

CROSSFIT NORTH MIAMI BEACH

Travel Workouts: Just pick one and do it. No more excuses!

Warm-up (prior to any of the workouts listed below) : 20 second Samson Stretch, 10 air squats, 10 sit-ups, 10 bend and reach, 10 push-ups – 3 rounds.

Run a ½ Mile & 50 Air Squats – 3 rounds.

10 Push-ups,10 Sit-ups,10 Air Squats – 10 rounds.

200 Air Squats for time.

“Susan” Run 200 Meters,10 Squats,10 Push-ups – 5 rounds.

Sprint 200 Meters and do 25 Push-ups – 3 rounds.

10 Handstand Push-ups and a 200 Meter Run – 3 rounds.

Tabata Squats & Tabata Sush-ups.

5 Push-ups, 5 Squats, 5 Sit-ups, 20 rounds.

Walk 100 Meters on your hands, even if it is 2 Meters at a time.

10-9-8-7-6-5-4-3-2-1 sets of Sit-ups and a 100 Meter Sprint between each set.

Invisible Fran: 21-15-9 reps of Air Squats and Push-ups for time.

Spend a total of 5 minutes in a Handstand, or Headstand. If you are doing a Headstand do not stay over a minute at a time.

Run 1 mile for time.

10 Push-ups,10 Air Squats,10 Sit-ups – 6 rounds for time.

Do one Air Squat and take one breath (you can breath all you want while you do the Squat or Squats), do 2 Squats take 2 breaths etc...up to 10, and then come back to one.

3 Vertical Jumps, 3 Squats, 3 Long Jumps – 5 rounds.

Handstand 30 seconds and 10 Squats – 8 rounds.

CROSSFIT NORTH MIAMI BEACH

10 Push-ups, 100 Meter Dash - 10 rounds.

400 Meter Sprints – 5 rounds rest as needed between rounds.

10 X 100 Meter Dash.

25 Pressing Snatch Balances each arm. No weight.

Run 1 Mile, Lunging 30 steps every 1 minute.

Handstand 30 seconds and 20 Air Squats – 5 rounds.

10 Handstand Jackknife to Vertical Jump, 10 Handstand Jackknife to Tuck Jump, 10 Handstand to Jackknife to Straddle Jump.

100 Air Squats, for time.

4 x 25 Jumping Squats.

10 Vertical Jumps, 10 Push-ups, 10 Sit-ups – 4 rounds.

1 mile Run for time, at the top of every minute do 10 Air Squat, repeat until distance is completed.

100 Burpees for time.

10 Vertical Jumps, Run 400 Meters – 5 rounds.

Spend a total of 3 minutes in a Handstand.

100 Air Squats for time.

Handstand 1 minute, hold bottom of the Squat for 1 minute – 5 rounds.

Sprint 100 Meters, Walk 100 Meters – 10 rounds.

100 Push-ups for time.

10-9-8-7-6-5-4-3-2-1 Burpees and Sit-ups.

50 Sit-ups, 400 Meter Run or Sprint or Walk – 3 rounds.

CROSSFIT

NORTH MIAMI BEACH

10 Walking Lunges, 10 Push-ups – 10 rounds.

Tabata Squats : 20 seconds on 10 seconds rest, 8 rounds. Count your lowest score.

50 Split Jumps for time.

Handstand for 30 seconds or 5 Handstand push-ups, 400 Meter Run – 4 rounds.

10 Burpees, 100 Meter Sprint – 10 rounds for time.

L - Sit off the floor, 10 rounds of 10 seconds...If you can't do it, Sit with your legs straight out and try to lift your heels off the ground for 10 seconds instead.

Run 400 Meters, 50 Air Squats – 4 rounds.

Handstand 30 seconds, to Squat hold for 30 seconds – 10 rounds.

10 Vertical Jumps (jump as high as you can, land and do it again), 10 Push-ups – 5 rounds.

Handstand to Jack-knife to Vertical Jump – 30 reps.

Run 1 Mile with 100 Air Squats at midpoint – for time.

7 Squats, 7 Burpees – 7 rounds for time.

Burpee to the Push-up position, do 10 Push-ups, Burpee out – 5 rounds.

Run 1 Mile, plus 50 Air Squats - for time.

5 Squats, 5 Push-ups, 5 Sit-ups – 20 rounds.

Plebs Plank, bottom of Squat, Hollow Rock hold, 30 seconds each for 10 rounds. Use the transition times as your rest periods (they should be as brief as possible).

5 Push-ups with a 30 second Plebs Plank (a hold at the top of the Push-up, arms extended and body tight like a plank) at the end of each 5 reps – 10 rounds.

Then 3 x 100 Meter Dash @ 80%.

Handstand practice, 25 tries at free Handstands, then a 1 Mile Run at 80%.

CROSSFIT NORTH MIAMI BEACH

Handstand 10 second Jack-knife to Vertical Jump – 25 reps.

Mime 4 x 25 Sumo Deadlift High Pulls, make them perfect. Be sure the hips extend before the arms bend.

50 Air Squats, then rest for the same amount of time it took to complete the last 50 Squats. 5 rounds total.

Run 1 Mile and do 10 Push-ups every 1 minute.

Sprint 100 Meters, 30 Squats - 8 rounds.

