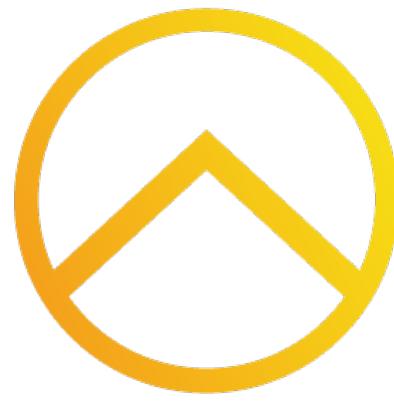




# PRINCIPIUM CONTEST

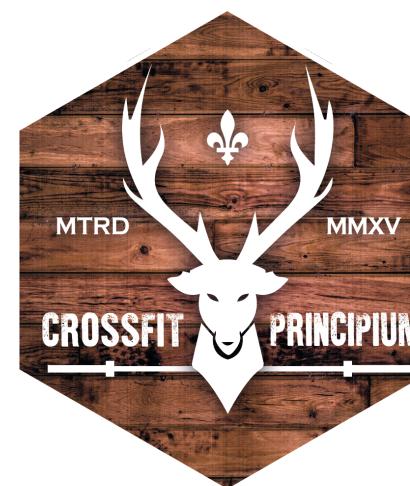
19





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**CONTEST**  
**19**

**ORGANISATION DE LA BOX**



REPAS

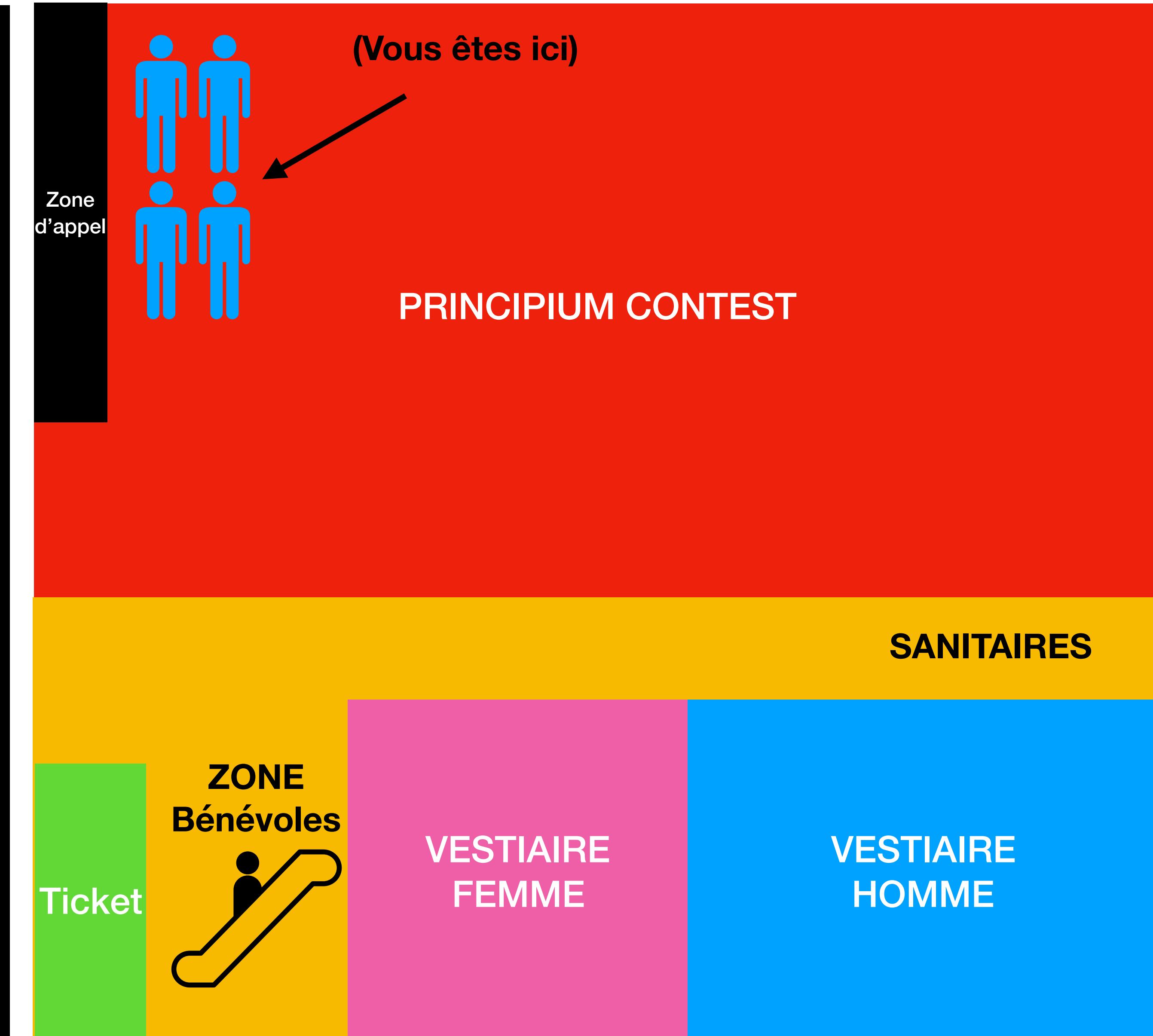
CHILL ZONE

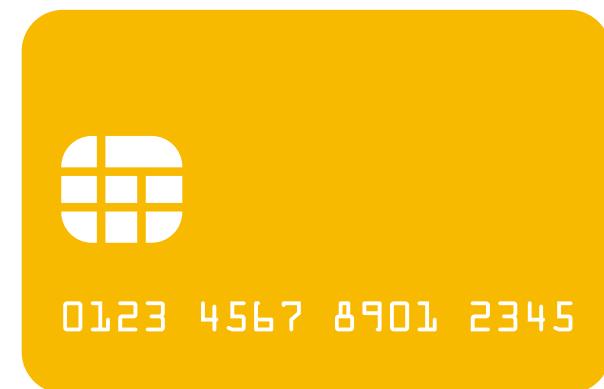
WARM UP ZONE

CHILL ZONE

Stand Vente

FLOATER WOD





## ACHATS

- Tickets Repas
- Accessoires

*Disponible au comptoir*

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



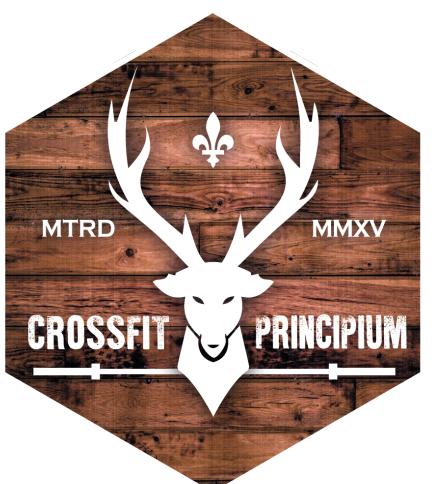
## RESPECT SAVOIR VIVRE

- Vestiaires
- Poubelles à dispo
