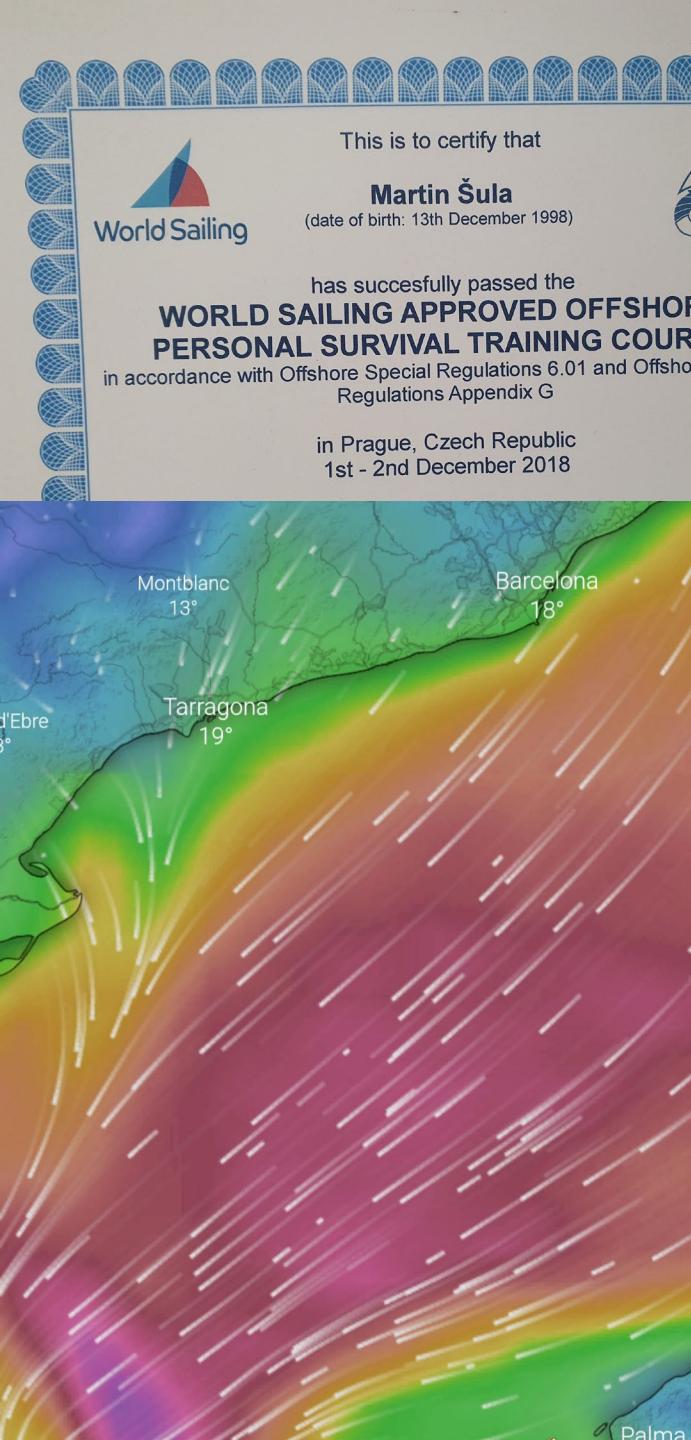


Kinder
+SPORT

OPTI-X
SAB

Black





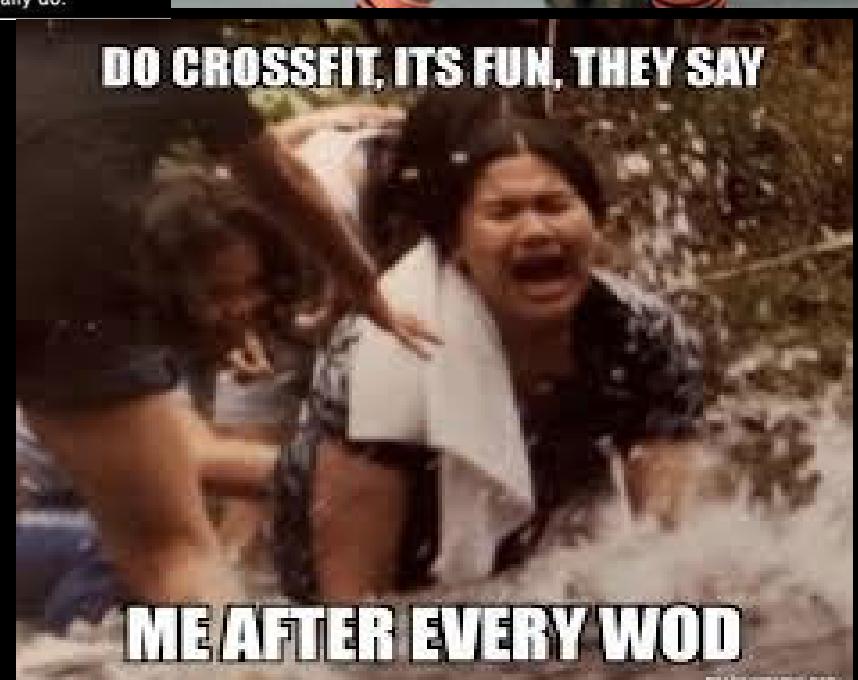
CrossFit

CrossFit

Combination of:

interval training
weight-lifting
plyometric
powerlifting
gymnastics
calisthenics
strongmen
and more...

CROSSFITTER



What do you need for Crossfit ?

- find the nearest licensed gym
- register on the ramp
- you need sportswear

How to identify a crossfiter?



