

Basic Crossfit WOD Challenges

WOD = Workout of the day AMRAP = as many rounds as possible

Type	Description	Sample 1	Sample 2
Single participant	Complete WOD solo	4 burpees 8 sit-ups 12 air squats Run 1 lap AMRAP __ minutes	5 pushups 5 standing broad jump 50 jump rope AMRAP __ minutes
Partner – alternate exercises	Partner A completes exercise 1 Partner B completes exercise 2 Partner A completes exercise 3 Partner B completes exercise 1 Etc.	1 – 5 burpees 2 - 10 situps 3 – 15 air squats AMRAP __ minutes	5 pushups 5 standing broad jump 50 jump rope AMRAP __ minutes
Partner – alternate complete rounds	Partner A completes 1 round Partner B completes 1 round Etc.	Run 1 lap 4 burpees 8 sit-ups AMRAP __ minutes	5 pushups 5 standing broad jump 25 jump rope AMRAP __ minutes
Partner – split rounds	Partners A and B decide how to split the round	20 burpees (10 each) 30 situps (15 each) 40 air squats (20 each, or 10 x 4) AMRAP __ minutes	10 pushups 10 standing broad jump 50 jump rope AMRAP __ minutes
Single Participant - ladder	Increase set reps after each round	2 burpees, 2 sit-ups, 2 air squats 4 burpees, 4 sit-ups, 4 air squats 6 burpees, 6 sit-ups., 6 air squats Etc. AMRAP __ min.	1 pushup, 1 sbj, 10 jump rope 2 pushups, 2 sbj, 20 jump rope 3 pushups, 3 sbj, 30 jump rope Etc. AMRAP __ min.

Type	Sample 3	Sample 4	Sample 5
Single participant	8 lunges 8 situps 20 run in place AMRAP __ minutes	8 air squats bear walk down and back 8 lemon squeezers AMRAP __ minutes	5 burpees 15 scissor leg lifts 50 jumprope AMRAP __ minutes
Partner – alternate exercises	8 lunges 8 situps 20 run in place AMRAP __ minutes	8 air squats bear walk down and back 8 lemon squeezers AMRAP __ minutes	5 burpees 15 scissor leg lifts 50 jumprope AMRAP __ minutes
Partner – alternate complete rounds	6 lunges 6 situps Run 1 lap AMRAP __ minutes	6 air squats bear walk down and back 6 lemon squeezers AMRAP __ minutes	5 burpees 15 scissor leg lifts 50 jumprope AMRAP __ minutes
Partner – split rounds	12 lunges 12 situps 40 run in place AMRAP __ minutes	16 air squats bear walk down and back x 2 16 lemon squeezers AMRAP __ minutes	5 burpees 15 scissor leg lifts 50 jumprope AMRAP __ minutes
Single Participant – ladder	2 lunges, 2 situps, 2 jumping jack 4 lunges, 4 situps, 4 jumping jack 6 lunges, 6 situps, 6 jumping jack Etc. AMRAP __ min.	1 air squat, 1 lemon squeezer, 1 bear walk 2 air squat, 2 lemon squeezer, 1 bear walk 3 air squat, 3 lemon squeezer, 1 bear walk Etc. AMRAP __ minutes	1 burpee, 1 s.leg lifts, 10 jumprope 2 burpee, 2 s.leg lifts, 20 jumprope 3 burpee, 3 s.leg lifts, 30 jumprope Etc. AMRAP __ min.

Type	Sample 6	Sample 7	Sample 8
Single participant	8 jump squats 8 spiderman pushups 18 run in place AMRAP __ minute	4 burpee broad jumps 14 stomach touch pushups Run 1 lap AMRAP __ minutes	8 jump squats 12 mountain climbers 8 situps AMRAP __ minutes
Partner – alternate exercises	8 jump squats 8 spiderman pushups 18 run in place AMRAP __ minutes	4 burpee broad jumps 14 stomach touch pushups Run 1 lap AMRAP __ minutes	8 jump squats 12 mountain climbers 8 situps AMRAP __ minutes
Partner – alternate complete rounds	4 jump squats 4 spiderman pushups 14 run in place AMRAP __ minutes	4 burpee broad jumps 8 stomach touch pushups Run 1 lap AMRAP __ minutes	4 jump squats 10 mountain climbers 4 situps AMRAP __ minutes
Partner – split rounds	10 jump squats 10 spiderman pushups 40 run in place AMRAP __ minutes	8 burpee broad jumps 24 stomach touch pushups 40 run in place AMRAP __ minutes	10 jump squats 20 mountain climbers 10 situps AMRAP __ minutes
Single Participant - ladder	1 jump squats, 1 sm pushups, 10 run 2 jump squat, 2 sm pushup, 20 run 3 jump squat, 3 sm pushup, 30 run Etc. AMRAP __ min.	1 burpee br j, 1 pushup, 10 run in place 2 burpee br j, 2 pushup, 20 run in place 3 burpee br j, 3 pushup, 30 run in place Etc. AMRAP __ min.	1 jump squat, 1 mt climber, 1 situp 2 jump squats, 2 mt climbers, 2 situps 3 jump squat, 3 mt climbers, 3 situps Etc. AMRAP __ min.

Type	Sample 9	Sample 10
Single participant	6 weighted bar thrusters 6 situps Run 1 AMRAP __ min.	4 standing br. jump 6 weighted bar overhead press 8 situps AMRAP __ min.
Partner – alternate exercises	6 weighted bar thrusters 6 situps Run 1 AMRAP __ min.	4 standing br. jump 6 weighted bar overhead press 8 situps AMRAP __ min.
Partner – alternate complete rounds	4 weighted bar thrusters 4 situps Run 1 AMRAP __ min.	4 standing br. jump 6 weighted bar overhead press 8 situps AMRAP __ min.
Partner – split rounds	10 weighted bar thrusters 10 situps Run 20 in place AMRAP __ min.	8 standing br. jump 10 weighted bar overhead press 10 situps AMRAP __ min.
Single Participant - ladder	2 wt bar thrusters, 2 situps, 2 jjacks 4 wt bar thrusters, 4 situps, 4 jjacks 6 wt bar thrusters, 6 situps, 6 jjacks Etc. AMRAP __ min.	1standing br. jump, 1weight bar overhead press, 1 situp 2standing br. jumps, 2weight bar overhead press, 2 situps 3standing br. jump, 3weight bar overhead press, 3 situps Etc. AMRAP __ min.

Interval workout: Students can be in groups of 4. Rotate forward after each set, first student goes to the back. 2-4 complete rounds.

Sample Interval #1: 45 seconds on, 15 seconds rest/transition to next exercise.

Sample Interval #2: 60 seconds on, 30 seconds rest/transition to next exercise

Exercise 1	Bleacher step ups	Air squats	Weighted bar thrusters	Bleacher step ups	
Exercise 2	Jumprope	Stomach touch pushups	Plank hold	Weighted bar overhead press	
Exercise 3	Burpees	Jumprope	Jumprope	Air squats	
Exercise 4	Plank hold	Situps	Mountain climbers	Plank hold	