



Crossfit at Home and Away

(Scaling tips below)

<p>Run 200m (Beginner) 15-12-9 Push ups Sit ups Squats Run 200m</p>	<p>Run 400m (intermediate) 21-15-9 Push ups Sit ups Squats Run 400m</p>
<p>The Prison Workout burpees: 20-19-18 ... 3-2-1 walk to other side of jail cell-hotel room between each set</p>	<p>Hollow position rock or holds 10 rounds 10 seconds work 10 seconds rest</p>
<p>In 20 mins (all levels) 30 seconds burpees 30 seconds squats 1 minute rest</p>	<p>(all levels with scaling) 10-9-8-7-6-5-4-3-2-1 Jump Squats Plyo Pushups</p>
<p>20-16-12-8-4 reps of: (all levels) Pushups Pistols (or lunges or squats)</p>	<p>21-15-9 reps of: (Beg/Int) lunges (Each leg 1/2 rep) sit ups burpees</p>
<p>Painstorm XXIV (advanced) Run 100m 50 burpees Run 200m 100 pushups Run 300m 150 walking lunges Run 400m 200 squats Run 300m 150 walking lunges Run 200m 100 pushups Run 100m 50 burpees</p>	<p>(advanced) 90 seconds of jumping rope 50 lunges 50 pushups 50 situps 90 seconds of jumping rope 40 lunges 40 pushups 40 situps 90 seconds of jumping rope 30 lunges 30 pushups 30 situps 90 seconds of jumping rope 20 lunges 20 pushups 20 situps 90 seconds of jumping rope 10 lunges 10 pushups 10 situps 90 seconds of jumping rope</p>
<p>5 rounds: (all levels) 3 vertical jumps 3 squats 3 long jumps</p>	<p>(all levels) Run 1 mile Stop every 1 minute to do 30 (total) walking lunges</p>

5 Rounds: Burpee to Push up position 10 push ups Burpee out	The Weakness: (int/adv) 6 rounds: 5 Pistols each leg 10 handstand pus ups 10 Hollow rocks or 5 10 second hollow holds
5 Rounds: (int/advanced) 30 seconds handstand holds (push ups) 60 seconds squats *If you have never done a handstand before, do not attempt without	5 Minute Test: 1st min: 20 push ups, 1 sit-up, 2nd Min: 15 push ups, 5 sit-ups, 3rd Min: 10 push ups, 11 sit-ups, 4th Min: 5 push ups, 16 sit-ups, 5th Min: 1 push up, 20 sit-ups
“Invisible Filthy Fifites” 50 Squat jumps, 50 Push ups 50 invisible Kettlebell swings, 50 total Walking Lunge, 50 Sit ups 50 Jumps to a wall target (like a volleyball block) 50 Super mans 50 Wall ball shots invisible ball 50 Burpees 50 Double unders (with or without rope)	“Crouching Tiger” (advanced) 50 squats 25 pushups 50 pistols 25 fingertip pushups 50 side lunges 25 knuckle pushups 50 walking lunges 25 diamond pushups
10-9-8-7-6-5-4-3-2-1 Jump Squats Plyo Pushups	“Invisible Fran” 21-15-9 Squats Push ups

Notes about Rep Schemes:

- **Rounds for time: Do movements and reps as written, repeat until total rounds are complete**
- **21-15-9(15-12-9 or 10-9-8-7-6 etc.): The reps decrease in subsequent rounds. Example: Do 21 reps of each listed movement in the first round. 15 reps in 2nd round and 9 in 3rd round.**
- **Timed work-(30 seconds,60 seconds etc.) Do as many reps as possible in the time allotted.**

Notes about scaling:

A great example of scaling is illustrated in the first two wods. All the movements are the same but the run and rep scheme have been decreased. This approach can be taken with most of the wods. Try to keep the number of rounds the same and modify the number of reps in the round. Another example, scale Painstorm by dividing each movements reps by 5.