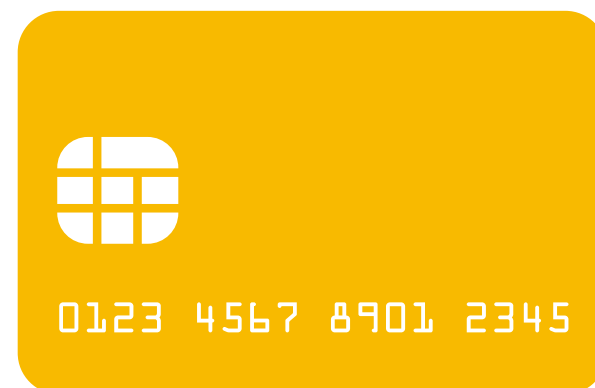
ZONE
Bénévoles

A black icon of a person walking up a ramp, representing the 'ZONE Bénévoles' (volunteer zone).

SANITAIRES

VESTIAIRE
FEMME

VESTIAIRE
HOMME



ACHATS

- Tickets Repas
- Accessoires

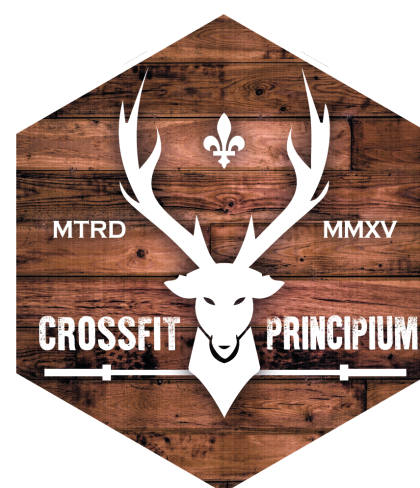
Disponible au comptoir

- *Bières*
- *Crêpes*
- *Boissons*
- *FitAid*



RESPECT SAVOIR VIVRE

- Vestiaires
- Poubelles à dispo
- Espace Fumeur



JUGING

- Respect des Juges
- Mezzanine Bénévoles





CARTON JAUNE IRRESPECT JUGING

TEAM Hommes :
- 10 Places



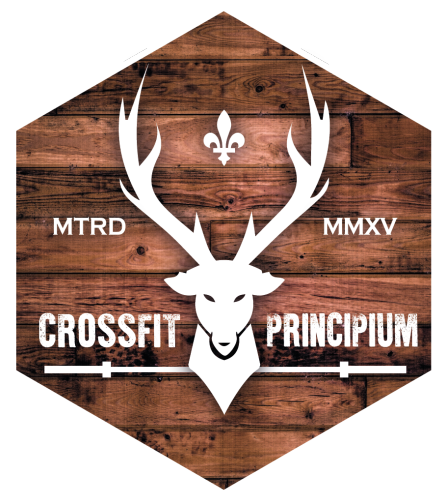
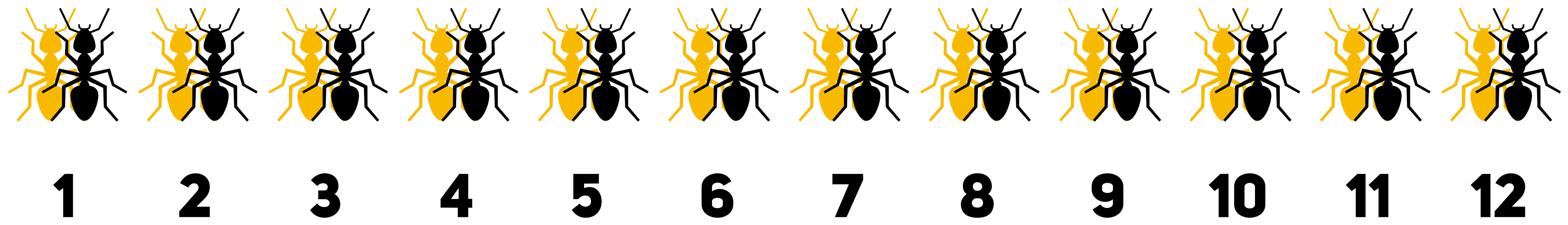
TEAM Femmes :
- 5 Places

Interdiction de dropper !

