

12 WEEK CROSSFIT PROGRAM PDF

Thank you for downloading this 12 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

BLOCK 1

WEEK 1	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	Run 400m	Bike 20 cals	Row 20 cals	REST	Ski 20 cals 50 single skips	Run 200m Row 200m	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 5 KB swings (53# / 35#) 5 Goblet squats	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	

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WEEK 2	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	Row 200m	100 single skips	50 Air squats 200m run	REST	Run 400m	10 Kip swings 20 Shoulder dislocates	REST
MOBILITY	Spiderman with thoracic rotation	Roll out triceps	Roll out quads		Roll out calves	Roll out triceps	
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	Snatch grip deadlift 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	5 Rounds 20 DB snatches Rest 2 min	
COOLDOWN	Slow 400m on bike	Spine lumber twist stretch	Pigeon stretch Couch Stretch		Standing wall calf stretch	Spine lumber twist 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	Broomstick, foam, roller, pull up bar, barbell, bumper plates, dumbbell	
WEEK 3	DAY 15 (G)	DAY 16 (W,M)	DAY 17 (G,W,M)	DAY 18	DAY 19 (G,W)	DAY 20 (M)	DAY 21
WARMUP	20 Shoulder dislocates Run 400m	50m Crab walk 15 Squat thrusts	20 Air squats 20 Scap pull ups	REST	400m 20 Scap pull ups 10 Wall squats	2 Rounds 200m Run 20m Walking lunges	REST
MOBILITY	Roll out lats	Roll out quads Wall chest stretch	Roll out quads & lats		Roll out triceps & lats Banded overhead lat stretch	Roll out hamstrings & calves Standing hamstring stretch	
SKILL / STRENGTH	Push press 5 x 8 reps (build up in weight if capable)	Front rack lunges 4 x 12 reps (build up in weight if capable)	Weighted pull ups 5 x 5 reps (build up in weight if capable)		Spend 20 min to find 1RM Bench press	Ring rows 5 x 10 reps (as horizontal as possible)	
WOD	7 Rounds 5 Handstand push 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...	10 Rounds 100m Sprint Rest 30 sec	
COOLDOWN	Kneeling lat stretch Downward dog hold	Standing quad stretch Downward dog hold	Couch stretch Wall lat stretch		Standing quad stretch Banded lat stretch	Hurdle hamstring stretch Wall calf stretch	
EQUIPMENT	Broomstick, foam roller, barbell, bumper plates	Pull up bar, broomstick, foam roller, barbell, bumper plates, bench, wall ball	Pull up bar, weight belt, foam roller, wall ball, kettlebell		Pull up bar, foam roller, barbell, bumper plates	Rings	

