

CROSSFIT WORKOUTS FOR BEGINNERS PDF

Thank you for downloading this PDF of CrossFit Workouts for Beginners!

These workouts are aimed at beginners only.

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

WOD #1:	WOD #2:	WOD #3:
<p>Every 5 mins for 4 rounds 3 deadlifts (60/40) 6 push up 9 air squat Rest 1 min</p>	<p>For time 50 overhead plate lunges (10/5) 10 renegade rows 40 O/h plate lunges 8 renegade rows 30 O/h plate lunges 6 renegade rows 20 O/h plate lunges 4 renegade rows 10 O/h plate lunges 2 renegade rows</p>	<p>15 min AMRAP 2 man makers (12.5/7.5) 10 deadlifts (50/30) 200m run</p>
WOD #4:	WOD #5:	WOD #6:
<p>5 rounds for time 20 Wall balls 10 Box jumps 20 Sit ups</p>	<p>For time 65 wall balls (14/10) 75 single skips 10 goblet squats (24/16) 800m run 10 goblet squats 65 single skips 75 wall balls</p>	<p>3 rounds for time 400m run 20 ring rows</p>
WOD #7:	WOD #8:	WOD #9:
<p>12 min AMRAP 5 Deadlifts (70/50) 10 Bench presses 15 Push ups</p>	<p>800m Run 40 air Squats 30 sit ups 20 burpees 10 pull ups 800m Run</p>	<p>3 rounds for time 10 box jumps 20 sit ups 30 goblet squats 200m run</p>
WOD #10:	WOD #11:	WOD #12:
<p>200 Single skips 100 Sit ups 100 Air squats 50 Burpees</p>	<p>8 min AMRAP 9 burpee step ups (24/20) 18 KB swings (16/12)</p>	<p>15 min AMRAP 8 hanging knee raises 8 DB lunges (10/5) 8 DB push press</p>
WOD #13:	WOD #14:	WOD #15:
<p>5 rounds for time 12 Band assisted pull ups 18 Wall balls</p>	<p>Tabata burpees</p>	<p>14 min AMRAP 10 ring rows 8 DB cleans 3 deadball over shoulder</p>

We are not affiliated, associated, authorized, endorsed by, or in any way officially connected with the CrossFit brand we illustrate, and those listed on our site.

CROSSFIT WORKOUTS FOR BEGINNERS PDF

WOD #16:	WOD #17:	WOD #18:
14 min AMRAP 50 Single skips 12 Sumo deadlift high pulls (30/20) 8 KB swings (20/12)	4 rounds for time 10 air squats 10 sit ups 10 push ups 10 ring rows 10 burpees	10 min AMRAP 20 DB lunges 30 sit ups
WOD #19:	WOD #20:	WOD #21:
For time 800m run 50 ring rows 100 push ups 150 squats 800m run	12 min AMRAP 18 KB sumo deadlift high pulls (20/12) 100m sprint 18 KB swings 100m sprint	10-8-6-4-2 Burpees Deadlifts (70/40) 200m run
WOD #22:	WOD #23:	WOD #24:
30 min AMRAP 500m row 50 Steps ups 100 Single skips	15 sit ups 50 push ups 15 sit ups 50 air squats 15 sit ups 50 lunges 15 sit ups	For time 45 hanging knee raises 45 KB swings 45 med ball cleans 150 single skips
WOD #25:	WOD #26:	WOD #27:
20min AMRAP 30 sit ups 15 box jumps 5 DB push presses (15/7.5)	10 rounds for time 2 deadlifts (80/50) 5 bar facing burpees 30 single skips	5 rounds for time 10 push ups 20 ring rows 30 sit ups 40 air squats
WOD #28:	WOD #29:	WOD #30:
3 min AMRAP 10 ring rows 10 burpees 10 KB swings (20/12) Max effort jumping lunge holding medball Rest 1 min Repeat for 5 rounds	12 min AMRAP 20 medball cleans (14/10) 8 devil presses	15 min AMRAP 50 single skips 10 sumo deadlift high pulls (40/5) 10 burpees 200m run
WOD #31:	WOD #32:	WOD #33:
8 rounds for time 8 burpees 100m run 8 goblet squats 100m run	20 min AMRAP 20 sit ups 20 DB snatches 20 burpees 40 single skips	15 min AMRAP 30 wall balls 20 sit ups 10 sumo deadlift high pulls (40/30)
WOD #34:	WOD #35:	WOD #36:
For time 75 wall balls 150 sit ups 75 wall balls	15 min AMRAP 20 jumping lunges 10 cal bike 50 single skips 5 plate thrusters (10/5)	For time 50 box jumps 50 cal row 50 burpees

We are not affiliated, associated, authorized, endorsed by, or in any way officially connected with the CrossFit brand we illustrate, and those listed on our site.