30 Push-ups, 30 second Handstand or Plebs Plank – 3 rounds.

10 Sit-ups, 10 Burpees – 10 rounds.

Handstand Hold, 30 seconds, Squat hold 30 seconds – 10 rounds.

250 Jumping Jacks – for time.

100 Jumping Jacks, 75 Air Squats, 50 Push-ups, 25 Burpees – for time.

Tabata Push-ups.

10 Push-ups, 10 Hollow Rocks, Run 200 Meters – 5 rounds.

20 Sit-ups, 20 Push-ups, Run 400 Meters – 4 rounds.

Sprint 50 Meters, 10 Push-ups – 10 rounds.

50 Air Squats, rest 2 Minutes – 4 rounds.

3 x 20 Tuck Jumps, 3 x 30 second Handstand.

400 Meter Run (Sprint), 30 Air Squats – 3 rounds for time.

20 Jumping Jacks, 20 Burpees, 20 Air Squats – 3 rounds.

Warm-up: Run 100 Meters, 20 Air Squats – 10 rounds.

CROSSFIT

NORTH MIAMI BEACH

Handstand 5 x 30 seconds. Run: 2 x 800 Meters for time, Do the Handstands first. Rest and recover and do the runs with a rest in between that is as long as it took you to run your first 800.

**100 Air Squats, 3 minutes rest, 100 Air Squats.
Run with high knees for 15 seconds and drop into a Push-up, get back up and run with high knees again for 15 seconds – repeat 5 times. Each push-up counts as 1 rep. Rest. Do 3 more rounds.**

10 x 50 Meter Sprint.

***Test yourself on a max set of Push-ups. Tight body chest to the floor. Full extension ! (If you cannot do “men’s style” do your push-ups from the knees)**

More basic workouts – No equipment necessary(except proper workout attire and sometimes a jump rope).

100 Push-ups, 100 Sit-ups, 100 Squats – 1 round for time.

30 Push-ups, 40 Sit-ups, 50 Squats – 3 to 5 rounds for time.

5 Push-ups, 10 Sit-ups, 15 Squats – max rounds in 20 minutes.

21-15-9- reps per rounds for time of : Lunges (each leg), Handstand Push-ups.

Run 400 Meters (or any sprint distance – 1:30-2:30 min. long), 50 Squats, 25 Push-ups – 3 rounds for time.

Run 1000 Meters (about 3-5 minutes), 100 Squats, 50 Push-ups – 1 round for time.

Squats for time (pick a number between 100-500) – 1 round for time.

10-9-8-7-6-5-4-3-2-1 reps per rounds for time of : Burpees, Push-ups, Sit-ups.

5 Handstand Push-ups, 10 Pistols – max rounds in 20 minutes.

Run 400 Meters (1:30–2:30 mins.), 30 Squats – 5 rounds for time.

50-40-30-20-10 reps per rounds for time of : Double-Unders (jump rope), Sit-ups

50-40-30-20-10- reps per rounds for time of : Single-Unders, Push-ups

CROSSFIT NORTH MIAMI BEACH

Burpees (50-150 pick a number and go for it!) – 1 round for time.

Run 800 meters (about 5 mins), 50 Squats, 50 Sit-ups – 3 rounds for time.

Run 1 Mile, 100 Push-ups, 200 Squats, Run 1 Mile – 1 round for time.

21-15-9 reps per rounds for time of : Handstand Push-ups, Chair Dips, Push-ups

21 Push-ups, 42 Squats, 15 Push-ups, 30 Squats, 9 Push-ups, 18 Squats – 1 round for time.

**Walking Lunges – Pick a distance (100-400 meters) and go for it. No Quitting !
1 round for time.**

10 Turkish Get-ups(1 or 3 Gallon jog of water), 20 Double-Unders, 30 Walking Lunges, 40 Push-ups, 30 Squats, 20 leg lifts, 10 Box Burpees – 2 rounds for time.

Run 400 Meters, 50 Squats, Run 400 Meters, 50 push-ups, Run 400 Meters, 50 sit-ups, Run 40 Meters – 1 round for time.

**80-60-40-20 Air Squats,
40-30-20-10 Sit-ups,
20-15-10-5 Handstand Push-ups.**

50 Walking Lunges (each leg), 800 Meter Run, 50 Walking Lunges.

10 Shuffle Run (aka Suicide's) – 20-50 Meters, 10 Burpees – 5 Rounds.

50-35-15 reps per round of : Leg Lifts, Push-ups, Sit-ups.

30 Handstand Push-ups, 40 Jump Squats, 50 Sit-ups, 60 Squats, 70 Double-Unders.

As many rounds as possible in 20 minutes of : 10 Bench Dips, 10 Box Jumps, 10 Lunges (each leg).

10 Burpees, 10 Leg Lifts – 12 rounds for time.

Sprint 100 Meters – rest 1 minute – repeat 10 times.

CROSSFIT NORTH MIAMI BEACH

**60 Push-ups/30 Handstand Push-ups, Run 400 Meters, 40 Push-ups/20
Handstand Push-ups, Run 800 Meters, 20 Push-ups/10 Handstand Push-ups,
Run 1 Mile.**

100 Single-Unders, 50 Squats – 5 rounds for time.

MAKE IT HAPPEN !