

## 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