Via
MohstlyFresh.com





Prague 9

David Stroupek

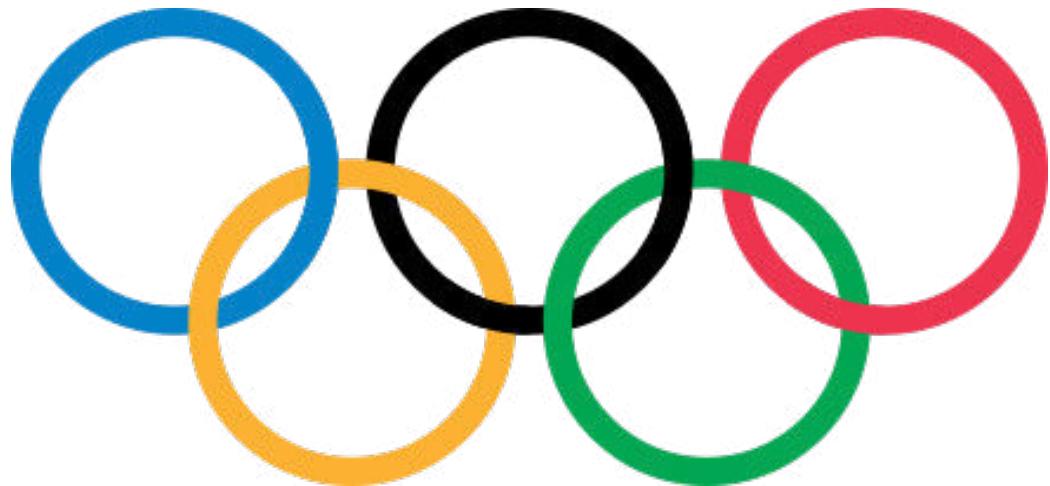


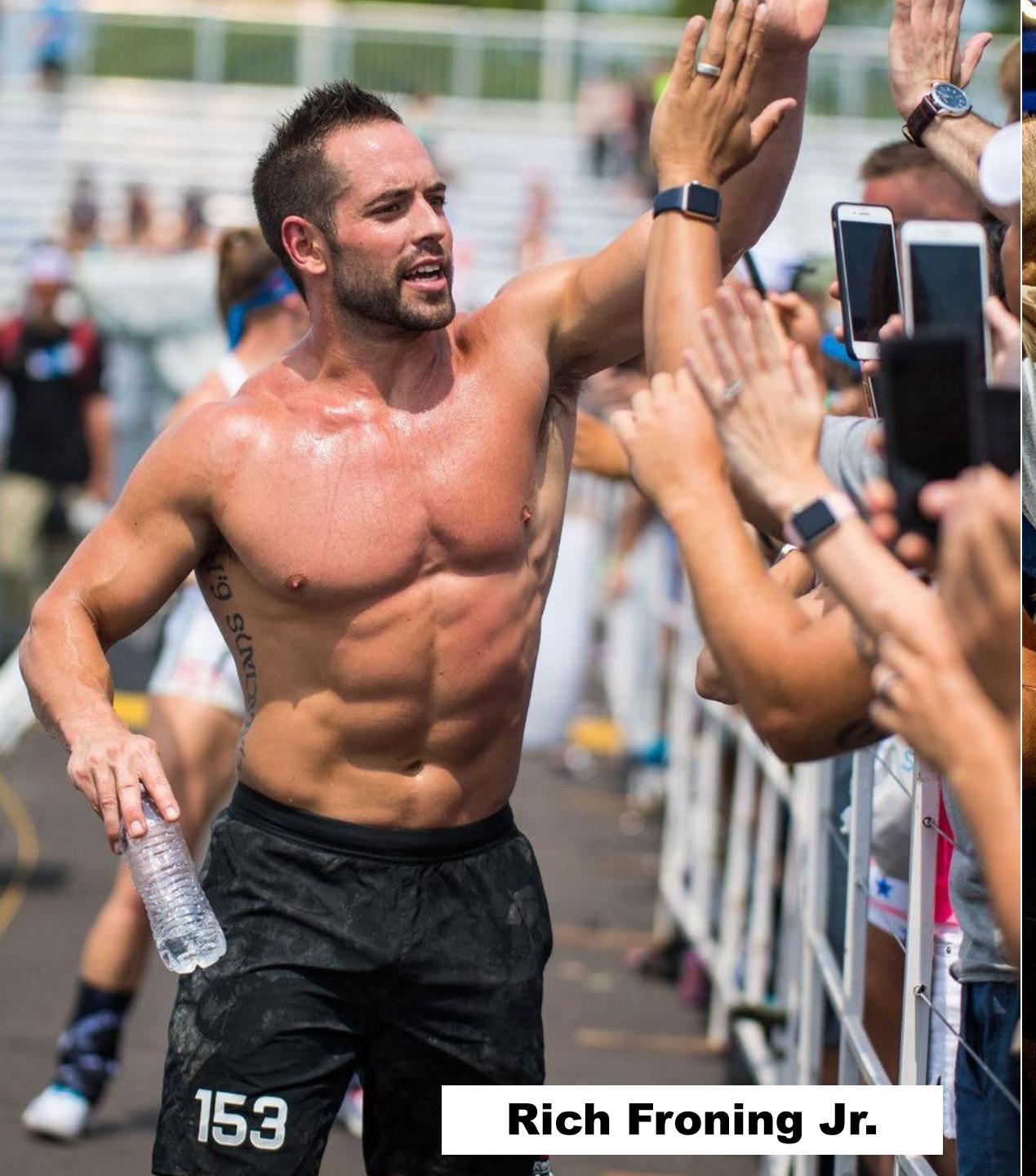
Soňa Karásková





=





Rich Froning Jr.



Mathew Fraser

Tia-Clair Toomey

GENERALI
POJIŠŤOVNA

pmn nerez®

#yellowgames2020



CBD STAR
FULL SPECTRUM OILS

NO
NO CARB



Barebells
FUNCTIONAL FOODS

WORKOUT.EU



GENERALI
ČESKÁ POJIŠŤOVNA

pmn nerez.

Cannadips™
HUMBOLDT, CA



Zacvičíme Uvidíme

WORKOUT.EU

VITAMIN
WELL

Cannadips™
HUMBOLDT, CA

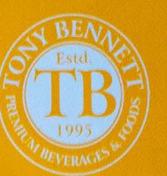
Barebells
FUNCTIONAL FOODS

pmn nerez.



GENERALI
ČESKÁ POJIŠŤOVNA

Cannadips™
HUMBOLDT, CA



NO
NO CARB



- two days
- biggest doubles games
- Yellow resort in Prague
- 3 categories (beginners/sport/elite)



_yellow_games_

⋮

WOD 1

Head
down eyes
forward!



2/7

For time:

Heavy stairs

Time cap: 11 min.



•••••



_yellow_games_ ● SPORT ●
.... další



_yellow_games_

⋮

WOD 2

Strong
spiderman!