- Espace Fumeur



## JUGING

- Respect des Juges
- Mezzanine Bénévoles





## **CARTON JAUNE IRRESPECT JUGING**

***TEAM Hommes :***

***- 10 Places***



***TEAM Femmes :***

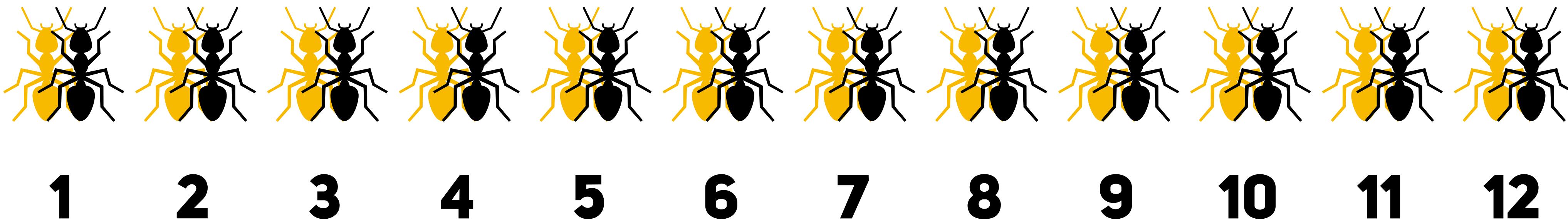
***- 5 Places***

**Interdiction de dropper !**

- Barre à vide**
- Dumbbell**
- Erg**



# PRESENTATION DES LINES



# PRESENTATION DES MATS

**PRINCIPIUM  
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**1**



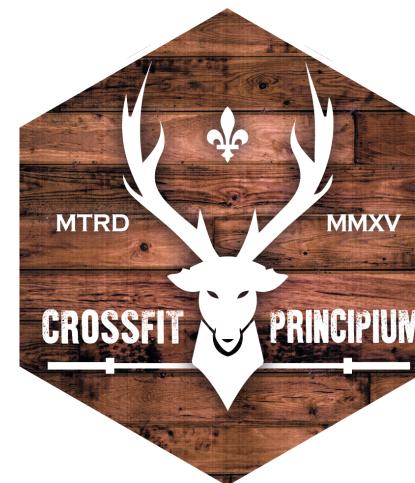
**PRINCIPIUM  
CONTEST**

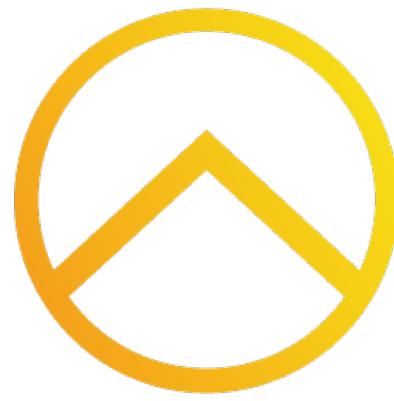
**19**



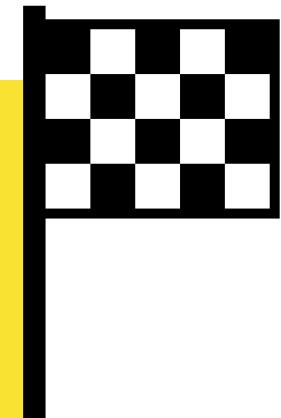