CROSSFIT WORKOUTS FOR BEGINNERS PDF

WOD #37:	WOD #38:	WOD #39:
15-12-9-6-3 DB burpees DB thrusters	4 rounds for time 10 knee raises 15 overhead plate lunges (10/5) 20 mountain climbers	5 rounds for time 50m KB farmers carry (16/12) 50m KB front rack carry 400m run
WOD #40:	WOD #41:	WOD #42:
10 min AMRAP 12 KB swings (20/12) 12 push ups 12 ring rows	15 Rounds 5 wall balls 1 man maker (12.5/7.5)	14 min AMRAP 400m run 30 overhead plate lunges (10/5) 30 sit ups
WOD #43:	WOD #44:	WOD #45:
12 min AMRAP 12 x plate overhead lunge (10/5) 15 x pike push ups 60 x single skips	2 rounds for time 20 box jumps 20 DB box step overs	2 rounds for time 50 hanging knee raises 50 box jumps 800m run
WOD #46:	WOD #47:	WOD #48:
For time 100 cal bike 100 cal ski 100 cal rower 7 burpees every 2 mins	3 rounds for time 400m run 15 knee raises 10 KB swings	2 rounds for time 30 burpees 25 KB swings (24/16) 20 ring rows 15 hollow rocks
WOD #49:	WOD #50:	WOD #51:
10 min AMRAP 20 KB swings 20 sit ups 20 jumping lunges	21-15-9 DB deadlifts DB push presses	3 rounds for time 21 wall balls 15 ring rows 9 DB push presses (15/10)
WOD #52:	WOD #53:	WOD #54:
12 min AMRAP 10 DB box step over (12.5/7.5) 15 box jumps 20 mountain climbers	For 20 mins Min 1 - AMRAP wall balls Min 2 - AMRAP push ups Min 3 - AMRAP burpees Min 4 - plank Min 5 - rest Repeat for 4 rounds	4 rounds for time 30 air squats 400m run 30 jumping lunges
WOD #55:	WOD #56:	WOD #57:
3 rounds for time 12 renegade row (15/10) 800m run	6 rounds for time 200m run 10 KB swings 10 sit ups	For time 2 consecutive double unders 15 hanging knee raises 20 KB swings 30 overhead plate lunges (10/5) 30 sit ups 30 KB sumo deadlift high pulls
WOD #58:	WOD #59:	WOD #60:
10 min AMRAP 80 single skips 20 DB snatch (15/10) 10 burpees over DB	Tabata KB swings KB lunges	Tabata Burpee box jump overs Devil presses (12.5/7.5)

We are not affiliated, associated, authorized, endorsed by, or in any way officially connected with the CrossFit brand we illustrate, and those listed on our site.

CROSSFIT WORKOUTS FOR BEGINNERS PDF

<p>WOD #61:</p> <p>50 cal row 50 devil presses 50 sit ups 50 cal bike</p>	<p>WOD #62:</p> <p>For time 20 back squats (50/30) 1.6km run 20 back squats</p>	<p>WOD #63:</p> <p>For max reps 1 min goblet squats (16/12) 1 min ring rows 1 min burpees 1 min single skips Rest 1 min Repeat for 4 rounds</p>
<p>WOD #64:</p> <p>12 min AMRAP 8 sumo deadlift high pull (60/40) 30 sit ups 100m overhead plate carry (10/5)</p>	<p>WOD #65:</p> <p>20min AMRAP 10 pike push ups 5 hanging knee raises 20 KB swings (16/12) 5 hanging knee raises 40 single skips</p>	<p>WOD #66:</p> <p>3 rounds for time 50 KB lunges (12/8) 50 wall balls 500m row</p>
<p>WOD #67:</p> <p>3 rounds for time 20 right arm overhead DB lunge (15/10) 10 knee raises 20 left arm overhead DB lunge 10 band assisted pull ups</p>	<p>WOD #68:</p> <p>Double tabata (40 secs work, 20 secs rest) Sit ups Hanging knee raises Plank</p>	<p>WOD #69:</p> <p>For time 200 single skips 100 KB swings (12/8) 100 single skips 60 DB push presses (10/5)</p>
<p>WOD #70:</p> <p>3 rounds for time 100 single skips 50 air squats 25 deadlifts (50/30)</p>	<p>WOD #71:</p> <p>10-1 Deadball slams Deadball lunges</p>	<p>WOD #72:</p> <p>5 rounds for time 20 deadball lunges 5 man makers (12.5/7.5) 10 cal bike sprint</p>
<p>WOD #73:</p> <p>10 min AMRAP 7 pull ups 10 push ups 7 wall balls</p>	<p>WOD #74:</p> <p>40 DB push presses (12.5/7.5) 30 hand release push ups 20 hanging knee raises 10 pull ups 20 hanging knee raises 30 hand release push ups 40 DB push presses</p>	<p>WOD #75:</p> <p>4 rounds for time 400m run 15 KB swings (16/12) 20 sit ups 12 hanging knee raises</p>
<p>WOD #76:</p> <p>3 rounds for time 5 back squats (off the rack) 10 Knee raises 15 DB snatch (15/10)</p>	<p>WOD #77:</p> <p>3 rounds for time 50 single skips 12 deadlifts (60/40) 400m run 100m waiters carry (10/5)</p>	<p>WOD #78:</p> <p>For time 75 KB swings (16/12) 50 box jump overs 25 DB cleans (15/10) 50 box jump overs 75 KB swings</p>
<p>WOD #79:</p> <p>2 rounds for time 40 air squats 30 burpees 25 KB swing (16/8) 15 ring rows</p>	<p>WOD #80:</p> <p>For 10 min 20 DB snatches (12.5/7.5) 10 burpee box jumps</p>	<p>WOD #81:</p> <p>20 min AMRAP 6 devils presses (10/5) 8 DB thrusters 10 x TTB 12 x walking lunges</p>
<p>WOD #82:</p> <p>3 rounds for time 30 wall balls 20 knee raises 10 overhead plate lunge (10/5)</p>	<p>WOD #83:</p> <p>4 rounds for time 12 strict presses (10/5) 200m run 12 hanging knee raises 200m run</p>	<p>WOD #84:</p> <p>27-21-15-9 Wall balls Ring rows</p>