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BLOCK 2

WEEK 4	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	Bike 10 cal Row 10 cal	Ski 20 cal 20 burpees	Row 20 cal	REST	Ski 20 cal 50 single skips	Run 200m Row 200m	REST
MOBILITY	Roll out quads	Roll out quads with foam roller	Standing hamstring stretch		20 shoulder dislocates Barbell front rack stretch	Banded overhead lat stretch	
SKILL / STRENGTH	Back squat 4 x 10 reps (build up in weight if capable)	Front squat 4 x 10 reps (build up in weight if capable)	15 min EMOM Min 1 - 10 Ring dips Min 2 - 10 push ups Min 3 - 7 KB push press (each arm)		Strict press 5 x 5 reps (build up in weight if capable)	Spend 12 mins Bar muscle up practice	
WOD	5 Rounds for time 10 Front squats (135# / 95#) 15 KB swings (53# / 35#)	10 min AMRAP 200m run 24 Sit ups 10 Push ups	12 min AMRAP 1 Rope climb 2 Power cleans (135# / 95#) 10 Burpees 15 Box jumps (24" / 20")		For time 15 Push presses (110# / 65#) 200 m run 10 KB swings 400 m run 10 KB swings (53# / 35#) 200 m run 15 Clean and jerks (135# / 95#)	For time 100 Pull ups (10 push ups every 2 mins)	
COOLDOWN	Couch stretch	Couch stretch	Hurdle stretch		Couch stretch	Wall lat stretch	
EQUIPMENT	Assault bike, rower, foam roller, barbell, bumper plates, kettlebell	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	
WEEK 5	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	Ski 200m 100 single skips	100 single skips	50 Air squats 200m run	REST	Run 400m	10 Kip swings 20 Shoulder dislocates	REST
MOBILITY	Spiderman with thoracic rotation	Roll out lats and triceps	Roll out quads		Roll out calves	Roll out triceps	
SKILL / STRENGTH	20 min to find 1RM Deadlift	Bench press 3 x 8 reps	3-3-2-2-1-1 (12 min time cap) Deadlift (build up in weight) and then... 3 Rounds Max effort Deadlifts @ 80% of highest weight from above		Tabata Hollow rocks Burpees Push ups	Back squat 5 x 5 reps (build up in weight if capable)	
WOD	For time 100 Double unders 800m walk with plate over head (45# / 35#) 200m walk with 2 plates in pinch grip (35# / 25#) 400m walk with plate over head 200m walk with 2 plates in pinch grip 100 Double unders	For time 21-15-9 Cleans (135# / 95#) Ring dips	AMRAP 15 mins 30 Double unders 40 Air squats 10 DB snatches (50# / 35#)		4 Rounds 10 Sumo deadlift high pulls (110# / 95#) 400m Run	For time 30 DB snatches (50# / 35#) 30 KB swings (53# / 35#) 30 DB Thrusters	
COOLDOWN	Roll out calves	Roll out lats and triceps Spine lumber twist stretch	Pigeon stretch Couch Stretch		Standing wall calf stretch	Spine lumber twist stretch	
EQUIPMENT	Ski erg, skipping rope, barbell, bumper plates, foam roller	Skipping rope, rings, barbell, bumper plates	Foam roller, skipping rope, dumbbells		Foam roller, barbell, bumper plates	Broomstick, foam, roller, barbell, bumper plates, dumbbell, kettlebell	

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WEEK 6	DAY 15 (G)	DAY 16 (W,M)	DAY 17 (G,W,M)	DAY 18	DAY 19 (G,W)	DAY 20 (M)	DAY 21
WARMUP	20 Shoulder dislocates Run 400m	50m Crab walk 15 Squat thrusts	400m run 20 Barbell good mornings	REST	Row 250m Ski 250m	400m Run 250m Row	REST
MOBILITY	Roll out lats	Roll out quads Wall chest stretch	Roll out hamstrings		Roll out quads and triceps	Roll out quads and calves	
SKILL / STRENGTH	Accumulate 3 min in L-sit and hand stand (may use wall)	Close grip bench press 5 x 10 reps (build up in weight if capable)	Ring pull ups with false grip 5 x 5 reps (weighted if capable)		Bent over row 10 x 10 reps (build up in weight if capable)	Turkish get ups (with kettlebell) 5 x 5 each arm (build up in weight if capable)	
WOD	For time 12-9-6-3 Handstand push ups Pull ups Toes to bar	For time 5-10-15 Push press (95# / 65#) Push jerk Wall balls (x3 reps)	20 min AMRAP 400m Run 40 Deadlifts (135# / 95#) 30 Hand release push ups 20 Burpees 10 Toes to bar		8 min AMRAP 9 Box jumps 9 Push presses (135# / 95#) 9 Ring dips	5 rounds (1 min on, 1 min off) 1st minute: Burpees to target 2nd minute: Jumping lunges with wall ball	
COOLDOWN	Kneeling lat stretch Downward dog hold	Standing quad stretch Downward dog hold	Spine lumber twist stretch Roll out lats Wall chest stretch		Couch stretch Wall lat stretch	Pigeon stretch Couch stretch	
EQUIPMENT	Broomstick, foam roller, pull up bar	Pull up bar, broomstick, foam roller, barbell, bumper plates, bench, wall ball	Foam roller, rings, barbell, bumper plates, pull up bar		Rower, ski erg, foam roller, plyo box, rings, barbell, bumper plates	Kettlebell, foam roller, wall ball	

