

101 Training Days – Here's my training to help get you off the couch and get moving.

How to use this guide

This program is based on my personal experience as a beginner turned trainer. The approach to training is meant to rely on as little equipment as possible and be portable so that you can complete this training program indoors or out, at home or in a hotel, around a busy schedule or while on vacation. If your fitness important to you, you will find a way to make your training happen; if it is not, you will find an excuse. Make it happen.

### **Equipment:**

Required: None. You only need to provide your commitment for this program to work. Approach each day with integrity and you will succeed.

Optional Equipment

1. Interval training app, I recommend PushPress.com Timer (<https://itunes.apple.com/us/app/pushpress-timer/id826016623?mt=8>) It's free, and it's by far the best timer out there, free or paid.
2. Jump rope (~\$15-20 for a speed rope, look at RogueFitness.com or Amazon) as you can sub 1 minute of Jump Rope for 100 m run or 1 minute of cardio.
3. One or two sets of Dumbbells 5, 10, 15, 20, 25, 30 or 35 pounds in weight.

Terms:

There are a lot of terms used in here. For example:

TABATA = For twenty seconds do as many reps of the assigned exercise as you can then rest 10 seconds. 8 Rounds. The scoring seems to be varied, either lowest number of reps in an interval or total reps if you are doing multiple exercises across multiple TABATAs

If you find a term in here that you are not familiar with, visit my post: <http://jasonharper.com/whats-a-wod/> or <http://www.crossfit.com/cf-info/faq.html>

### **Stretching**

Stretching is to be done after every workout, and on every rest day, in other words, you will do this 7 minute stretching routine every single day:

Hold each position for 30 seconds (hint: use your interval timer, set it to go off every 30 seconds)

1. Stand up straight and touch your toes
2. Stand up straight, cross right foot over the left
3. Stand up straight, cross left foot over right

4. Stand up straight, move your feet apart, touch the ground where your feet would be if they were together
5. Slide your hands to your right foot
6. Slide your hands to your left foot
7. Sit down, keep your left leg out and place the bottom of your right foot flat against your inner left thigh and touch your left toes
8. Switch feet, right leg out and place the bottom of your left foot flat against your inner right thigh and touch your right toes
9. Stay seated, step your right foot over left knee so your right foot is flat on the ground and pull your right knee into your chest
10. Switch feet, step your left foot over right knee so your left foot is flat on the ground and pull your left knee into your chest
11. Stand up, bring your right arm across your body and bring your left arm up so your elbows are stacked, your right arm is straight out and your left arm is bent so your hand is straight up (you will look like you are about to flip someone off if you are doing this right), keep your head straight up and try to push your right shoulder down
12. Switch arms, bring your left arm across your body and bring your right arm up so your elbows are stacked, your left arm is straight out and your right arm is bent so your hand is straight up, keep your head straight up and try to push your left shoulder down
13. Stay standing, extend your right arm over your head, bend at the elbow and walk your right hand down the center of your back, keeping your head up straight, you may assist by putting pressure on your right elbow with your left hand
14. Switch arms, extend your left arm over your head, bend at the elbow and walk your left hand down the center of your back, keeping your head up straight, you may assist by putting pressure on your left elbow with your right hand

#### Days

1. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 4 Minute AMRAP
      1. 5 push ups
      2. 10 air squats
      3. 20 jumping jacks
  - b. Benchmark
    - i. Run 400
    - ii. 40 Air squats
    - iii. 30 sit ups
    - iv. 20 push ups
    - v. 10 burpees
  - c. RECORD TOTAL TIME \_\_\_\_\_

