

Intervals / Met con.

[Free Intervals Timer](#)

[How to use intervals timer](#)

[20/10](#)

Couplets 8min 3 rounds 24 min * Rest 1 min between rounds

* Pick 6 movements and pair them into 3 groups of 2 couplets. Do 1 movement 20sec, rest 10 and do next movement of the couplet for 20/10. continue like this for 8 min or 8x movement
2nd round is same format, but with a different couplet (2 movements). Repeat again for round 3 w/different couplet

[30/15](#)

Super Circuit short

* 1st Do 8 min of ab exercises (pick 4 ab movements, do each one 40 sec, rest 20 sec. Do 2 rounds)

* 2nd Pick 6 movements and create super circuit. Do each for 30 sec rest for 15 while getting ready for next movement. Do this for 5 rounds (no rest between).

[40/20](#)

Super Circuit long

* Pick 6 movements and create super circuit. Do each for 40 sec rest for 20 while getting ready for next movement. Do this for 5 rounds. (no rest between)

[AMRAP](#)

As many rounds as possible

*1st Strength ladder for 8 min 2,4,6,8,10, REPS
Pull ups & sit ups

* 2d AMRAP pick 3 movements and do 1 set of 12 reps for each movement. Do as many rounds/sets as possible in 20:00. Track your progress over time.

[10-1 complex](#)

*1st Strength ladder for 8 min 2,4,6,8,10, REPS
Push ups and Air squats

* 2nd Pick 5 to 6 movements and do 10 reps of each, one after another, then 9, then 8, then 7 etc. down to 1

Crossfit WODs

Cindy	5 Pull ups, 10 push ups, 15 air squats: as many rounds of that as possible in 20:00
Angie	Pull ups, push ups, Sit ups, Air squats: either 100 ea or 75 ea or 60 ea (based on ability)
GI Jane	100 Burpee Pull Ups
Murph	Run 1 mile 100 pullups 200 pushups 300 squats Run 1 mile Partition the pullups, pushups, and squats as needed. Start and finish with a mile run. If you've got a 20# vest or body armor, wear it.
Jason	100 squats 5 Pullups 75 squats 10 Pullups 50 squats 15 Pullups 25 squats 20 pullups
Chelsea	Each minute on the minute for 30 minutes of: 5 pullups 10 pushups 15 squats
Barbara	Either 5 rounds for time, or 5 rounds with 3:00 rest between each round: 20 pullups 30 pushups 40 situps 50 squats