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BLOCK 3

WEEK 7	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	Bike 10 cal Row 10 cal	Ski 20 cal 20 kip swings	400m Run 20 push ups	REST	20m crab walk 20 cal row	20 Scap pull ups 20 Kip swings	REST
MOBILITY	Roll out quads and lats	Roll out lats and triceps	Roll out triceps with barbell Roll out quads and calves with foam roller		20 shoulder dislocates Barbell front rack stretch	Banded overhead lat stretch	
SKILL / STRENGTH	4 Round complex of 4 Strict presses 3 Push presses 2 Push jerks 1 Split jerk (build up in weight if capable)	Weighted pull ups 5 x 5 reps (build up in weight if capable)	4 Rounds Max Ring dips super set with... Max DB Bench presses		10 Rounds Squat clean 4 Front rack lunges (build up in weight if capable)	3 Rounds Max effort Pull ups	
WOD	5 Rounds for time 10 Push presses (110# / 80#) 10 Sumo deadlift high pulls 10 Hang power cleans	16 min AMRAP 5 Pull ups 10 Ring dips 15 Wall balls 20 Lunges	3 Rounds 0:00-2:00 400 m run Max Double unders 2:00-3:00 KB Push jerks (20/16) 3:00-4:00 Push ups 4:00-5:00 Med ball cleans (rest 3 min between rounds)		For time 800m run 10 Power snatches (110# / 65#) 400m run 10 Power snatches 200m run 10 Thrusters 100m run 10 Thrusters	8 min AMRAP 12 Handstand push ups 15 Pull ups	
COOLDOWN	Couch stretch	Standing quad stretch Wall lat stretch	Hurdle stretch Wall calf stretch		Couch stretch Supine twists	Wall lat stretch	
EQUIPMENT	Assault bike, rower, foam roller, barbell, bumper plates	Ski, foam roller, weight belt, pull up bar, rings, wall ball	Rower, rings, dumbbells, skipping rope, kettlebells, medicine ball		Rower, broomstick, barbell, bumper plates	Resistance band, pull up bar	
WEEK 8	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	2 Rounds 20 Air squats 10 push ups	250m Run 250m Row 250m Ski	50 Air squats 200m run	REST	Run 400m 15 KB Swings 20 KB Push presses (10 each arm)	20 KB swings 20 Shoulder dislocates	REST
MOBILITY	Spiderman with thoracic rotation Standing quad stretch	Roll out thoracic spine 20 shoulder dislocates	Roll out quads and lats		Roll out calves and lats	Roll out triceps Barbell front rack stretch	
SKILL / STRENGTH	Hang power cleans 5 x 3 reps (build up in weight if capable)	Hang squat snatch 5 x 2 reps (build up in weight if capable)	4 Rounds Max strict pull ups super set with... 10-15 Bent over barbell rows		Tabata Row Rest 3 mins then... Tabata Burpees	EMOM 10 mins 2 Hang clusters (build up in weight if capable)	
WOD	8 min AMRAP 30 Wall balls 20 Burpees	For time 50 KB swings (28kg / 20kg) 40 Overhead squats (95# / 65#) 30 Hang power cleans 20 Pull ups 10 Toes to bar 20 Pull ups 30 Hang power cleans 40 Overhead squats 50 KB swings	12 min AMRAP 8 Power cleans (175# / 120#) 8 Toes to bar 8 Bar facing burpees		For time 100 Double unders 2 Handstand push ups 80 Double unders 4 Handstand push ups 60 Double unders 6 Handstand push ups 40 Double unders 8 Handstand push ups 20 Double unders 10 Handstand push ups	For time 30 Power snatches (95# / 65#) 30 KB swings (53# / 35#) 30 Thrusters	
COOLDOWN	Pigeon stretch	Roll out lats and triceps Spine lumber twist stretch	Pigeon stretch Couch Stretch		Standing wall calf stretch	Spine lumber twist stretch	
EQUIPMENT	Barbell, bumper plates, wall ball	Rower, ski erg, broomstick, kettlebell, pull up bar, barbell, bumper plates	Foam roller, pull up bar, barbell, bumper plates		Kettlebell, foam roller, rower, skipping rope	Kettlebell, broomstick, foam roller, barbell, bumper plates, dumbbell	