- d. Stretching
- 2. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 3. Workout
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 15 second intervals for 4 rounds
      - 1. Lunge Steps in place alternating Right/Left
      - 2. Push Ups
      - 3. Sit Ups
      - 4. Air Squats
  - b. Workout
    - i. Ladder – 15 Minute Time Cap
      - 1. 1 sit up 1 squat 1 burpee
      - 2. 2 sit ups 2 squats 2 burpees
      - 3. 3 sit ups 3 squats 3 burpees
      - 4. 4... Add one rep each round until time cap hits
  - c. Stretching
- 4. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 5. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 6. Workout
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 40 Jumping Jacks
    - iii. 30 Air Squats
    - iv. 20 Sit ups
    - v. 10 Push Ups
  - b. Workout
    - i. TABATA (8 cycles, 20 seconds work, 10 seconds rest) Push Ups
    - ii. 1 minute rest
    - iii. TABATA (8 cycles, 20 seconds work, 10 seconds rest) Air Squats
    - iv. 1 minute rest
    - v. TABATA (8 cycles, 20 seconds work, 10 seconds rest) Burpees
  - c. Stretching
- 7. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 8. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 4 Minute AMRAP
      - 1. 3 4 count mountain climbers
      - 2. 6 push ups
      - 3. 9 air squats
      - 4. 12 jumping jacks

- b. Benchmark
    - i. 10-9-8-7-6-5-4-3-2-1
      - 1. Push Up
      - 2. Burpee
      - 3. Air Squat
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Stretching
9. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
10. Workout
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 16 minute AMRAP
      - 1. 4 burpees
      - 2. 4 air squats
      - 3. 4 push ups
      - 4. 4 leg lifts
  - c. Stretching
11. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
12. Workout
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 5 Rounds
    - ii. 100 m sprint
    - iii. 10 Hand release Push Ups
    - iv. 100 m Sprint
    - v. 10 Jump Squats
  - c. Stretching
13. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
14. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
15. Benchmark
- a. Warm Up
    - i. Run 800 or 8 minutes of cardio
    - ii. 4 Minute AMRAP

1. 5 4 ct. flutter kicks
2. 5 diamond push ups
3. 5 Jump Squats
4. 5 Jumping Jacks

b. Benchmark

- i. 50s – Break up movements as desired
  1. 50 4 Count Mountain Climbers
  2. 50 Push Ups
  3. 50 4 Count Flutter Kicks

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

16. Workout

a. Warm Up

- i. 15 second intervals for 4 rounds
  1. Lunge Steps in place alternating Right/Left
  2. Push Ups
  3. Sit Ups
  4. Air Squats

b. Workout

- i. 21-15-9
  1. Dips (chair)
  2. Leg Lifts
  3. Jump Squats

c. Stretching

17. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

18. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 rounds
  1. 10 Air Squats
  2. 10 4 count flutter kicks

b. Workout

- i. 16 minute AMRAP
  1. 4 burpees
  2. 4 air squats
  3. 4 push ups
  4. 4 leg lifts

c. Stretching

19. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

20. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

21. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 12 Rounds
      - 1. 25 Jumping Jacks
      - 2. 25 meter sprint
      - 3. 25 air squats
      - 4. 25 meter sprint
  - c. Stretching
- 22. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count mountain climbers
  - b. Benchmark
    - i. Miler - 4 rounds for time
      - 1. Run 200
      - 2. 15 Burpees
      - 3. Run 200
      - 4. 15 Air Squats
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Stretching
- 23. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 24. Workout
  - a. Warm Up
    - i. 4 Minute AMRAP
      - 1. 5 4 ct. flutter kicks
      - 2. 5 diamond push ups
      - 3. 5 Jump Squats
      - 4. 5 Jumping Jacks
  - b. Workout
    - i. Up and Down
      - 1. 25 push ups
      - 2. 10 air squats
      - 3. 20 push ups
      - 4. 20 air squats
      - 5. 25 push ups
      - 6. 30 air squats
      - 7. 10 push ups

