

**WOD 1:**

*4 rounds for time*

Walking lunges 50m

50 sit ups

**WOD 2:**

*5 rounds*

Run 400m

Max rep push ups

*Rest 3 minutes between rounds*

**WOD 3:**

Run 1 mile (for time)

3 x 3 minute AMRAP of burpees

*Rest 3 minutes between each cycle*

**WOD 4:**

*4 rounds for time*

Run 400m

50 air squats

**“Hot Buns”:**

*For time*

Walking lunges 100m

Run 800m

100 air squats

**WOD 6:**

*Tabata\*, for reps\**

Run

Air squats

Pull ups

Push ups

Sit ups

\* 20 seconds work/10 seconds rest/8 intervals

\* Count interval with lowest reps

**WOD 7:**

*Each round for time*

Run 800m x 3

*1:1 rest*

**WOD 8:**

*3 rounds for time*

Run 200m

10 sit ups

20 push ups

30 air squats

**WOD 9:**

*For time*

21-18-15-12-9-6-3

Sit ups

Box jumps (24)

*Rest 10 minutes*

7 minutes AMRAP of burpees

**“Loredo”:**

*4-6 rounds for time*

24 air squats

24 push ups

24 walking lunges

Run 400m

**"CrossFit Baseline":**

*For time*

Run 400m

40 air squats

30 sit ups

20 push ups

10 pull ups

Optional: Run 1 mile (for time)

**“Death by 10m”:**

Run 10m the first minute

Run 20m the second minute

Run 30m the third minute

*Continue until unable to finish within time frame*

**"GI Jane":**

*For time*

100 burpee pull ups

**WOD 10:**

*8 rounds for time*

Run 200m

12 burpees

**WOD 11:**

*5 rounds, for time and reps*

Run 400m

Max rep push ups

*Rest 3 minutes between rounds*

**WOD 12:**

*10 rounds, for total time*

Run 200m

*Rest 1 minute between rounds*

**WOD 13:**

*For time*

100 burpees

**“Cindy/Running Cindy”:**

*20 minutes AMRAP*

5 pull ups

10 push ups

15 air squats

Optional: Run 200m after air squats

**WOD 14:**

*For total time (excluding rest)*

Run 1 mile

Run 800m

Run 400m

Run 200m

*Rest 2 minutes between runs*

**WOD 15:**

*3 rounds for time*

Run 800m

25 burpees

**WOD 16:**

*For time*

Walking lunges 400m

**WOD 17:**

*Each round for time*

Run 800m x 4

1:1 rest

**WOD 18:**

*10 rounds for time*

7 burpees

7 knees to elbows

**WOD 19:**

*For time*

Run 5k

**“Tabata\* Something Else”:**

*Total reps for all intervals*

Tabata pull ups

Tabata push ups

Tabata sit ups

Tabata air squats

*\* 20 seconds work/10 seconds rest/8 intervals*

**“Rounds of Cindy”:**

*12 minutes AMRAP*

5 pull ups

10 push ups

15 air squats

**WOD 20:***For time*

Walking lunges 100ft

21 pull ups

21 sit ups

Walking lunges 100ft

18 pull ups

18 sit ups

Walking lunges 100ft

15 pull ups

15 sit ups

Walking lunges 100ft

12 pull ups

12 sit ups

Walking lunges 100ft

9 pull ups

9 sit ups

Walking lunges 100ft

6 pull ups

6 sit ups

**WOD 21:***3 rounds/1 minute per station, for total reps each round*

Pull ups

Push ups

Sit ups

Air squats

Rest

**WOD 22:***For time*

Run 800m

50 burpees

**“Sexy A\$\$”:***For time*

Walking lunges 100m

Run 800m

100 air squats

**WOD 23:**

*10 rounds for time*

7 burpees

7 knees to elbows/sit ups

**WOD 24:**

*For time*

10-9-8-7-6-5-4-3-2-1

Pull ups

Box jumps (24)

Sit ups

**“Run + Half Angie”:**

*For time*

Run 800m

50 pull ups

50 push ups

50 air squats

50 sit ups

**WOD 25:**

*For time*

21-18-15-12-9-6-3

Sit ups

Box jumps (24)

**“Death by Burpees”:**

1 burpee the first minute

2 burpees second minute

3 burpees the third minute

*Continue until unable to finish within time frame*

**WOD 26:**

*15 minutes AMRAP*

3 wall climbs

6 pull ups

9 box jumps (24)

**WOD 27:**

*For time*

21-15-9

Burpees

Box jump overs (24)

**WOD 28:**

*4 rounds for time*

Run 400m

*Rest 3 minutes between rounds*

**WOD 29:**

*8 rounds for time*

Run 100m

8 burpees

**“Invisible Fran”:**

*For time*

21-15-9

Air squats

Push ups

**“CrossFit Open 12.1”:**

7 minutes AMRAP burpees

*Must touch an object 6 inches above max reach*

**WOD 30:**

Run 400m x 4

*Rest 3 minutes between runs*

**WOD 31:**

*2 rounds for time*

Run 800m

50 burpee box jumps (24)

**WOD 32:**

*4 rounds for time*

Run 80m

Do 1 burpee for every second of run

**“Mini-Nicole”:**

*10 minutes AMRAP*

Run 200m

15 pull ups

**WOD 33:**

*30-20-10*

Burpees

Box jumps (24)

Sit ups

**“Cindy’s Burps”:**

*12 minutes AMRAP*

5 burpees

10 push ups

15 air squats