**PRINCIPIUM**  
**CONTEST**  
**19**

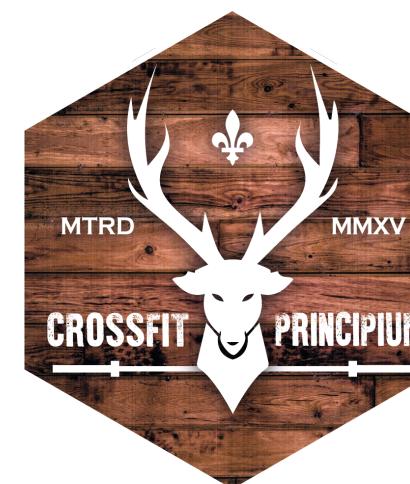
**QUESTIONS**



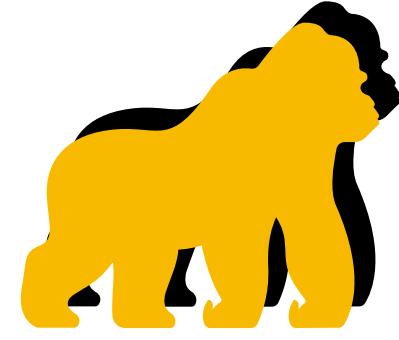


**PRINCIPIUM**  
**CONTEST**  
**19**

**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**

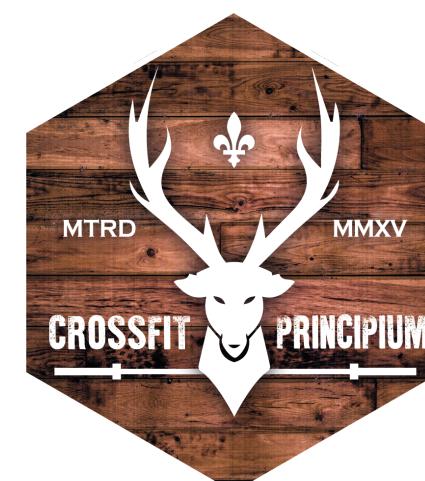
0' à 4' = Front Squat

4' à 8' = BOB Synchro

8' à 12' = T2B synchro

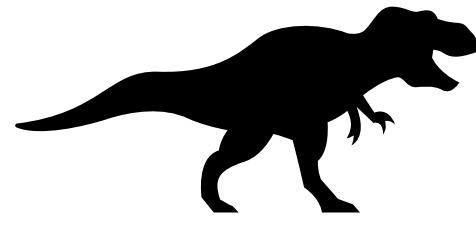
- **Power Clean + Front Squat**

- **Burpees synchro en bas**



  
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# WOD 2: RUN AND LIFT



## 0' à 12' :

1000m Run

..... tie break

Tonnage 3 rep fusil Squat Clean (1)

then :