We are not affiliated, associated, authorized, endorsed by, or in any way officially connected with the CrossFit brand we illustrate, and those listed on our site.

CROSSFIT WORKOUTS FOR BEGINNERS PDF

WOD #85:	WOD #86:	WOD #87:
<p>5 rounds for time 20 goblet squats (12/6) 20 KB swings 200m run</p>	<p>For time 40 front squats (bar only) 1 min double under attempts 30 x squat 1 min double under attempts 20 x squat 1 min double under attempts 10 x squat 1 min double under attempts</p>	<p>3 min AMRAP 10 DB push presses (12.5/7.5) 20 sit ups 30 single skips Rest 1 min Repeat for 4 rounds</p>
WOD #88:	WOD #89:	WOD #90:
<p>Every 5 mins for 5 rounds 15 pull ups 15 push ups 15 air squats Max effort devils presses Rest 90 secs</p>	<p>15 min AMRAP 20 KB swings (16/12) 20 air squats 20 KB lunges</p>	<p>12 min AMRAP 5 deadlifts (70/50) 10 hand release push ups 15 sit ups</p>
WOD #91:	WOD #92:	WOD #93:
<p>12 min AMRAP 8 pike push ups 16 wall balls 40 single skips</p>	<p>4 rounds for time 80 single skips 10 renegade rows (15/10) 80 single skips 10 sumo deadlift high pulls (30/20)</p>	<p>In 4 mins perform 16 DB squat cleans 16 DB box step overs 16 DB lunges Max burpees in remainder Rest 1 min Repeat for 4 rounds</p>
WOD #94:	WOD #95:	WOD #96:
<p>12 min AMRAP 2 devil presses 8 jumping lunges 8 KB swing (16/8)</p>	<p>10 min AMRAP 30 overhead plate lunges (10/5) 20 hand release push ups 10 DB snatches</p>	<p>For time 70 single skips 50 goblet squats (12/8) 30 hanging knee raises 10 DB push presses (12.5/7.5) 5 DB thrusters 10 DB push presses 30 hanging knee raises 50 goblet squats 70 single skips</p>
WOD #97:	WOD #98:	WOD #99:
<p>5 rounds for time 5 medball cleans (14/10) 10 burpees over DB 15 wall balls</p>	<p>For time 50 hanging knee raises 5 deadball cleans 50 KB swings 5 deadball cleans 25 burpees 5 deadball cleans 25 hollow rocks 5 deadball cleans 25 sit ups 5 deadball cleans</p>	<p>In 3 mins perform 20 DB snatches (15/10) 10 ring rows Max wall balls in remainder Rest 2 min Repeat for 4 rounds</p>
WOD #100:		
<p>For time 40 deadlifts (30/20) 15 x bar facing burpees 30 deadlifts (40/30) 15 x bar facing burpees 20 deadlifts (50/40) 15 x bar facing burpees 10 deadlifts (60/50)</p>		

We are not affiliated, associated, authorized, endorsed by, or in any way officially connected with the CrossFit brand we illustrate, and those listed on our site.