



CrossFit

WORKOUT

AT HOME

Monday

10 ROUNDS FOR TIME:

PUSH-UPS, PULL-UPS,
SIT-UPS, SQUATS
(COMPLETE ALL REPS, IN
ORDER, AS FAST AS
POSSIBLE)

- 10 PUSH UPS
- 10 PULL UPS
- 10 SIT-UPS
- 10 AIR SQUATS

Tuesday

5 ROUNDS FOR TIME:

SPRINTS, BURPEES
COMPLETE ALL REPS AND
RUNS, IN ORDER, AS FAST
AS POSSIBLE

- 200 METER RUN
- 20 BURPEES

Wednesday

150 BURPEES FOR TIME

- PERFORM 150
BURPEES AS FAST
POSSIBLE, WITH AS
FEW REST PERIODS
AS POSSIBLE

Thursday

3 ROUNDS FOR TIME:

LUNGES, SQUATS

(COMPLETE ALL REPS, IN
ORDER, AS FAST AS
POSSIBLE)

- 25 WALKING LUNGES
EACH LEG
- 50 AIR SQUATS

Friday

10 Minutes AMRAP: Push-Ups,
Mountain Climbers, Squat
Jumps

(In 10 minutes, perform as
many rounds of the following
exercises as possible)

- 10 Push Ups
- 10 Mountain Climbers
- 10 Squat Jumps

Saturday

5 ROUNDS FOR TIME:
SPRINTS, HANDSTAND
HOLD

(COMPLETE ALL REPS AND
RUNS, IN ORDER, AS FAST
AS POSSIBLE)

- 400 METER RUN
- 1 MINUTE HANDSTAND
HOLD