



IAKIA CLOTHING COMPANY



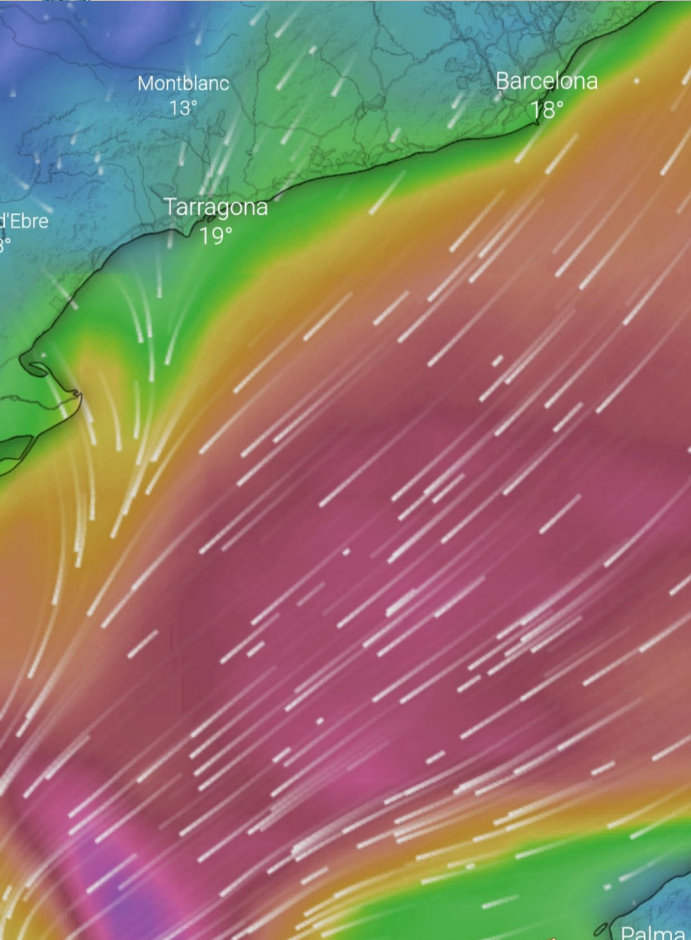
NACR
MARIA



Kinder
+SPORT

OPTI-X
SRS

Black





DNA F1 | DNAPerforman



CrossFit

CrossFit

Combination of:

interval training

weight-lifting

plyometric

powerlifting

gymnastics

calisthenics

strongmen

and more...

CROSSFITTER



What my friends think I do.



What my mother thinks I do.



What society thinks I do.



What other CrossFitters think I do.



What I think I do.



What I really do.



FIRST RULE OF CROSSFIT

STARECAT.COM



ALWAYS TALK ABOUT CROSSFIT

DO CROSSFIT, ITS FUN, THEY SAY



ME AFTER EVERY WOD

What do you need for Crossfit ?

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

How to identify a crossfiter?



Via
MostlyFresh.com

stretching
props

big bottle

roller

Grips

normal
shoes

cross
rope
tape

weightlifting
shoes

plaster

weightlifting
belt



CrossFit®



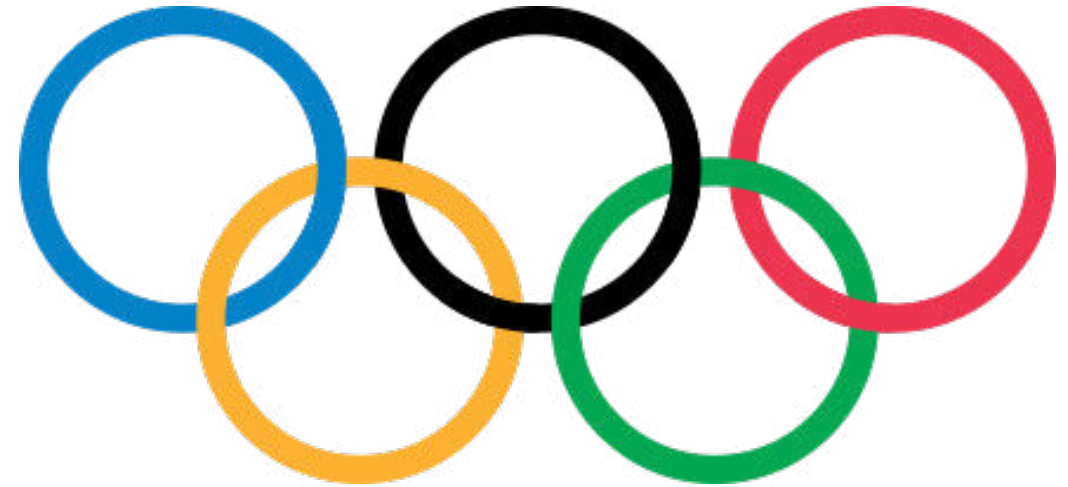
With Us

Prague 9

David Stroupek



Soňa Karásková





Rich Froning Jr.



