

CROSSFIT TO GO

NO EQUIPMENT | NO GYM | JUST YOU

WHAT IS THIS CROSSFIT YOU SPEAK OF?

Sometimes you can find yourself getting bored with the same old workout routines or the same old equipment at the gym while waiting for that guy on the leg press to get off so you can finish your sets. For others that have no fitness or workout experience, you might not know where to start or what to do. That's why CrossFit is one of the most effective, fun and versatile programs that offers genuine support and coaching along the way.



TAG US IN YOUR
SWEATY
SELFIES
#CFCGTOGO

Warm it up and strrrrrretch it out

30 Seconds Each:

- Side Lunges (Alternate)
- High Knees
- Butt Kicks
- Air Squats
- Air punches
- Jumping Jacks
- Double Unders
- Burpees
- Push Ups
- Skater Hops



MAX REPS

1 minute for each
~30 second rests in
between~
Air Squats ____
Mountain Climbers ____
Crunches ____
Push Ups ____
Jumping Jacks ____

9 Minute Tabata

30 Seconds:
Plank Jacks
15 second rest
30 Seconds:
High Knees
15 second rest

Repeat until time is out.

TIME CRUNCH:

50- Hand Release Push Ups
40- Skater Hops
30- Plank to Squats
20- 180° Jumps
10- Burpees

~**CASH OUT**~

1 Minute Bicycle Crunches

Your Time: _____

100 ABS

5 Rounds:
20 sit ups
20 Slow Flutter Kicks
20 Heel Touches
20 Slow Mountain Climbers

THE 10 X 10

10 JUMP SQUATS
10 BURPEES
10 PUSH UPS WITH ALTERNATING SIDE PLANK
10 BURPEES
10 ALTERNATING JUMPING LUNGES EACH LEG
10 BURPEES
10 BIRD DOGS EACH SIDE
10 BURPEES
10 ALTERNATING SQUATTING SIDE KICKS
EACH LEG
10 BURPEES
TIME: _____



Minute Moves

3 Rounds
1 minute for each
30 second rests

Wall Sit
Plank
Sumo Squats
Inch Worms

JELLO LEGS

12 Air Squats
10 Sumo Squats
12 Donkey Kicks (Right)
10 Front/back lunge
12 Donkey Kicks (Left)
10 Glute Bridges
12 Static Lunges (Right)
10 Squat Jumps
12 Static Lunges (Left)

Repeat 3 times

JELLO ARMS

12 Hand Release Push Ups
10 Inchworms
12 Decline Push Ups (feet elevated)
10 Lateral Plank Walks
12 Incline Push Ups (chest elevated)
10 Tricep Dips
12 Supermans
10 Burpees

Repeat 3 times

RFT FUN

Lateral Jumps 30 seconds
Plank 1 minute
High Knees 30 seconds
Alternating Back Lunges 1 minute
Butt Kicks 30 seconds
Crunches 1 minute
Burpees 30 seconds

RFT in 20 minutes: _____

DEATH BY PUSH UPS

MINUTE 1: 1 hand release push up
MINUTE 2: 2 hand release push ups

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MINUTE 10: 10 hand release push ups

CONTINUE UNTIL YOU CANNOT COMPLETE YOUR REPS IN THE MINUTE
REPS _____