

# 8 WEEK CROSSFIT PROGRAM PDF

Thank you for downloading this 8 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<br>50 single skips                                       | Run 200m<br>Row 200m  | REST   |
| MOBILITY            | Banded kneeling lat stretch  | Roll out quads with<br>Foam roller   | Standing hamstring<br>Stretch   |        | 20 shoulder dislocates<br>Barbell front<br>Rack stretch              | Banded overhead<br>Lat stretch  |        |
| SKILL /<br>STRENGTH | Barbell upright rows<br>5 x 8 reps<br>(build up in weight if<br>capable)   | Dumbbell lunges<br>5 x 5 reps<br>(build up in weight if<br>capable)              | Deadlift<br>5 x 5 reps<br>(build up in weight if<br>capable)                            |        | Front Squat<br>5 x 5 reps<br>(build up in weight if<br>capable)      | Strict pull ups<br>5 x 5 reps<br>(scale with bands if<br>necessary)           |        |
| WOD                 | EMOM 10 mins<br>5 KB swings (53# / 35#)<br>5 Goblet squats                 | 7 min AMRAP<br>8 Wall balls (20# / 14#)<br>12 Overhead plate lunges<br>(95 / 65) | 5 Rounds for time<br>5 Deadlifts (135# / 95#)<br>10 Burpees<br>15 Box jumps (24" / 20") |        | 5 Rounds<br>5 Front Squats (110# / 75#)<br>200m sprint<br>Rest 1 min | 3 Rounds<br>Max effort kipping<br>Pull ups<br>Rest 1 min                      |        |
| COOLDOWN            | Floor lat stretch  | Couch stretch  | Hurdle stretch  |        | Couch stretch  | Wall lat stretch  |        |
| EQUIPMENT           | Resistance band, barbell,<br>bumper plates                                 | Bike, dumbbells, wall ball,<br>bumper plates, foam roller                        | Rower, barbell, plyobox,<br>bumper plates   |        | Ski erg, skipping rope,<br>broomstick, barbell,<br>Bumper plates     | Rower, resistance band,<br>Pull up bar  |        |
| 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<br>200m run   | REST   | Run 400m   | 10 Kip swings<br>20 Shoulder di   | REST   |
| MOBILITY            | Spiderman with thoracic<br>rotation  | Roll out triceps   | Roll out quads  |        | Roll out calves  | Roll out triceps  |        |
| SKILL /<br>STRENGTH | Dumbbell bent over row<br>5 x 8 reps<br>(build up in weight if<br>capable) | Ring dips<br>3 x 8 reps  | Back Squat<br>5 x 8 reps<br>(build up in weight if<br>capable)                          |        | Tabata hollow rocks  | Snatch grip deadlift<br>5 x 5 reps<br>(build up in weight if<br>capable)      |        |
| WOD                 | 5 Rounds<br>Max effort 250m row<br>Rest 2 min                              | 4 Rounds for time<br>10 Push ups<br>10 Deadlifts (95 / 65)                       | For time<br>100 KB Sumo high pulls<br>(44 / 26)<br>50 burpees<br>50 wall balls          |        | 50-40-30-20-10<br>Double unders<br>Sit ups                           | 5 Rounds<br>20 DB snatches<br>Rest 2 min                                      |        |
| COOLDOWN            | Slow 400m on bike  | Spine lumber twist stretch   | Pigeon stretch<br>Couch Stretch   |        | Standing wall calf stretch   | Spine lumber twist stretch  |        |
| EQUIPMENT           | Rower, dumbbells, bike   | Skipping rope, rings, barbell,<br>bumper plates                                  | Foam roller, barbell,<br>Bumper plates, kettlebell,<br>wall ball                        |        | Skipping rope, rings, barbell,<br>bumper plates                      | Broomstick, foam, roller,<br>pull up bar, barbell, bumper<br>plates, dumbbell |        |