8. 40 air squats
9. 5 push ups
10. 50 air squats

c. Stretching

25. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

26. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 15 second intervals for 4 rounds
  1. Lunge Steps in place alternating Right/Left
  2. Push Ups
  3. Sit Ups
  4. Air Squats

b. Benchmark

- i. BWGB – record total reps after each round
  1. 3 rounds:
    - a. 1 min air squats
    - b. 1 min push ups
    - c. 1 min sit ups
    - d. 1 min burpees
    - e. 1 min jumping jacks
    - f. 1 min REST

c. RECORD TOTAL **REPS** \_\_\_\_\_

d. Stretching

27. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

28. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 Rounds
  1. 10 Air Squats
  2. 10 4 count mountain climbers

b. Workout

- i. 21-15-9
  1. Sit Ups
  2. Hand Release Push Ups
  3. Jump Squats
- ii. Cash Out: 25 Burpees

c. Stretching

29. Benchmark

a. Warm Up

- i. Run 800 or 8 minutes of cardio
- ii. 5 burpees

- iii. 10 push ups
- iv. 15 air squats

b. Benchmark

- i. As Many Rounds As Possible (AMRAP) in 20 minutes of:
  - 1. 5 burpees
  - 2. 10 push ups
  - 3. 15 air squats

c. RECORD TOTAL **ROUNDS** \_\_\_\_\_

d. Stretching

30. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 rounds
  - 1. 10 Air Squats
  - 2. 10 4 count flutter kicks

b. Workout

- i. 10 Rounds
  - 1. 25 Jumping Jacks
  - 2. 25 meter sprint
  - 3. 25 air squats
  - 4. 25 meter sprint

c. Stretching

31. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

32. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

33. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 15 second intervals for 4 rounds
  - 1. Lunge Steps in place alternating Right/Left
  - 2. Push Ups
  - 3. Sit Ups
  - 4. Air Squats

b. Workout

- i. Lunge/Bear
  - 1. 15 minute AMRAP
    - a. Lunge Step 25 meters
    - b. 10 Air Squats
    - c. Bear Crawl 25 Meters
    - d. 10 Burpees

c. Stretching

34. Workout

a. Warm Up



- i. 8 Minute AMRAP
  - 1. 5 4 ct. flutter kicks
  - 2. 5 diamond push ups
  - 3. 5 Jump Squats
  - 4. 5 Jumping Jacks

b. Workout

- i. 10 Minutes (30 rounds)
  - 1. 15 meter sprint every 20 seconds, end each sprint with one burpee

c. Stretching

35. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

36. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 4 Minute AMRAP
  - 1. 5 push ups
  - 2. 10 air squats
  - 3. 20 jumping jacks

b. Benchmark

- i. Run 400
- ii. 40 Air squats
- iii. 30 sit ups
- iv. 20 push ups
- v. 10 burpees

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

37. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 4 Minute AMRAP
  - 1. 3 4 count mountain climbers
  - 2. 6 push ups
  - 3. 9 air squats
  - 4. 12 jumping jacks

b. Benchmark

- i. 10-9-8-7-6-5-4-3-2-1
  - 1. Push Up
  - 2. Burpee
  - 3. Air Squat

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

38. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

39. Workout

- a. Warm Up
- b. Workout
- c. Stretching

40. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

41. Workout

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 20 Air Squats
  - iii. 15 Sit Ups
  - iv. 10 Burpees
- b. Workout
  - i. Ladder – 15 Minute Time Cap
    - 1. 1 sit up 1 squat 1 burpee
    - 2. 2 sit ups 2 squats 2 burpees
    - 3. 3 sit ups 3 squats 3 burpees
    - 4. 4... Add one rep each round until time cap hits
- c. Stretching

42. Workout

- a. Warm Up
  - i. Run 400 or 4 minutes of cardio
  - ii. 3 rounds
    - 1. 10 Air Squats
    - 2. 10 4 count flutter kicks
- b. Workout
  - i. 5 Rounds
  - ii. 100 m sprint
  - iii. 10 Hand release Push Ups
  - iv. 100 m Sprint
  - v. 10 Jump Squats
- c. Stretching