15 Jump over

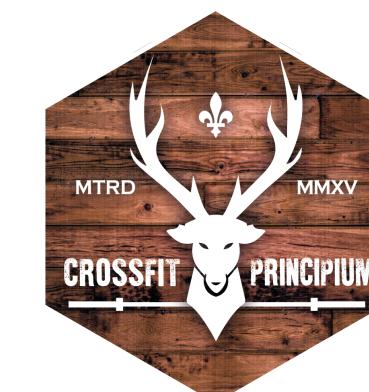
12 Pull Up

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

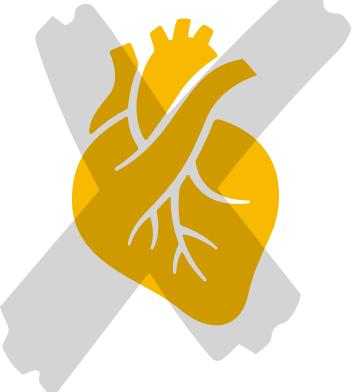
15 / 10 cal Row

15 Hang Clean and Jerk DB

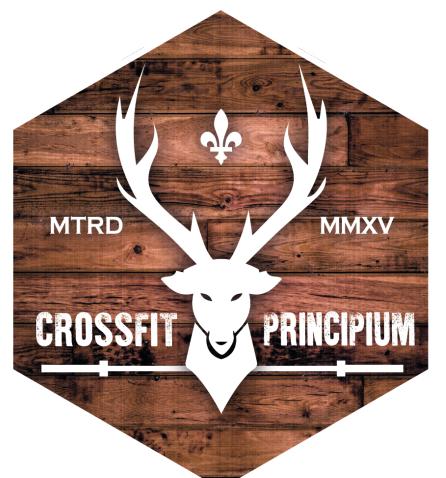
15 WallBall

TC = 20'

# WOD 3: HEART ATTACK



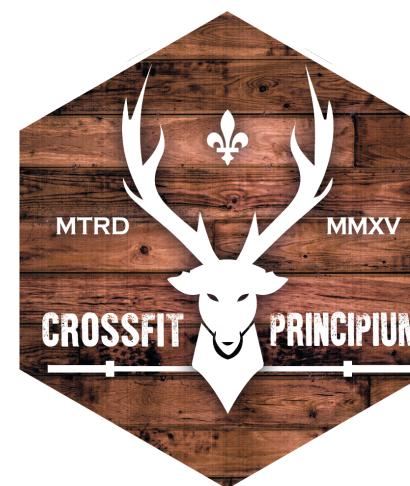
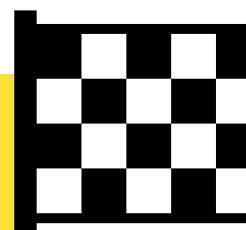
- Check obligatoire pour passer le relais
- *Le rameur doit être remis à zéro par l'athlète à chaque round*
- *Relay athlète obligatoire A+B+A+B*
- *Après le Round à deux, l'athlète B peut partir en 1er (B+A+B+A)*





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**WOD DIMANCHE**



# WOD 4 : THE 4 D

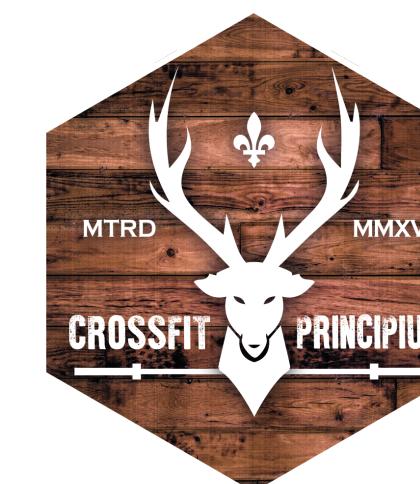


## AMRAP 12'

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'

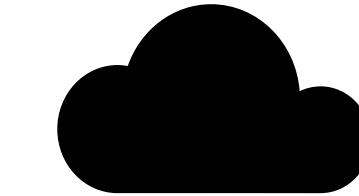
# WOD 5: L'AGOGEE



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



# WOD 6: FLOATER

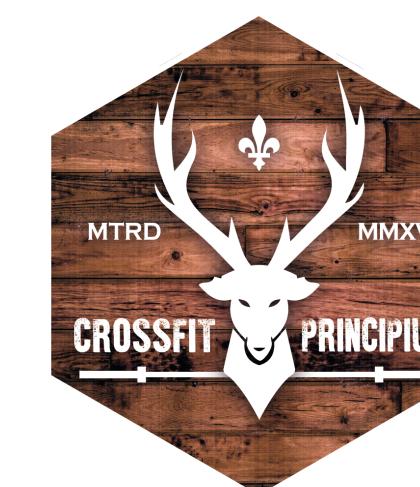


**AMRAP 4'**

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**



  
**PRINCIPIUM**  
**CONTEST**  
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# PRINCIPIUM CONTEST

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BON CHANCE !