

# CROSSFIT

SQUAT	20	LUNGES	20
PUSH UPS	25	BURBPIES	15
BOX JUMPS	20	ALT. ONE LEG JUMPS	10 EA.
PULL UPS	20	INV. PULL UPS	20
TURKISH TO ONE LEG SQUAT	3 EA.	ONE LEG BALANCE	6 EA.
RUN 400		JUMP ROPE	300
1 3 5		2 4 6	

## TABATA

PULL UPS (MEN) INV. PULL UPS ( WOMEN)  
PUSH UPS  
SIT UPS  
SQUATS ( HOLD IN FULL SQUAT DURING 10 SEC BREAK)

DO 8 SETS OF 20 SEC. ON 10 OFF ON EACH EXERCISE COMPLETE ALL 8 SETS OF PULL UPS BEFORE YOU GO ON TO PUSH UPS AND SO ON.

## 20 MINUTE WORKOUTS

A  
5 PULL UPS  
10 PUSH UPS  
15 BODYWEIGHT SQUATS  
COMPLETE AS MANY ROUNDS AS YOU CAN IN 20 MINUTES (18 TO 25 IS BASIC)

B  
5 PLATE OR DB SNATCH  
10 PLATE OR DB SQUAT PUSHPRESS  
5 BURBPIES

## NO WEIGHTROOM CROSSFIT

20 PUSH UPS  
25 ABS  
25 BODY WEIGHT SQUAT  
10 BURBPIES  
RUN 400  
6X

## BEACH CROSSFIT

20 BALL OR FRISBEE OVERHEAD  
SQUATS  
10 BURBPIES IN SHORE BREAK  
15 YARDS CRAB WALK  
FORWARD / BACKWARD  
RUN 400  
6X