8 min. AMRAP
All synchro

15 shoulders to overhead 50/35kg

20 box jump over 60cm/50cm

10/8 rope climb - atlet min. 2 lana

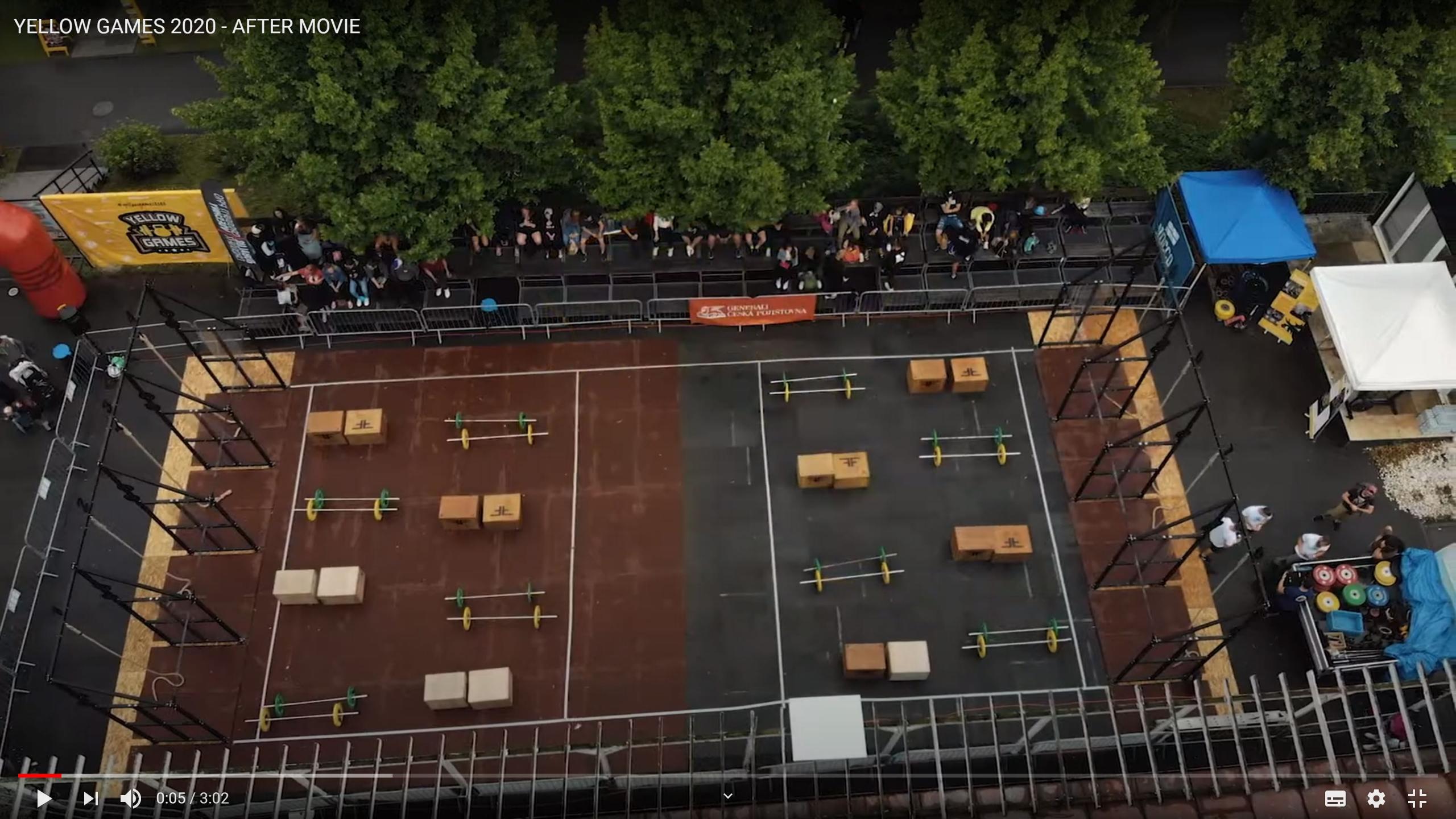


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_yellow_games_ ● SPORT ●
.... další

YELLOW GAMES 2020 - AFTER MOVIE



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One interesting thing about me...

