

# CrossFit-To-Go



## THE COMMUNITY

**The CrossFit community is such a supportive and encouraging environment. Everyone motivates each other in every class as they work toward their goals. Whether it is your gym friend or gym member, everyone leaves feeling satisfied and accomplished. It is such a unique environment to be part of because everyone knows each other, you compare workout results, discuss life, etc. This community always provides support no matter what and the cheers will help motivate you and feel part of the family.**

## Warm-up

- 20 second high knees**
- 20 second butt-kicks**
- 10 jumping jacks**
- 10 jump squats**
- 10 bear hugs**
- 10 alternating side lunges**
- 10 second pigeon hold each leg**
- 5 push-ups**
- 5 scorpions**
- 5 iron crosses**
- 5 hurdle stretches**



**Death by Dips**

**EMOM**

**Minute 1: complete 1 dip**

**Minute 2: complete 2 dips**

**Minute 3: complete 3 dips**

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**Minute 10: complete 10 dips**

**Minute 11: complete 11 dips**

**Minute 12: complete 12 dips**

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**Continue this pattern until you can no longer complete the number of reps required in a minute. Your score is the number of rounds you completed in FULL.**

**# of Rounds Completed** \_\_\_\_\_

**Ab circuit**

**10 minute AMRAP**

**1 minute each**

**Bicycles**

**Russian twists**

**Sit-ups**

**Crunches**

**Windshield wipers**

**Planks**

**Right side plank dips**

**Left side plank dips**

**Hollow rocks**

**Leg raises**



**50-40-30-20-10**

**Plank shoulder touches**

**Air squats**

**2 RFT**

**20 alternating lunges**

**20 jump squats**

**20 alternating pistols**

**1 minute wall sit**

**Time:** \_\_\_\_\_

**100 Jump squats for time**

**Time:** \_\_\_\_\_

**2 Miles for Time**

**Run, Bike, or Row**

**Time:** \_\_\_\_\_

**Cash out**

**100 sit-ups**



**For Time**

**100 Burpees**

**Time:** \_\_\_\_\_

**3 RFT**

**20 burpees**

**10 push-ups**

**10 mountain climbers**

**15 burpees**

**10 pike push ups**

**10 crunches**

**10 burpees**

**10 close grip push ups**

**10 reverse crunches**

**5 burpees**

**10 triceps dips**

**10 bicycles (5 each leg)**

**Time: \_\_\_\_\_**

**20 Min. AMRAP**

**20 burpees**

**15 sit-ups**

**20 alternating pistols**

**15 push-ups**

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**10 RFT**

**20 burpees**

**20 pushups**

**20 air squats**

**20 supermans**

**Time: \_\_\_\_\_**

**Ab circuit Round 2**

**6 Minute AMRAP**

**1 minute each**

**Jackknives**

**Toe touches**

**Flutter kicks**

**Bicycles**

**Scissors**

**Raised leg circles**

**4 RFT**

**400m run**

**20 Pyke push-ups**

**20 Burpees**

**Time: \_\_\_\_\_**