43. Benchmark

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 4 Minute AMRAP
    - 1. 5 4 ct. flutter kicks
    - 2. 5 diamond push ups
    - 3. 5 Jump Squats
    - 4. 5 Jumping Jacks
- b. Benchmark
  - i. 50s – Break up movements as desired
    - 1. 50 4 Count Mountain Climbers

2. 50 Push Ups
3. 50 4 Count Flutter Kicks
- c. RECORD TOTAL TIME \_\_\_\_\_
- d. Stretching
44. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
45. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
46. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      1. 10 Air Squats
      2. 10 4 count mountain climbers
  - b. Benchmark
    - i. Miler - 4 rounds for time
      1. Run 200
      2. 15 Burpees
      3. Run 200
      4. 15 Air Squats
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Cash out: 25 Hand Release Push Ups
  - e. Stretching
47. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
48. Workout
  - a. Warm Up
    - i. Run 800 or 8 minutes of cardio
    - ii. 15 second intervals for 4 rounds
      1. Lunge Steps in place alternating Right/Left
      2. Push Ups
      3. Sit Ups
      4. Air Squats
  - b. Workout
    - i. Jumping Jack Flash
      1. Five 3 Minute Rounds of:
        - a. 21-15-9
          - i. Jumping Jacks
          - ii. Jump Squats
        - b. Rest 1 minute
        - c. If a 21-15-9 round is not completed in under 3 min, drop to 15-10-5.
  - c. Stretching
49. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
50. Benchmark

- a. Warm Up
  - i. Run 400 or 4 minutes of cardio
  - ii. 15 second intervals for 4 rounds
    - 1. Lunge Steps in place alternating Right/Left
    - 2. Push Ups
    - 3. Sit Ups
    - 4. Air Squats
- b. Benchmark
  - i. BWGB – record total reps after each round
    - 1. 3 rounds:
      - a. 1 min air squats
      - b. 1 min push ups
      - c. 1 min sit ups
      - d. 1 min burpees
      - e. 1 min jumping jacks
      - f. 1 min REST
- c. RECORD TOTAL **REPS** \_\_\_\_\_
- d. Stretching

51. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

52. Workout

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 3 Rounds
    - 1. 10 Air Squats
    - 2. 10 4 count mountain climbers
  - iii. 5 Push Ups
  - iv. 5 Burpees
- b. Workout
  - i. TABATA (rest one minute between exercises)
    - 1. Push Ups
    - 2. Air Squats
    - 3. Burpees
  - ii. Cash out: Run 400 or 4 minutes of cardio
- c. Stretching

53. Workout

- a. Warm Up
  - i. 8 Minute AMRAP
    - 1. 5 4 count mountain climbers
    - 2. 10 push ups
    - 3. 15 air squats
    - 4. 20 jumping jacks
- b. Workout

- i. 10 Rounds
      - 1. 25 Jumping Jacks
      - 2. 25 meter sprint
      - 3. 25 air squats
      - 4. 25 meter sprint
    - c. Cash Out: Run 800
    - d. Stretching
- 54. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 55. Benchmark
  - a. Warm Up
    - i. Run 800 or 8 minutes of cardio
    - ii. 5 burpees
    - iii. 10 push ups
    - iv. 15 air squats
  - b. Benchmark
    - i. As Many Rounds As Possible (AMRAP) in 20 minutes of:
      - 1. 5 burpees
      - 2. 10 push ups
      - 3. 15 air squats
  - c. RECORD TOTAL **ROUNDS** \_\_\_\_\_
  - d. Stretching
- 56. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 57. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 4 Minute AMRAP
      - 1. 5 push ups
      - 2. 10 air squats
      - 3. 20 jumping jacks
  - b. Benchmark
    - i. Run 400
    - ii. 40 Air squats
    - iii. 30 sit ups
    - iv. 20 push ups
    - v. 10 burpees
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Stretching
- 58. Workout
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 15 second intervals for 4 rounds
      - 1. Lunge Steps in place alternating Right/Left

