# CrossFit Kids 2025/06/19

## Thursday(45)

### Warmup(12)

#### Musical Medball

Place 1 less medball than kids and let the kids do a movement e.g. bearcrawl around the medballs while a song plays. Randomly stop the music, then the kid without a ball does 5 burpees.

*\*\*Note:\*\**

Change rotation direction and movement after every stop.

### Wod(33)

#### 9min AMRAP

* Run x100m
* Slam ball trows x15
* Bearcrawl x10m

***\*\*2 minute rest\*\****

#### 9min EMOM - (40/20)

* Battle Rope
* Wallballs
* KB Overhead walk

***\*\*2 minute rest\*\****

#### 9min EMOM - (40/20)

* Plank hold
* Alternating lunges
* KB farmer carry