



CrossFit To-Go

CrossFit in 100 Words

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense.

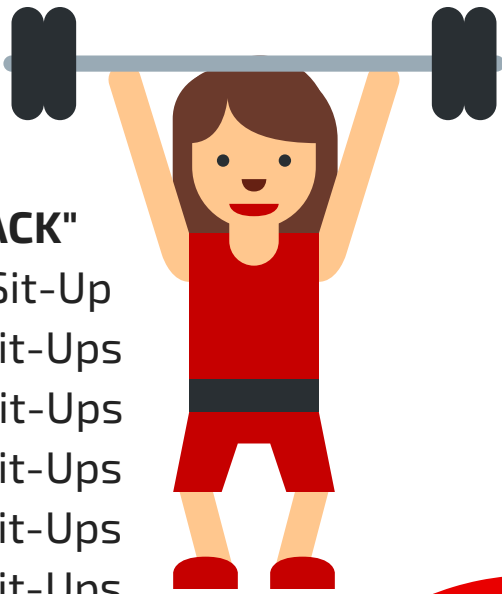
Regularly learn and play new sports.

- Greg Glassman, CrossFit Founder

Warm up and Strrrrrretch

- 25 Jumping Jacks
- Squat and Hold :30
- 10 Broad Jumps
- Left Side Lunge
and Hold :30
- Right Side Lunge
and Hold :30
- 10 High Skips
- Cobra :30
- 10 Trunk Twists
- Child's Pose :30
- 10 Push-Ups

Tag us in
your sweaty selfies!
#CFCGToGo



"BLACKJACK"

- 20 Dips, 1 Sit-Up
- 19 Dips, 2 Sit-Ups
- 18 Dips, 3 Sit-Ups
- 17 Dips, 4 Sit-Ups
- 16 Dips, 5 Sit-Ups
- 15 Dips, 6 Sit-Ups
- 14 Dips, 7 Sit-Ups
- 13 Dips, 8 Sit-Ups
- 12 Dips, 9 Sit-Ups
- 11 Dips, 10 Sit-Ups
- 10 Dips, 11 Sit-Ups
- 9 Dips, 12 Sit-Ups
- 8 Dips, 13 Sit-Ups
- 7 Dips, 14 Sit-Ups
- 6 Dips, 15 Sit-Ups
- 5 Dips, 16 Sit-Ups
- 4 Dips, 17 Sit-Ups
- 3 Dips, 18 Sit-Ups
- 2 Dips, 19 Sit-Ups
- 1 Dip, 20 Sit-Ups
- Time: _____

20 MINUTE AMRAP

8 Handstand Push-Ups
10 Pistols
12 Alternating Single Leg V-Ups
of Rounds Completed: _____

FOR TIME
Run 5k (or run for 30 minutes)
EMOM 5 Push-Ups
Time: _____

FOR TIME
100 Broad Jump Burpees
Time: _____

21-18-15-12-9-6-3
Mountain Climbers
Inch Worms with a Push-Up
Lunges (each leg)
Time: _____

AMRAP FRENZY

Complete as many reps as possible in 1 minute for each movement listed.
Rest one minute between.

- | | |
|-------------------------------------|------------------------------------|
| Air Squats # of reps: _____ | Push-Ups # of reps: _____ |
| Alternating Lunges # of reps: _____ | Sit-Ups # of reps: _____ |
| Burpees # of reps: _____ | Mountain Climbers # of reps: _____ |

THE LONGEST MILE

4 RFT

10 Burpees

100 Meter Sprint

10 Air Squats

100 Meter Sprint

10 Push-Ups

100 Meter Sprint

10 Sit-Ups

100 Meter Sprint

Time: _____



TEN TO ONE AND BACK AGAIN

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

Burpees

Sit-ups

Air squats

Time: _____

10 RFT

25 Yard Bear Crawl

10 Standing Broad-Jumps

16 Alternating Single Leg V-Ups

Time: _____

DECK OF CARDS

*You will need a full deck of cards
- including Jokers*

Shuffle the deck, flip each card
one at a time, and complete the
number of reps (card value) and
relative movement (suit).

Hearts = Push-Ups

Diamonds = Sit-Ups

Clubs = Air Squats

Spades = Box Jumps

Card value determines the
number of reps

Face cards = 10

Aces = 11

Jokers = 15 Burpees

Time: _____

FOR TIME

100 Alternating Leg V-Ups

90 Jumping Jacks

80 Stair Steps (or High Knees)

70 Air Squats

60 Push-Ups

50 Mountain Climbers

40 Dips

30 Alternating Pistols

20 Wall Walks

10 Burpee Box Jump Overs

Time: _____

MASTER OF STAIRS

20 MINUTE AMRAP

Run up as many stairs as possible.

Record your reps with how many
stairs you ran, but only UP counts!

of Reps: _____