Mathew Fraser

Tia-Clair Toomey

GENERALI
POJIŠTOVNA

pmn nerez

#yellowgames2020



CBD STAR
FULL SPECTRUM OILS

NO
NO CARB

MIN
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Barebells
FUNCTIONAL FOODS

WORKOUT.EU

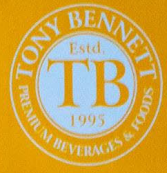


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VITAMIN
WELL

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HUMBOLDT.CA



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Barebells
FUNCTIONAL FOODS



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HUMBOLDT.CA



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HUMBOLDT.CA

Zacvičíme Uvidíme





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



_yellow_games_



WOD 1

Head down eyes forward!



For time:
Heavy stairs
Time cap: 11 min.



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... další



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WOD 2

Strong spiderman!

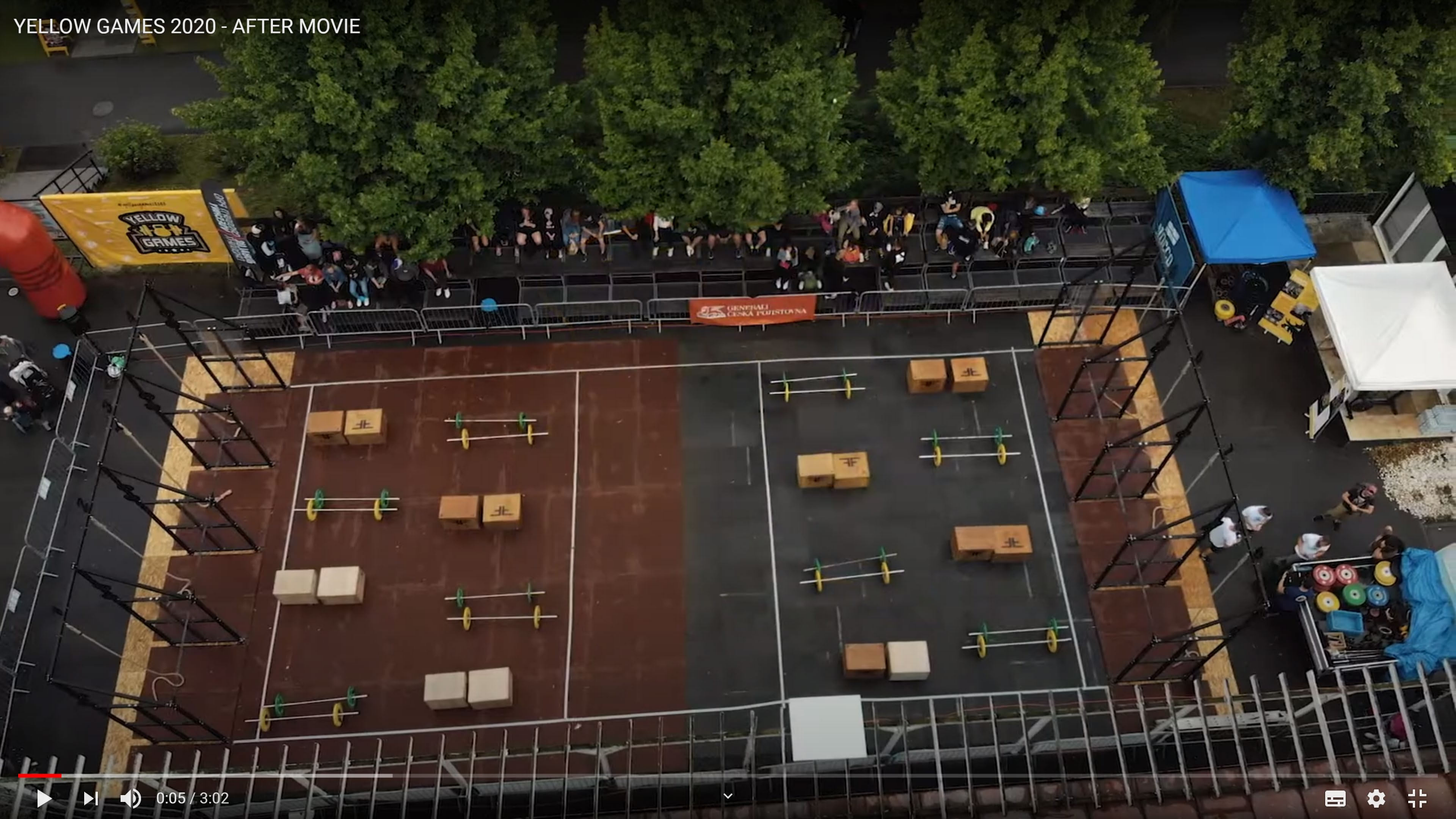


8 min. AMRAP
All synchro
15 shoulders to overhead 50/35kg
20 box jump over 60cm/50cm
10/8 rope climb - atlet min. 2 lana



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... další



GENEHALI
ČESKÁ POŘISTOVNA

YELLOW
GAMES
2020









One interesting thing about me...

