

WOD Skippers

1. Max rounds until you fail to complete unbroken :
45 seconds wall sit
10 reps of body weight back squat (so 165lb on the bar if you weight is 165lb)
2. 4 rounds for time :
400m run
50 squats
3. 400m of lunges
4. Max rounds in 20 minutes
100 jump rope
10 burpees
20 squats
5. "Micheal"
3 rounds for time
800m run
50 situps
50 back extensions
6. Strength : 5-5-5-5-5 back squats
7. 3 rounds
1 minutes of plank
30 DL with 95lb - 65lb
60 situps
8. Max rounds in 20 minutes
10 jumping squats
10 clapping pushups
10 Thrusters 95lb-65lb
9. 6 rounds for time
20 high jumps (30cm higher then what you can reach)
10 burpees
15 lunges (each legs)
10. 7 rounds
10 squat clean with DB, 2*40lb-2*25lb
5 pullups
10 Front squats with DB, 2* 40lb - 2*25lb
11. 5 KM run that you finish with 100 V-up
12. 200 Double unders, everytime you miss on you have to complete 30 seconds of wall sit

13. Max rounds in 20 minutes

100m sprint
30 sec of the plank
10 squats

14. Run 800m

20 burpees
10 lunges
10 box jumps 24"-20"
15 burpees
20 lunges
10 box jumps 24", 20"
10 burpees
30 lunges
10 box jumps 24", 20"
5 burpees
40 lunges
10 box jumps, 24",20"
run 800m

15. Max rounds in 40 minutes

1 minute of the plank
1 minute of the wallsit
To make one round count you need to do the 1 minute of plank and one minute of wallsit with out any breaks. You can take a break in between the rounds

16. Run 1 mile

300 squats
Run 1 mile

17. Start with 30 second of wall sit + 1 minute of rest

Then you do 1 minute of wallsit + 1 minute of rest
Then you do 1:30 minute of wallsit + 1 minute of rest
etc...until you fail.

18. "Annie"

50-40-30-20-10
of Double unders
Sit ups

19.10 rounds for time

20 box jumps 24", 20"
5 burpees

Take 5 minutes off and do 3 attempts of your max wall sit.

20.For time :

100 squats
10 double under
80 squats
20 double under
60 squats

30 double under
40 squats
40 double under
20 squats
50 double under