

Cross Fit

1.) Complete as many rounds in 20 minutes as you can of:

5 Pull-Ups/inverted row

10 Push - Ups

15 Kettlebell swings

2.) 21 - 15 - 9 reps of:

135 lbs deadlift

Med Ball Overhead Throw

3.) Five Rounds for time of:

6 push-ups

12 inverted rows

24 tire hops

4.) Five rounds for time of:

Run 200 meters

10 Pull-Ups

Run 200 meters

10 Push -Ups

Run 200 meters

10 Sit- Ups

Run 200 meters

10 Squats

Variety is key (mix up exercises weekly)