

WOD Crew

1. Death by pullups and squats

Every minute you have to do +1 rep of pullups and air squats

For example you will have to do 1 pullup and 1 air squat in the first minute then 2 of each in the second minute and then 3 of each in the third minute etc...

Keep going until you can't anymore.

2. For time

100 squats

10 pullups

80 squats

20 pullups

60 squats

30 pullups

40 squats

40 pullups

20 squats

50 pullups

3. 5 rounds :

20 burpees

10 jumping pull ups

400m de course

4. Tabata this exercises : use google to find "Tabata clock"

8 rounds of 20 seconds of work and 10 seconds of rest of the following movements :

situps

back extensions

squats

box jumps

push ups

5. Run 5 Km

+

5 rounds

10 box jumps, 24"-20"

10 burpees

6. For time :

100 burpees to pullups (you are allowed to jump for the pullups. each pullup is done right after each burpees).

7. 10-9-8-7-6-5-4-3-2-1

Deadlift 135-95lb

Clapping push ups

Back squats 135lb - 95lb

8. Row 2K

50 Wall-ball shots, 20 pound ball

Row 1K

35 Wall-ball shots, 20 pound ball

Row 500 meters

20 Wall-ball shots, 20 pound ball

9. 15 rounds for time of:

5 Pull-ups

10 Push-ups

15 Squats

10. Three rounds for time of:

60 seconds L-sit

135lb deadlift, 30 reps

60 sit-ups

25 pound plate Back Extensions, 30 reps (you can do it on the ground)

11. "Fran"

21-15-9

Thrusters 95lb-65lb

Pullups

12. 4 rounds

400m run

50 squats

25 pushups

13. Run 10km

14.50 Burpees

50 double unders

50 KB swings 24kg-16kg

50 squats

50 puhsups

50 pullups

50 situps

15. "Karen"

150 wallball shots 20lb-14lb

16. Seven rounds for time of:

10 Handstand push-ups

45lb dumbbells Squat clean, 10 reps

10 pullups

17. Run 1 mile

Row 2K

Run 1 mile

18. 70 Burpees

60 Sit-ups

50 Kettlebell swings, 24kg-16kg

40 Pull-ups

30 Handstand push-ups

19. 3 rounds for time of:

Walking lunge, 100 ft

50 Squats

25 Back extensions

20. Five rounds for time of:

40 Double-unders

30 Box jumps, 24 -20 inch box

20 Kettlebell swings, 24kg-16kg