



CrossFit workouts are very easy to accomplish at home or on the road – check out the list below to see a few of our favorites from CrossFit King of Prussia.

2 Rounds for time of:

- 50 Air Squats
- 40 Sit-ups
- 30 Push-ups
- 20 Burpees

Complete as many Burpees as possible in 7 minutes

5 Rounds for time of:

- 800 Meter Run
- 30 Air Squats
- 30 Push-ups

400 Meter Sprints x 6

As Many Rounds As Possible in 20 Minutes of:

- 25 Walking Lunges
- 25 Air Squats
- 25 Mountain Climbers

For time complete:

- 10-9-8-7-6-5-4-3-2-1 Push-ups
- 10-9-8-7-6-5-4-3-2-1 Tuck Jumps
- 10-9-8-7-6-5-4-3-2-1 Sit-ups

Complete each of these exercises for 30 seconds, 45 seconds and then 60 seconds:

- Mountain Climbers
- Air Squats
- Walking Lunges
- Push-ups
- Vertical Jumps
- Sit-ups
- Tuck Jumps

Record total reps at each station for each time duration.

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