- **Barre à vide**
- **Dumbbell**
- **Erg**



PRESENTATION DES LINES



PRESENTATION DES MATS

**PRINCIPIUM
CONTEST**

1



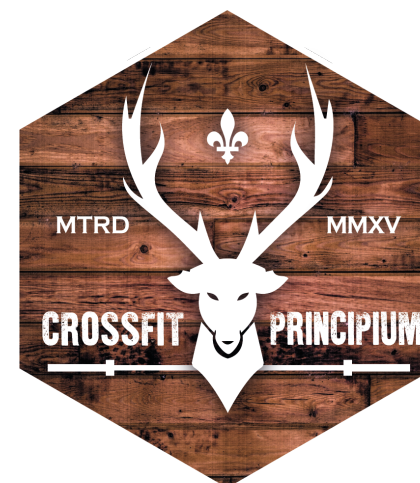


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QUESTIONS



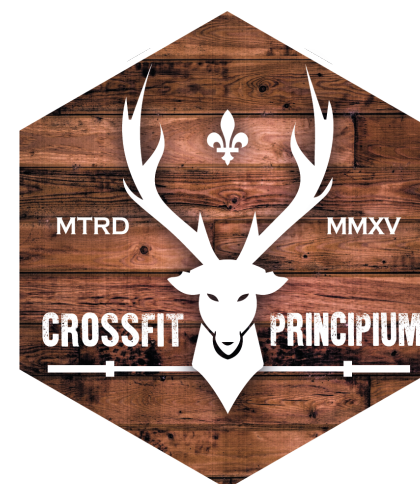
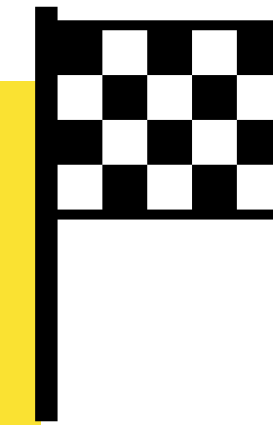


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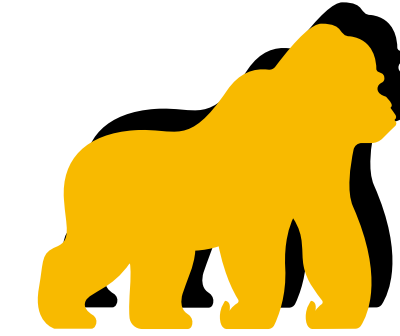
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WOD SAMEDI



WOD 1: MONKEY SHADOW



AMRAP 12'

18 Squat Clean / **Front Squat**

15 Burpees over the bar / **Synchro**

12 Toes to bar / **Synchro**

- ***Attention WOD à variation***

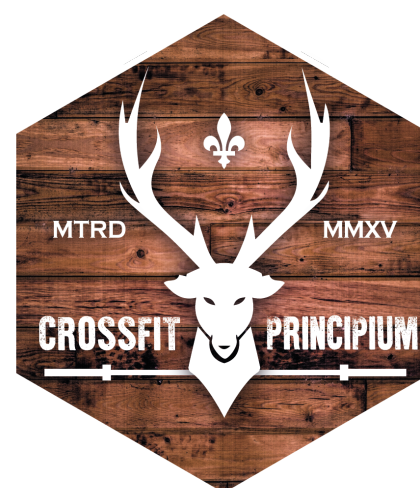
0' à 4' = Front Squat

4' à 8' = BOB Synchro

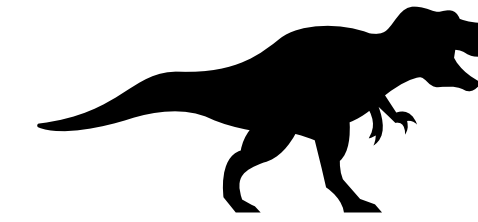
8' à 12' = T2B synchro

- **Power Clean + Front Squat**

- **Burpees synchro en bas**



WOD 2: RUN AND LIFT



0' à 12' :