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WEEK 9	DAY 15 (G)	DAY 16 (W,M)	DAY 17 (G,W,M)	DAY 18	DAY 19 (G,W)	DAY 20 (M)	DAY 21
WARMUP	20 Shoulder dislocates Run 400m	50m Crab walk 15 Squat thrusts 250m Row	400m run 20 Barbell good mornings	REST	Row 250m 20 kip swings	400m Run 250m Row	REST
MOBILITY	Roll out lats and triceps	Roll out quads Wall chest stretch	Roll out hamstrings and quads		Roll out quads and lats	Roll out quads and calves Hurdle hamstring stretch	
SKILL / STRENGTH	EMOM 12 mins Min 1: 30 sec L-sit Min 2: 10-30 sec Isometric chin up hold	Clean and jerk 3-3-2-2-1-1 (build up in weight if capable)	Ring push ups 5 x 10 reps		6 Legless rope climbs	Deadlift 10-8-6-4-2 (rest 2 mins max in between sets) (as heavy as possible)	
WOD	3 Rounds for time 10 Ring dips 15 Hand release push ups 45 Ab mat sit ups	3 Rounds 1 min at each station for max reps Front squats (65# / 50#) Assault bike Wall balls Row Push jerks (Rest 1 min in between rounds)	3 Rounds for time 5 Deadlifts (265# / 175#) 10 Burpees over bar 20 Box jumps 30 Wall balls 40 Sit ups 30 Jumping lunges 20 Air squats 10 KB Sumo deadlift high pulls (45# / 20#) 5 Ring dips		7 Rounds EMOM 3 mins Min 1: 10 Pull ups Min 2: 5 Hang power cleans Min 3: 2 Full clean and jerks	4 rounds 500m row (max effort) (3 min rest between rounds)	
COOLDOWN	Kneeling lat stretch Downward dog hold	Standing quad stretch Downward dog hold	Spine lumber twist stretch Roll out lats		Couch stretch Wall lat stretch	Pigeon stretch Supine twists Couch stretch	
EQUIPMENT	Broomstick, foam roller, parallel bars, pull up bar, rings, ab mat	Rower, foam roller, barbell, bumper plates, wall ball	Foam roller, barbell, bumper plates, pull up bar, plyo box, kettlebell, rings, wall ball		Rower, pull up bar, foam roller, rope, barbell, bumper plates	Kettlebell, foam roller, wall ball	

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BLOCK 4

WEEK 10	DAY 1 (W)	DAY 2 (M,G)	DAY 3 (W,M,G)	DAY 4	DAY 5 (W,M)	DAY 6 (G)	DAY 7
WARMUP	400m Run	Ski 15 cal Row 15 cal	400m Run 20 jumping lunges	REST	20m crab walk 20 cal row	20 Scap pull ups 20 Kip swings	REST
MOBILITY	Roll out thoracic spine 20 shoulder dislocates Banded lat stretch	Roll out lats and triceps	Roll out triceps with barbell Banded overhead lat stretch Wall chest stretch		20 shoulder dislocates Barbell front rack stretch	Banded overhead lat stretch	
SKILL / STRENGTH	Snatch balance 5 x 3 reps (build up in weight if capable)	Accumulate 100 push ups (in as little sets as possible)	Accumulate 75 Hollow rocks Accumulate 5 mins Plank		EMOM 12 mins Min 1: 6 DB Snatches (3 each arm) Min 2: Ski 10 cal	20 Seated box jumps	
WOD	For time 30 Sumo deadlift high pulls (65# / 45#) 30 Front squats 30 Hang squat cleans 30 Power snatches 30 Overhead squats	5 rounds for time 20 Wall balls 10 Burpees box jump overs 20 V-ups	3 Rounds 50 Wallballs (20# / 14#) 5 Ring muscle ups 40 Toes to bar 4 Ring muscle ups 30 Thrusters (95# / 65#) 3 Ring muscle ups 20 Burpees 2 Ring muscle ups 10 Hand release push ups 1 Ring muscle up		For time 15-12-9-6-3 Thrusters (110# / 75#) 40 Double unders (in between rounds)	3 Rounds for time 20 Pistol squats 15 Handstand push ups 10 Box jump overs 5 Bar muscle ups	
COOLDOWN	Supine twists Couch stretch	Standing quad stretch Wall lat stretch	Couch stretch Downward dog		Banded lat stretch Couch stretch	Wall lat stretch	
EQUIPMENT	Foam roller, broomstick, resistance band, barbell, bumper plates	Ski, rower, foam roller, wall ball, plyo box	Foam roller, resistance band, wall ball, rings, pull up bar, barbell, bumper plates		Rower, broomstick, barbell, bumper plates, dumbbell, ski erg, skipping rope	Resistance band, pull up bar	
WEEK 11	DAY 8 (M)	DAY 9 (G,W)	DAY 10 (M,G,W)	DAY 11	DAY 12 (M,G)	DAY 13 (W)	DAY 14
WARMUP	2 Rounds 250m row	250m Row 20 Kip swings	50 Air squats 200m run	REST	Run 400m 20 KB Swings	20 KB swings 20 Shoulder dislocates	REST
MOBILITY	Quad stretch	20 shoulder dislocates	Roll out quads and lats Banded lat stretch		Roll out triceps and lats	Roll out triceps Barbell front rack stretch	
SKILL / STRENGTH	Back squats 7 x 3 reps (at 80% of 1RM)	Clean and jerk Find heavy double	8 Rounds Power snatch + Hang power snatch (rest 90 secs in between rounds)		Accumulate 3 min L-sit hold from bar	Bench press 5 x 8 reps (build up in weight if capable)	
WOD	1000m row then straight into... 2 min max cal on bike	For time 1-2-3-4-5-4-3-2-1 Bar muscle ups Clean and jerks (155# / 100#)	For time 100 Double unders 50 Push ups 30 DB snatches alternating (55# / 35#) 20 Chest to bar pull ups 30 DB snatches 50 Push ups 100 Double unders		12 min AMRAP 12 Toes to bar 15 Box jumps Goblet squats (55# / 35#)	15 min AMRAP 75 Hang power cleans (65# / 45#) 50 Push presses 25 Hang power snatches (4 burpees every minute)	
COOLDOWN	Couch stretch	Roll out lats and triceps Spine lumber twist stretch	Pigeon stretch Couch Stretch		Wall lat stretch	Spine lumber twist stretch	
EQUIPMENT	Rower, barbell, bumper plates	Rower, broomstick, pull up bar, barbell, bumper plates	Foam roller, resistance band, pull up bar, barbell, bumper plates, skipping rope, dumbbells		Kettlebell, foam roller, pull up bar, plyo box	Kettlebell, broomstick, foam roller, barbell, bumper plates	

