

4-WEEK CROSSFIT PROGRAM PDF

Thank you for downloading this 4-Week CrossFit Program 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

WEEK 1

WEEK 2

	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4 (W,M)	DAY 5 (G)	DAY 6	DAY 7
WARMUP	Run 400m	Bike 20 cals	Row 20 cals	Ski 20 cals 50 single skips	Run 200m Row 200m	REST	REST
MOBILITY	Banded kneeling Lat stretch	Roll out quads with foam roller	Standing hamstring Stretch	20 shoulder dislocates Barbell front rack stretch	Banded overhead Lat 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)	Strict pull ups 5 x 5 reps (scale with bands if necessary)		
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	3 Rounds Max effort kipping Pull ups Rest 1 min		
COOLDOWN	Floor lat stretch	Couch stretch	Hurdle stretch	Couch stretch	Wall lat 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	Rower, resistance band, Pull up bar		
	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11 (M,G)	DAY 12 (W)	DAY 13	DAY 14
WARMUP	Row 200m	100 single skips	50 Air squats 200m run	Run 400m	20m inch worms 200m row	REST	REST
MOBILITY	Spiderman with thoracic rotation	Roll out triceps	Roll out quads	Roll out calves	Roll out upper back 10 Wall squats		
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	Push jerk 5 x 5 reps (build up in weight if capable)		
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	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)		
COOLDOWN	Slow 400m on bike	Spine lumber twist stretch	Pigeon stretch Couch Stretch	Standing wall calf stretch	Pigeon 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	Rower, foam roller, Barbell, bumper plates		

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WEEK 3

	DAY 15 (G)	DAY 16 (W,M)	DAY 17 (G,W,M)	DAY 18 (G,W)	DAY 19 (M)	DAY 20	DAY 21
WARMUP	50 single skips	50m Crab walk 15 Squat thrusts	10 Kip swings 400m run	10 Squat thrusts 10 Scap pull ups	200m ski 200m run	REST	REST
MOBILITY	Overhead triceps stretch Roll out lats	Roll out quads Wall chest stretch	Roll out triceps and lats Chest stretch 20 Shoulder dislocates	Roll out lats and quads	Hurdler hamstring stretch Roll out calves		
SKILL / STRENGTH	Accumulate 3 min of L-sit and hand stand (may use wall)	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)	Back rack reverse lunges 5 x 6 reps (build up weight if capable)		
WOD	12-9-6-3 Handstand push ups Ring muscle ups Toes to bars	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...	10 Rounds 100m sprint (max effort) Rest 30 sec		
COOLDOWN	Reverse banded lat stretch	Standing quad stretch Downward dog hold	Couch stretch Reverse banded lat stretch	Cat stretch Pigeon stretch	Pigeon stretch Couch stretch Sitting Wide-leg Adductor Stretch		
EQUIPMENT	Broomstick, foam roller, barbell, bumper plates	Pull up bar, broomstick, foam roller, barbell, bumper plates, bench, wall ball	Broomstick, foam roller, wall ball, kettlebell	Broomstick, dip belt, barbell, bumper plates	Ski erg, barbell, bumper plates		

WEEK 4

	DAY 22 (M,G)	DAY 23 (M,G)	DAY 24 (W,M,G)	DAY 25 (W,M)	DAY 26 (W,M)	DAY 27	DAY 28
WARMUP	Ski 200m 10 Hindu push ups	Ski 400m	Run 400m 10 Burpees	2 Rounds Row 250m 5 Burpess	400m run	REST	REST
MOBILITY	Roll out back lats Kneeling banded Lat stretch	Roll out quads Calves stretch	Roll out lats 20 Shoulder dislocates	Wall angels Roll out lats	Bent arm wall stretch Roll out lats		
SKILL / STRENGTH	Snatch balance 5 x 3 (build up 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	Ring push ups 4x max effort Then... Ring rows 4 x max effort		
WOD	10 min AMRAP 5 KB Push presses (44# / 26#) 10 KB Goblet squats 15 KB Swings	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	20 min AMRAP 5 Chest to bar pull ups 10 Ring dips 15 Sit ups		
COOLDOWN	Couch stretch	Kneeling lat stretch Couch stretch	Kneeling banded lat stretch Downward dog hold	Wall lat stretch Kneeling Face-down Adductor Stretch	Downward dog Upward facing dog		
EQUIPMENT	Ski erg, foam roller, barbell, bumper plates, kettlebell	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	Rower, foam roller, barbell, bumper plates, kettlebell, dumbbell		