2. Push Ups
3. Sit Ups
4. Air Squats

b. Workout

i. Lunge/Bear

1. 15 minute AMRAP
  - a. Lunge Step 25 meters
  - b. 10 Air Squats
  - c. Bear Crawl 25 Meters
  - d. 10 Burpees

c. Stretching

59. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 4 Minute AMRAP
  1. 5 4 ct. flutter kicks
  2. 5 diamond push ups
  3. 5 Jump Squats
  4. 5 Jumping Jacks

b. Workout

- i. Jumping AMRAP – 12 Minutes
  1. 15 Jumping Jacks
  2. 15 Leg Lifts
  3. 15 Jump Squats (Sub in Dumbbell Thrusters if equipment is available)
- ii. Cash Out: Run 1 Mile

c. Stretching

60. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

61. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 4 Minute AMRAP
  1. 3 4 count mountain climbers
  2. 6 push ups
  3. 9 air squats
  4. 12 jumping jacks

b. Benchmark

- i. 10-9-8-7-6-5-4-3-2-1
  1. Push Up
  2. Burpee
  3. Air Squat

c. RECORD TOTAL TIME \_\_\_\_\_

- d. Cash Out: 30 4 Count Mountain Climbers
- e. Stretching

62. Workout

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 4 Minute AMRAP
    - 1. 5 4 ct. flutter kicks
    - 2. 5 diamond push ups
    - 3. 5 Jump Squats
    - 4. 5 Jumping Jacks
- b. Workout
  - i. 16 minute AMRAP
    - 1. 4 burpees
    - 2. 4 air squats
    - 3. 4 push ups
    - 4. 4 leg lifts
- c. Stretching

63. Workout

- a. Warm Up
  - i. Run 400 or 4 minutes of cardio
  - ii. 4 Minute AMRAP
    - 1. 5 4 ct. flutter kicks
    - 2. 5 diamond push ups
    - 3. 5 Jump Squats
    - 4. 5 Jumping Jacks
- b. Workout
  - i. TABATA (1 minute rest between each movement)
    - 1. Push Ups
    - 2. Air Squats
    - 3. Burpees
    - 4. Leg lifts
- c. Stretching

64. Benchmark

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 4 Minute AMRAP
    - 1. 5 4 ct. flutter kicks
    - 2. 5 diamond push ups
    - 3. 5 Jump Squats
    - 4. 5 Jumping Jacks
- b. Benchmark
  - i. 50s – Break up movements as desired

1. 50 4 Count Mountain Climbers
2. 50 Push Ups
3. 50 4 Count Flutter Kicks

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

65. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

66. Workout

a. Warm Up

- i. Run 800 or 8 minutes of cardio
- ii. 4 Minute AMRAP
  1. 5 4 count mountain climbers
  2. 10 push ups
  3. 15 air squats
  4. 20 jumping jacks

b. Workout

- i. Up and Down
  1. 25 push ups
  2. 10 air squats
  3. 20 push ups
  4. 20 air squats
  5. 25 push ups
  6. 30 air squats
  7. 10 push ups
  8. 40 air squats
  9. 5 push ups
  10. 50 air squats

c. Stretching

67. Workout

a. Warm Up

- i. Run 800 or 8 minutes of cardio
- ii. 20 Air Squats
- iii. 15 Sit Ups
- iv. 10 Burpees

b. Workout

- i. Ladder – 15 Minute Time Cap
  1. 1 sit up 1 squat 1 burpee
  2. 2 sit ups 2 squats 2 burpees
  3. 3 sit ups 3 squats 3 burpees
  4. 4... Add one rep each round until time cap hits

c. Stretching

68. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

69. Workout



- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 4 Minute AMRAP
    - 1. 5 4 count mountain climbers
    - 2. 10 push ups
    - 3. 15 air squats
    - 4. 20 jumping jacks