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WEEK 12	DAY 15 (G)	DAY 16 (W,M)	DAY 17 (G,W,M)	DAY 18	DAY 19 (G,W)	DAY 20 (M)	DAY 21
WARMUP	20 Shoulder dislocates Run 400m	50m Crab walk 20 Barbell good mornings	400m run 20 Kip swings	REST	Ski 20 cal 100 single skips	400m Run 250m Row	REST
MOBILITY	Roll out lats and triceps Wall chest stretch	Roll out quads Standing hamstring stretch	Roll out thoracic spine 20 shoulder dislocates		Roll out quads and lats Roll out triceps on barbell	Roll out quads and calves Hurdle hamstring stretch	
SKILL / STRENGTH	Weighted dips 3 x 10 Weighted pull ups 3 x10 (build up in weight if capable)	5 Round bar complex 1 Power clean 2 Push presses 1 Cluster (as heavy as possible)	Spend 20 min to find 1RM Snatch		Spend 20 min to find 1RM Clean and jerk	Spend 20 min to find 1RM Deadlift	
WOD	3 Rounds for time 50 Sit ups 50 Push ups 50 Sit ups 50 Air squats 50 Sit ups 50 Lunges 50 Sit ups	For time 60 Double unders 20 Wall balls 15 Deadlifts (225# / 155#) 90 Double unders 20 Wall balls 15 Deadlifts 120 Double unders 20 Wall balls 15 Deadlifts	For time 1 mile Run 15 Hang power snatches (65# / 45#) 10 Power snatches (90# / 55#) 10 Handstand push ups 5 Full snatches (110# / 65#) 10 Bar muscle ups 1 mile Run		5 Rounds for time 12 Handstand push ups 6 Power cleans (155# / 100#) rest 3 mins then... 4 rounds for time 25 Sit ups 15 KB swings 5 Ring muscle ups	5 rounds 1 min Assault bike (max effort) (2 min rest between rounds)	
COOLDOWN	Kneeling lat stretch Downward dog hold	Hurdle hamstring stretch Wall caif stretch	Spine lumber twist stretch Roll out lats		Banded lat stretch Couch stretch	Pigeon stretch Supine twists Couch stretch	
EQUIPMENT	Broomstick, foam roller, weight belt, pull up bar	Foam roller, barbell, bumper plates, skipping rope, wall ball	Foam roller, broomstick, barbell, bumper plates, pull up bar		Ski erg, skipping rope, pull up bar, foam roller, barbell, bumper plates, kettlebell	Bike, foam roller, barbell, bumper plates	

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