1000m Run

..... tie break

Tonnage 3 rep fusil Squat Clean (1)

then :

15 Jump over

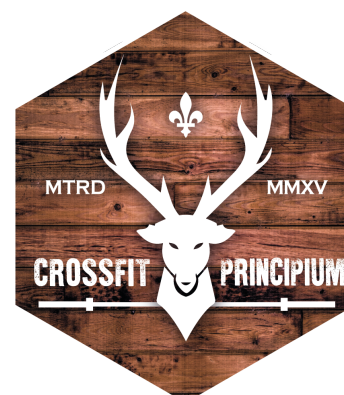
12 Pull Up

9 Deadlift (*barre Max 3 rep (1))*

12' à 15' :

Tonnage 3 rep fusil Squat Clean (2)

- Pas d'aide au chargement du juge
- Un échec = 0
- *Interdiction de descendre en poids*
- *Dernière barre chargé = Deadlift*
- Power Clean + Front Squat
NO REP



For Time

2 Rounds Relay / Athlète

15 / 10 cal Row

15 Hang Clean and Jerk DB

15 WallBall

1 Round à Partager

60 / 40 cal Row

60 Hang Clean and Jerk DB

60 WallBall

2 Rounds Relay / Athlète

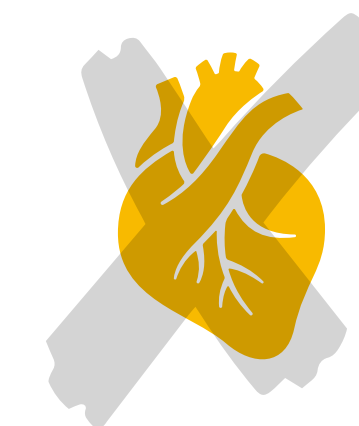
15 / 10 cal Row

15 Hang Clean and Jerk DB

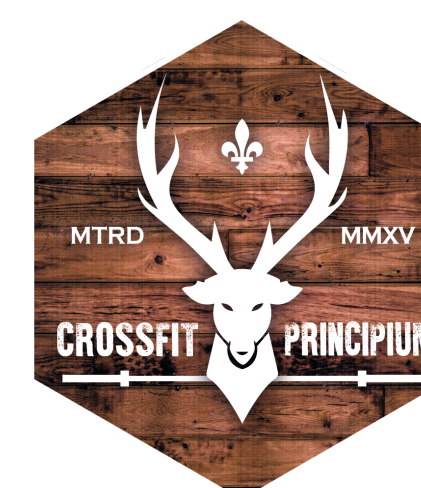
15 WallBall

TC = 20'

WOD 3: HEART ATTACK



- **Check obligatoire pour passer le relais**
- ***Le rameur doit être remis à zéro par l'athlète à chaque round***
- ***Relay athlète obligatoire A+B+A+B***
- ***Après le Round à deux, l'athlète B peut partir en 1er (B+A+B+A)***



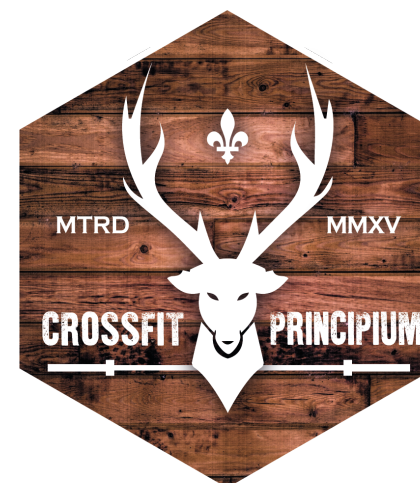
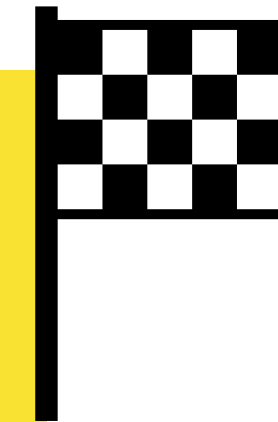


