

30 DAY CROSSFIT WORKOUT PLAN PDF

Thank you for downloading this 30 day CrossFit Workout Plan PDF!

This program is aimed at beginners and seasoned athletes.

Always consult a CrossFit certified coach for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4 (W,M)	DAY 5
WARMUP	Run 400m	Bike 20 cals	Row 20 cals	Ski 20 cals 50 single skips	REST
MOBILITY	Banded kneeling Lat stretch	Roll out quads with foam roller	Standing hamstring Stretch	20 shoulder dislocates Barbell front rack stretch	
SKILL / STRENGTH	Barbell upright rows 5 x 8 reps (build up in weight if capable)	Dumbbell lunges 5 x 5 reps (build up in weight if capable)	Deadlift 5 x 5 reps (build up in weight if capable)	Front Squat 5 x 5 reps (build up in weight if capable)	
WOD	EMOM 10 mins 1 Rope climb (95# / 65#)	7 min AMRAP 8 Wall balls (20# / 14#) 12 Overhead plate lunges (95# / 65#)	5 Rounds for time 5 Deadlifts (135# / 95#) 10 Burpees 15 Box jumps (24" / 20")	5 Rounds 5 Front Squats (110# / 75#) 200m sprint Rest 1 min	
COOLDOWN	Floor lat stretch	Couch stretch	Hurdle stretch	Couch stretch	
EQUIPMENT	Resistance band, barbell, bumper plates	Bike, dumbbells, wall ball, bumper plates, foam roller	Rower, barbell, plyobox, bumper plates	Ski erg, skipping rope, broomstick, barbell, Bumper plates	
	DAY 6 (M)	DAY 7 (G,W)	DAY 8 (M,G,W)	DAY 9 (M,G)	DAY 10
WARMUP	Row 200m	100 single skips	50 Air squats 200m run	Run 400m	REST
MOBILITY	Spiderman with thoracic rotation	Roll out triceps	Roll out quads	Roll out calves	
SKILL / STRENGTH	Dumbbell bent over row 5 x 8 reps (build up in weight if capable)	Ring dips 3 x 8 reps	Back Squat 5 x 8 reps (build up in weight if capable)	Tabata hollow rocks	
WOD	5 Rounds Max effort 250m row Rest 2 min	4 Rounds for time 10 Push ups 10 Deadlifts (95# / 65#)	For time 100 KB Sumo high pulls (44# / 26#) 50 burpees 50 wall balls	50-40-30-20-10 Double unders Sit ups	
COOLDOWN	Slow 400m on bike	Spine lumber twist stretch	Pigeon stretch Couch Stretch	Standing wall calf stretch	
EQUIPMENT	Rower, dumbbells, bike	Skipping rope, rings, barbell, bumper plates	Foam roller, barbell, Bumper plates, kettlebell, wall ball	Skipping rope, rings, barbell, bumper plates	

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	DAY 11 (G)	DAY 12 (W,M)	DAY 13 (G,W,M)	DAY 14 (G,W)	DAY 15
WARMUP	Run 200m Row 200m	50m Crab walk 15 Squat thrusts	10 Kip swings 400m run	10 Squat thrusts 10 Scap pull ups	REST
MOBILITY	Banded overhead Lat stretch	Roll out quads Wall chest stretch	Roll out triceps and lats Chest stretch 20 Shoulder dislocates	Roll out lats and quads	
SKILL / STRENGTH	Strict pull ups 5 x 5 reps (scale with bands if necessary)	Front rack lunges 4 x 12 reps (build up in weight if capable)	Snatch grip deadlift 5 x 5 reps (build up in weight if capable)	Weighted pull ups 5 x 5 reps (build up in weight if capable)	
WOD	3 Rounds Max effort kipping Pull ups Rest 1 min	3 Rounds for time 10 Bench press (95 / 65) 30 Wall balls	4 min AMRAP 7 Wall balls 7 KB swings 7 Push ups Rest 1 min, then into 3 min AMRAP 8 KB Sumo deadlift high pulls (53 / 35) 4 Pull ups 2 Burpees	12 min ascending ladder AMRAP 3 Power cleans 3 Jumping pull ups 6 Power cleans 6 Jumping pull ups 9 Power cleans 9 Jumping pull ups etc...	
COOLDOWN	Wall lat stretch	Standing quad stretch Downward dog hold	Couch stretch Reverse banded lat stretch	Cat stretch Pigeon stretch	
EQUIPMENT	Rower, resistance band, pull up bar	Pull up bar, broomstick, foam roller, barbell, bumper plates, bench, wall ball	Broomstick, foam roller, wall ball, kettlebell	Broomstick, dip belt, barbell, bumper plates	
	DAY 16 (W)	DAY 17 (M,G)	DAY 18 (W,M,G)	DAY 19 (W,M)	DAY 20
WARMUP	20m inch worms 200m row	Ski 400m	Run 400m 10 Burpees	2 Rounds Row 250m 5 Burpress	REST
MOBILITY	Roll out upper back 10 Wall squats	Roll out quads Calves stretch	Roll out lats 20 Shoulder dislocates	Wall angels Roll out lats	
SKILL / STRENGTH	Push jerk 5 x 5 reps (build up in weight if capable)	Ring dips 5 x 10 reps Super set with ring rows	Push press 5 x 8 reps (build up in weight if capable)	Overhead complex (5 working sets) 3 Push presses 2 Push jerks 1 Split jerk	
WOD	7 min EMOM 1 Power snatch 2 Overhead squat 7 min EMOM 1 Hang squat snatch 1 Overhead squat 7 min EMOM 1 Full snatch (110 / 75)	For time 100 Double unders 80 Jumping lunges 60 Box jumps 40 Burpees 20 Pull ups	2 Rounds for time 30 Burpee box jumps 30 Pull ups 30 Ring dips 30 Sumo deadlift high pulls (95 / 65)	2 Rounds for time 20 KB swings (45 / 36) 10 Front squats (155 / 100) 15 Burpees straight into 50 DB power snatches (45 / 35)* *5 burpees every 10 snatches	
COOLDOWN	Pigeon stretch	Kneeling lat stretch Couch stretch	Kneeling banded lat stretch Downward dog hold	Wall lat stretch Kneeling Face-down Adductor Stretch	
EQUIPMENT	Rower, foam roller, Barbell, bumper plates	Foam roller, rings, skipping rope, pull up bar	Broomstick, plyo box, foam roller, pull up bar, rings, barbell, bumper plates	Rower, foam roller, barbell, bumper plates, kettlebell, dumbbell	

