



#1

3 Rounds For Time:

Run 800m

50 Air Squats

#2

10 Rounds For Time:

10 Pushups

10 Sit ups

10 Squats

#3

For Time:

100 jumping Air Squats

#4

5 Rounds For Time:

Run 200m

10 walking lunges (L/R)

10 Push-Ups

#5

3 Rounds For Time:

Run 200m

25 Push-ups

#6

3 Rounds For Time:

10 Handstand Push-ups

100m sprint

#7

20 Rounds For Time:

5 Push-ups

5 Squats

5 v-ups

#8

10-9-8-7-6-5-4-3-2-1 sets of

sit-ups and a 100 meter sprint between each set

#9

21-15-9

Air Squats

Pushups



#10

4 rounds:

1:00 min handstand hold

1:00 plank

1:00 bottom squat hold

#11

For Time:

Run 1,6 km

#12

6 Rounds For Time:

10 Push-ups

10 pistol squats

10 Sit Ups

#13

5 Rounds For Time:

12 Tuck Jumps

9 Squats

6 burpee Broad Jumps

#14

8 Rounds For Time:

Handstandhold 30 seconds

10 jump Squats

#15

10 Rounds For Time:

10 Push-ups

Run 100M

#16

For Time:

Run 1,6km

lunging 30 steps every minute

#17

5 Rounds For Time:

Hollow rock 30 sec

20 Air Squats

#18

For Time:

300 Air Squats



#19

4 Rounds For Time:
50 double unders
25 pistol squats

#20

For Time:
100 Burpees

#21

10 Rounds For Time:
10 Pushups
10 Squats
10 Tuck Jumps

#22

5 Rounds For Time:
Handstand hold 1 min
Mountain climbers 1 min
Burpee 1 min
Ait squat 1 min
1 min rest

#23

10 Rounds For Time:
Sprint 100m
Walk 100m

#24

For Time:
100 Pushups

#25

10-9-8-7-6-5-4-3-2-1 For Time:
Burpees
Situps

#26

3 Rounds:
50 v-ups
Run 400m

#27

10 Rounds For Time:
10 Walking Lunges
10 Pushups

#28

10 Rounds For Time:
10 Burpees
Run 100m



#29

30 min run

* each 5 min 50 air squats.

Remaining time run till you reach the next 5 min.

#30

10 Rounds For Time:

10 Pushups

10 Squats

#31

Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.

#32

For Time:

Run 800m

100 Air Squats

Run 800m

#33

7 Rounds For Time:

7 Air Squats

7 Burpees

#34

5 Rounds For Time:

15 pistol squats

10 Handstand push ups

5 burpee broad jumps

#35

For Time:

Run 1,6KM -- do 10 Push-ups every minute

#36

8 Rounds For Time:

Run 100m

30 Jump Squats

#37

10 Rounds For Time:

10 Situps

10 Burpees

#38

For Time:

100 m bear crawl

100 m crab walk



#39

For Time:

100 Jumping Jacks

75 Air Squats

50 Pushups

25 Burpees

#40

5 Rounds For Time:

Run 1 minute

Squat 1 minute

#41

3 Rounds For Time:

10 Air Squats

10 Pushups

10 Situps

#42

For Time:

50 Air Squats

#44

3 Rounds For Time:

20 Jumping Jacks

20 Burpees

20 Air Squats

#45

10 Rounds For Time:

Run 100m

20 Air Squats

#46

For Time:

100 Push-ups

100 Sit-ups

100 Squats

#47

3 Rounds For Time:

30 Push-ups

40 Sit-ups

50 Squats

#48

AMRAP in 20 minutes:

5 Pushups

10 Situps

15 Air Squats



#49

21-15-9 Rep Rounds for Time:
Walking Lunges (each leg)
Handstand Push-ups

#50

3 Rounds for Time:
Run 400m
50 Squats
25 Pushups

#51

For Time:
Run 1000m
100 Air Squats
50 Pushups

#52

Squats for time (pick a number between 100-500)

#53

10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time:
Burpees
Pushups
Situps

#54

AMRAP in 20 minutes:
5 Handstand push-ups
10 Pistols squats

#55

'Annie' 50-40-30-20-10 for time:
Double-Unders
Sit-ups

#56

50-40-30-20-10 for Time:
Single Unders
Push-ups

#57

For Time:
Burpees (50-150 - pick a number and go for it!)
5 min rest
Repeat!

#58

For Time:
Run 800m
50 Squats
50 Situps



#59

For Time:

Run 1,6km

100 Push-ups

200 Squats

Run 1,6 km

#60

21-15-9 Rep Rounds for Time:

Handstand Push-ups

Dips

Push-Ups

#61

For Time:

21-18-15-12-9-6-3

Push-ups

Air Squats

#62

For Time:

400m Walking Lunges

#63 For Time:

Run 400 meters

50 Squats

Run 400 meters

50 Push-ups

Run 400 meters

50 Sit-ups

Run 400 meters

#64 For Time:

80-60-40-20 Reps of Air Squats

40-30-20-10 Reps of Situps

20-15-10-5 of Handstand Pushups

#65

For Time:

50 Walking Lunges

800m run

50 Walking Lunges

#66 For Time:

30 Handstand Pushups

40 Jump squats

50 Situps

60 Squats

70 Double unders



#67

AMRAP in 20 minutes:

10 Bench dips

10 Box jumps

10 Walking Lunges

#68

For Time:

60 Push-ups

Run 400m

40 Push-ups

Run 800m

20 Push-ups

Run 2km

#69

5 Rounds For Time:

100 Single Unders

50 Squats

#70

For Time:

100 Double Unders (repeat 3 times)

#71

AMRAP in 20 minutes of:

Run 400

Max rep push-ups

#72

For Time:

100 Air Squats

75 Situps

50 Box Jumps

Run 400m

#73

3 rounds for time of:

Run 800m

50 Supermans (back exercise)

50 Sit-ups



#74

For reps:

2 Minutes Double Unders

2 Minutes Sit-ups

Rest 1 min

90 sec Double Unders

90 sec Sit-ups

Rest 1 min

60 sec Double Unders

60 sec Sit-ups

#75 For Time:

100 Air Squats

75 Sit-ups

50 Box Jumps