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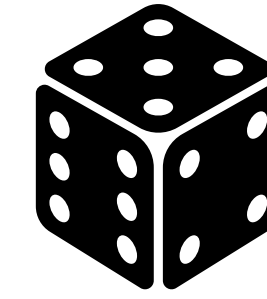
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WOD DIMANCHE



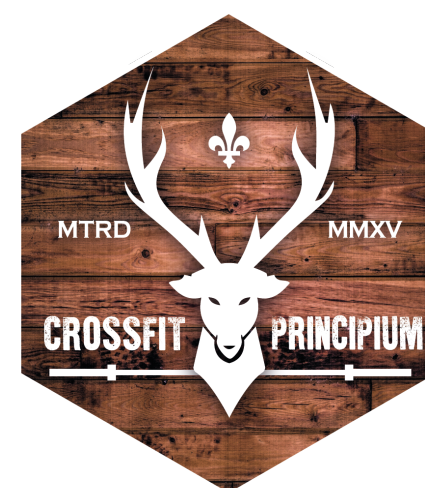
WOD 4 : THE 4 D



AMRAP 12'

10 Down Up / Devil Clean DB
30 Dumbbell Snatch Alt
60 DU / Hold DB

- **Synchro en bas / Validé par le Devil Clean**
- **Hold Dumbbell Overhead**



For Time

3 Rounds :

10 HSPU *

10 Pull Up *

10 G2OH (40/30)

2 Rounds :

15 HSPU *

15 C2B *

15 G2OH (50/35)

1 Rounds :

20 HSPU *

20 MU Bar *

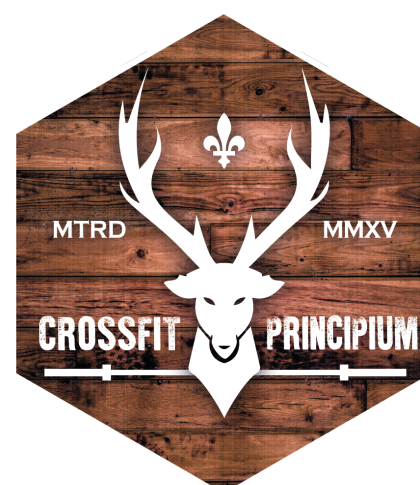
20 G2OH (60/40)

TC = 13'

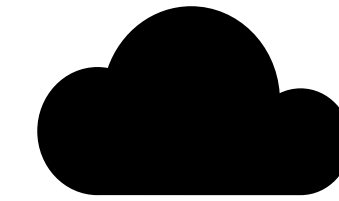
WOD 5 : L'AGOGEE



- **G2OH = Snatch ou Clean and jerk**
- ***** Pour la GYM :
Athlète B sur le MAT obligatoire**
- **À vous de charger la barre**



WOD 6 : FLOATER

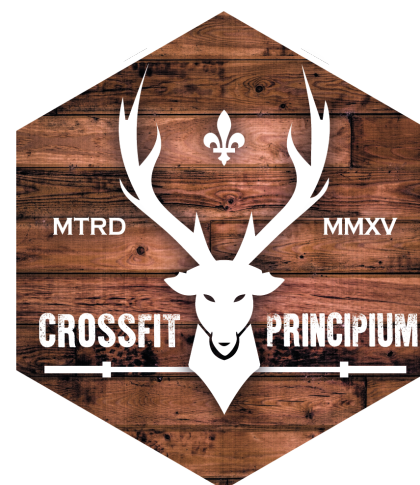


AMRAP 4'

15/ 10 Cal Ski Erg

10 Clean and Jerk Fat Bar

- Inscription horaire de passage au comptoir ! (Dimanche)
- Remise à zéro obligatoire par l'athlète à chaque round





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BON CHANCE !