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	DAY 21 (M)	DAY 22 (G,W)	DAY 23 (M,G,W)	DAY 24 (M,G)	DAY 25
WARMUP	200m ski 200m run	10 Kip swings 10 Scap pull ups	20 Shoulder dislocates Run 200m	20 Air squats 10 Burpees	REST
MOBILITY	Hurdler hamstring stretch Roll out calves	Roll out lats Wall lat stretch	Roll out lats Roll out upper back	Bent-arm wall stretch Roll out quads	
SKILL / STRENGTH	Back rack reverse lunges 5 x 6 reps (build up weight if capable)	Pull ups 4 x max effort Superset with... Single arm DB row 8 each arm (build up in weight if capable)	10 min EMOM 1 Snatch (build up in weight if capable)	Bench press 4 x 8 superset with Bent over rows (build up in weight if capable)	
WOD	10 Rounds 100m sprint (max effort) Rest 30 sec	For time 40 Shoulder to overhead (110 / 75) 20 Pull ups 5 Legless rope climbs	3 Rounds for time 24 Push press (95 / 75) 12 Ring dips 400m run	For time 100 cal bike 100 cal row 100 cal ski *Perform 7 burpees Every 2 mins	
COOLDOWN	Pigeon stretch Couch stretch Sitting Wide-leg Adductor Stretch	Kneeling banded lat stretch Downward dog hold	Cat-cow stretch Upward facing dog	Standing quad stretch Prone quad stretch	
EQUIPMENT	Ski erg, barbell, bumper plates	Pull up bar, foam roller, dumbbell, barbell, bumper plates, climbing rope	Broomstick, foam roller, barbell, bumper plates, rings	Foam roller, bike, rower, Ski erg, barbell, bumper plates, bench	
	DAY 26 (G)	DAY 27 (W,M)	DAY 28 (G,W,M)	DAY 29 (G,W)	DAY 30
WARMUP	50 single skips	400m row	Run 400m	20 cal ski	REST
MOBILITY	Overhead triceps stretch Roll out lats	Roll out triceps Standing lat stretch Standing soleus stretch	Roll out quads Eagle pose 20 Shoulder dislocates	Roll out lats Barbell front rack stretch	
SKILL / STRENGTH	Accumulate 3 min of L-sit and hand stand (may use wall)	5-5-3-3 Thrusters (build up in weight if capable)	Back Squat 5 x 5 reps (build up in weight if capable)	Front squats 5 x 8 reps (build up in weight if capable)	
WOD	12-9-6-3 Handstand push ups Ring muscle ups Toes to bars	EMOM 18 min Min 1 - 10 Pull ups Min 2 - 10 Ring dips Min 3 - 5 Push jerks (110 / 75) (no rack allowed)	6 min AMRAP 1000m row max burpees at 10min mark... 6 min AMRAP 3 Bar muscle ups 25 Jumping squats at 20min mark... 6 min AMRAP 12 Thrusters (barbell only) 10 Push ups	5 Rounds for time 10 Thrusters (95 / 65) 15 KB Swings 20 Push ups	
COOLDOWN	Reverse banded lat stretch	Hanging lat stretch Back lat roll out	Downward dog hold Couch stretch	Side lying quad stretch Roll out triceps Bent-arm wall stretch	
EQUIPMENT	Broomstick, foam roller, barbell, bumper plates	Rower, foam roller, barbell, bumper plates, pull up bar, rings	Broomstick, foam roller, rower, pull up bar, wall ball, barbell, bumper plates	Foam roller, barbell, Bumper plates, kettlebell	