- b. Workout
  - i. Up and Down
    - 1. 25 push ups
    - 2. 10 air squats
    - 3. 20 push ups
    - 4. 20 air squats
    - 5. 25 push ups
    - 6. 30 air squats
    - 7. 10 push ups
    - 8. 40 air squats
    - 9. 5 push ups
    - 10. 50 air squats

70. Stretching Rest = Hydrate, Hydrate, Hydrate (with WATER!)

71. Benchmark

- a. Warm Up
  - i. Run 400 or 4 minutes of cardio
  - ii. 3 rounds
    - 1. 10 Air Squats
    - 2. 10 4 count mountain climbers
- b. Benchmark
  - i. Miler - 4 rounds for time
    - 1. Run 200
    - 2. 15 Burpees
    - 3. Run 200
    - 4. 15 Air Squats

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

72. Workout

- a. Warm Up
  - i. Run 800 or 8 minutes of cardio
  - ii. 40 Jumping Jacks
  - iii. 30 Air Squats
  - iv. 20 Sit ups
- b. Workout
  - i. Lunge/Bear

1. 15 minute AMRAP
2. Lunge Step 25 meters
3. 10 Air Squats
4. Bear Crawl 25 Meters
5. 10 Burpees

c. Stretching

73. Workout

a. Warm Up

- i. Run 800 or 8 minutes of cardio
- ii. 40 Jumping Jacks
- iii. 30 Air Squats
- iv. 20 Sit ups
- v. 10 Jump Squats (Sub in Dumbbell Thrusters if equipment is available)

b. Workout

- i. AMRAP – 15 Minutes
  1. 15 Jumping Jacks
  2. 15 Leg Lifts
  3. 15 Jump Squats (Sub in Dumbbell Thrusters if equipment is available)

c. Stretching

74. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

75. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

76. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

77. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 15 second intervals for 4 rounds
  1. Lunge Steps in place alternating Right/Left
  2. Push Ups
  3. Sit Ups
  4. Air Squats

b. Benchmark

- i. BWGB – record total reps after each round
  1. 3 rounds:
    - a. 1 min air squats
    - b. 1 min push ups
    - c. 1 min sit ups
    - d. 1 min burpees
    - e. 1 min jumping jacks
    - f. 1 min REST

c. RECORD TOTAL REPS \_\_\_\_\_

d. Stretching

78. Benchmark

- a. Warm Up
    - i. Run 800 or 8 minutes of cardio
    - ii. 5 burpees
    - iii. 10 push ups
    - iv. 15 air squats
  - b. Benchmark
    - i. As Many Rounds As Possible (AMRAP) in 20 minutes of:
      - 1. 5 burpees
      - 2. 10 push ups
      - 3. 15 air squats
  - c. RECORD TOTAL **ROUNDS** \_\_\_\_\_
  - d. Stretching
79. Workout
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 8 Minute AMRAP
      - 1. 5 4 ct. flutter kicks
      - 2. 5 diamond push ups
      - 3. 5 Jump Squats
      - 4. 5 Jumping Jacks
  - b. Workout
    - i. EMOM – 15 Minutes
      - 1. 50 meter sprint every minute on the minute for 15 minutes
    - ii. Cash Out: 25 Push Ups
  - c. Stretching
80. Workout
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 16 minute AMRAP
      - 1. 4 burpees
      - 2. 4 air squats
      - 3. 4 push ups
      - 4. 4 leg lifts
  - c. Stretching
81. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
82. Workout
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio

- ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 5 Rounds
    - ii. 100 m sprint
    - iii. 10 Hand release Push Ups
    - iv. 100 m Sprint
    - v. 10 Jump Squats
  - c. Stretching
- 83. Rest = Hydrate, Hydrate, Hydrate (with WATER!)
- 84. Workout
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 3 rounds
      - 1. 10 Air Squats
      - 2. 10 4 count flutter kicks
  - b. Workout
    - i. 21-15-9
      - 1. Sit Ups
      - 2. Hand Release Push Ups
      - 3. Jump Squats
    - ii. Cash Out: Run 1 Mile
  - c. Stretching
- 85. Benchmark
  - a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 4 Minute AMRAP
      - 1. 5 push ups
      - 2. 10 air squats
      - 3. 20 jumping jacks
  - b. Benchmark
    - i. Run 400
    - ii. 40 Air squats
    - iii. 30 sit ups
    - iv. 20 push ups
    - v. 10 burpees
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Stretching
- 86. Workout
  - a. Warm Up
    - i. Run 800 or 8 minutes of cardio

- ii. 4 Minute AMRAP
  - 1. 5 4 count mountain climbers
  - 2. 10 push ups
  - 3. 15 air squats
  - 4. 20 jumping jacks

b. Workout

- i. Up and Down
  - 1. 25 push ups
  - 2. 10 air squats
  - 3. 20 push ups
  - 4. 20 air squats
  - 5. 25 push ups
  - 6. 30 air squats
  - 7. 10 push ups
  - 8. 40 air squats
  - 9. 5 push ups
  - 10. 50 air squats

c. Stretching

87. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 rounds
  - 1. 10 Air Squats
  - 2. 10 4 count flutter kicks

b. Workout

- i. 16 minute AMRAP
  - 1. 4 burpees
  - 2. 4 air squats
  - 3. 4 push ups
  - 4. 4 leg lifts

c. Stretching

88. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 rounds
  - 1. 10 Air Squats
  - 2. 10 4 count flutter kicks

b. Workout

- i. 5 Rounds
  - 1. 25 m lunge step (ruck or dumbbells overhead if available)
  - 2. 20 Burpees
  - 3. 25 m lunge step (ruck or dumbbells overhead if available)

4. 10 4 ct. mountain climbers

c. Stretching

89. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

90. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 4 Minute AMRAP
  1. 3 4 count mountain climbers
  2. 6 push ups
  3. 9 air squats
  4. 12 jumping jacks

b. Benchmark

- i. 10-9-8-7-6-5-4-3-2-1
  1. Push Up
  2. Burpee
  3. Air Squat

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

91. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

92. Benchmark

a. Warm Up

- i. Run 800 or 8 minutes of cardio
- ii. 4 Minute AMRAP
  1. 5 4 ct. flutter kicks
  2. 5 diamond push ups
  3. 5 Jump Squats
  4. 5 Jumping Jacks

b. Benchmark

- i. 50s – Break up movements as desired
  1. 50 4 Count Mountain Climbers
  2. 50 Push Ups
  3. 50 4 Count Flutter Kicks

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

93. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 3 rounds
  1. 10 Air Squats
  2. 10 4 count mountain climbers

b. Benchmark

- i. Miler - 4 rounds for time

1. Run 200
2. 15 Burpees
3. Run 200
4. 15 Air Squats

c. RECORD TOTAL TIME \_\_\_\_\_

d. Stretching

#### 94. Benchmark

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 15 second intervals for 4 rounds
  1. Lunge Steps in place alternating Right/Left
  2. Push Ups
  3. Sit Ups
  4. Air Squats

b. Benchmark

- i. BWGB – record total reps after each round
  1. 3 rounds:
    - a. 1 min air squats
    - b. 1 min push ups
    - c. 1 min sit ups
    - d. 1 min burpees
    - e. 1 min jumping jacks
    - f. 1 min REST

c. RECORD TOTAL **REPS** \_\_\_\_\_

d. Stretching

#### 95. Workout

a. Warm Up

- i. Run 400 or 4 minutes of cardio
- ii. 15 second intervals for 4 rounds
  1. Lunge Steps in place alternating Right/Left
  2. Push Ups
  3. Sit Ups
  4. Air Squats