# 8 WEEK CROSSFIT PROGRAM PDF

## BLOCK 2

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

# 8 WEEK CROSSFIT PROGRAM PDF

## BLOCK 3

| 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      |
|-------------------------|--|--|---|-------------|--|---|-------------|
| <b>WARMUP</b>           | 2 Rounds<br>20 Air squats<br>10 push ups   | 250m Run<br>250m Row<br>250m Ski   | 50 Air squats<br>200m run   | <b>REST</b> | Run 400m<br>15 KB Swings<br>20 KB Push presses (10 each arm)   | 20 KB swings<br>20 Shoulder dislocates  | <b>REST</b> |
| <b>MOBILITY</b>         | Spiderman with thoracic rotation<br>Standing quad stretch                          | Roll out thoracic spine<br>20 shoulder dislocates  | Roll out quads and lats   |             | Roll out calves and lats   | Roll out triceps<br>Barbell front rack stretch  |             |
| <b>SKILL / STRENGTH</b> | Hang power cleans<br>5 x 3 reps<br>(build up in weight if capable)                 | Hang squat snatch<br>5 x 2 reps<br>(build up in weight if capable)   | 4 Rounds<br>Max strict pull ups<br>super set with...<br>10-15 Bent over barbell rows  |             | Tabata Row<br>Rest 3 mins then...<br>Tabata Burpees  | EMOM 10 mins<br>2 Hang clusters<br>(build up in weight if capable)                    |             |
| <b>WOD</b>              | 8 min AMRAP<br>30 Wall balls<br>20 Burpees   | For time<br>50 KB swings (28kg / 20kg)<br>40 Overhead squats (95# / 65#)<br>30 Hang power cleans<br>20 Pull ups<br>10 Toes to bar<br>20 Pull ups<br>30 Hang power cleans<br>40 Overhead squats<br>50 KB swings | 12 min AMRAP<br>8 Power cleans (175# / 120#)<br>8 Toes to bar<br>8 Bar facing burpees   |             | For time<br>100 Double unders<br>2 Handstand push ups<br>80 Double unders<br>4 Handstand push ups<br>60 Double unders<br>6 Handstand push ups<br>40 Double unders<br>8 Handstand push ups<br>20 Double unders<br>10 Handstand push ups | For time<br>30 Power snatches (95# / 65#)<br>30 KB swings (53# / 35#)<br>30 Thrusters |             |
| <b>COOLDOWN</b>         | Pigeon stretch   | Roll out lats and triceps<br>Spine lumber twist stretch  | Pigeon stretch<br>Couch Stretch   |             | Standing wall calf stretch   | Spine lumber twist stretch  |             |
| <b>EQUIPMENT</b>        | 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                 |             |
| 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      |
| <b>WARMUP</b>           | 20 Shoulder dislocates<br>Run 400m   | 50m Crab walk<br>15 Squat thrusts<br>250m Row  | 400m run<br>20 Barbell good mornings  | <b>REST</b> | Row 250m<br>20 kip swings  | 400m Run<br>250m Row  | <b>REST</b> |
| <b>MOBILITY</b>         | Roll out lats and triceps  | Roll out quads<br>Wall chest stretch   | Roll out hamstrings and quads   |             | Roll out quads and lats  | Roll out quads and calves<br>Hurdle hamstring stretch                                 |             |
| <b>SKILL / STRENGTH</b> | EMOM 12 mins<br>Min 1: 30 sec L-sit<br>Min 2: 10-30 sec Isometric chin up hold     | Clean and jerk<br>3-3-2-2-1-1<br>(build up in weight if capable)   | Ring push ups<br>5 x 10 reps  |             | 6 Legless rope climbs  | Deadlift<br>10-8-6-4-2<br>(rest 2 mins max in between sets)<br>(as heavy as possible) |             |
| <b>WOD</b>              | 3 Rounds for time<br>10 Ring dips<br>15 Hand release push ups<br>45 Ab mat sit ups | 3 Rounds<br>1 min at each station for max reps<br>Front squats (65# / 50#)<br>Assault bike<br>Wall balls<br>Row<br>Push jerks<br>(Rest 1 min in between rounds)  | 3 Rounds for time<br>5 Deadlifts (265# / 175#)<br>10 Burpees over bar<br>20 Box jumps<br>30 Wall balls<br>40 Sit ups<br>30 Jumping lunges<br>20 Air squats<br>10 KB Sumo deadlift high pulls (45# / 20#)<br>5 Ring dips |             | 7 Rounds<br>EMOM 3 mins<br>Min 1: 10 Pull ups<br>Min 2: 5 Hang power cleans<br>Min 3: 2 Full clean and jerks   | 4 rounds<br>500m row (max effort)<br>(3 min rest between rounds)                      |             |
| <b>COOLDOWN</b>         | Kneeling lat stretch<br>Downward dog hold  | Standing quad stretch<br>Downward dog hold   | Spine lumber twist stretch<br>Roll out lats   |             | Couch stretch<br>Wall lat stretch  | Pigeon stretch<br>Supine twists<br>Couch stretch                                      |             |
| <b>EQUIPMENT</b>        | Broomstick, foam roller, parallette 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  |             |

# 8 WEEK CROSSFIT PROGRAM PDF

## BLOCK 4

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