b. Workout

1. 25 m lunge step (ruck or dumbbells overhead if available)
2. 20 Burpees
3. 25 m lunge step (ruck or dumbbells overhead if available)
4. 10 4 ct. mountain climbers

c. Stretching

#### 96. Workout

a. Warm Up

- i. Run 800 or 8 minutes of cardio

- ii. 15 second intervals for 4 rounds
  - 1. Lunge Steps in place alternating Right/Left
  - 2. Push Ups
  - 3. Sit Ups
  - 4. Air Squats

b. Workout

i. Jumping Jack Flash

1. Five 3 Minute Rounds of:

a. 21-15-9

i. Jumping Jacks

ii. Jump Squats

b. Rest 1 minute

c. If a 21-15-9 round is not completed in less than 3 min, drop to 15-10-5.

c. Stretching

97. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

98. Rest = Hydrate, Hydrate, Hydrate (with WATER!)

99. Benchmark

a. Warm Up

i. Run 800 or 8 minutes of cardio

ii. 5 burpees

iii. 10 push ups

iv. 15 air squats

b. Benchmark

i. As Many Rounds As Possible (AMRAP) in 20 minutes of:

1. 5 burpees

2. 10 push ups

3. 15 air squats

c. RECORD TOTAL **ROUNDS** \_\_\_\_\_

d. Stretching

100. Workout

a. Warm Up

i. Run 400 or 4 minutes of cardio

ii. 4 Minute AMRAP

1. 5 4 ct. flutter kicks

2. 5 diamond push ups

3. 5 Jump Squats

4. 5 Jumping Jacks

b. Workout

i. TABATA (1 minute rest between each movement)

1. Push Ups

2. Air Squats



3. Burpees
  4. Leg lifts
  - c. Stretching
101. Benchmark
- a. Warm Up
    - i. Run 400 or 4 minutes of cardio
    - ii. 4 Minute AMRAP
      1. 5 push ups
      2. 10 air squats
      3. 20 jumping jacks
  - b. Benchmark
    - i. Run 400
    - ii. 40 Air squats
    - iii. 30 sit ups
    - iv. 20 push ups
    - v. 10 burpees
  - c. RECORD TOTAL TIME \_\_\_\_\_
  - d. Stretching

#### List of WOD Formats

21, 15, 9

FGB

EMOTM

Mini WODs

AMRAP

Every : 30 seconds

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

2, 4, 6, 8, 10, 12, 14, 16, 18, 20

Benchmark

#### Movements

1. Farmer Carry
2. Overhead carry
3. Bear Crawl
4. Crab Walk
5. 4 ct. Mountain Climber
6. 4 ct. Flutter Kick
7. Push Up
8. Sit Up
9. Burpee

10. Air Squat
11. Jump Squat
12. Dip
13. Pull Up
14. Step up
15. Pistol
16. Handstand Push Up
17. Wall Walk
18. Plank
19. Side Plank
20. Superman
21. Jumping Jack
22. With Bag
  - a. Overhead Squat
  - b. Farmer Carry
  - c. Overhead Carry
  - d. Back carry
  - e. Front Carry
  - f. Weighted Dip
  - g. Weighted Sit up
  - h. Squats
  - i. Lunge step
  - j. Crab walk
  - k. Bear crawl
  - l. Push ups
23. Run
24. Jog
25. Sprint
26. Prone to Sprint
27. Speed Walk
28. Walk
29. L-Sit
30. Inch worm
31. Cartwheel
32. Duck Walk
33. With Dumbbell
  - a. Thruster
  - b. Push Press
  - c. Push Jerk
  - d. Snatch
  - e. Swing
  - f. Goblet Squat

- g. Front Squat
- h. Lunge Steps

34. Hollow rock
35. Sit up
36. Crunch
37. Leg Lift
38. Reverse Plank
39. Lunge Step
40. Hand Release Push Ups
41. Diamond Push Ups