

1. 3 Rounds For Time:

Run 800m
50 Air Squats

2. 10 Rounds For Time:

10 Pushups
10 Sit ups
10 Squats

3. For Time: 200 Air Squats

4. 5 Rounds For Time:

Run 200m
10 Squats
10 Push Ups

5. 3 Rounds For Time:

Run 200m
25 Pushups

6. 20 Rounds For Time:

5 Pushups
5 Squats
5 Situps

7. 10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set

8. 21-15-9

Air Squats
Pushups

9. 5 Rounds For Time:

3 Tuck Jumps
3 Squats
3 Broad Jumps

10. 10 Rounds For Time:

10 Walking Lunges
10 Pushups

11. 3 Rounds:

50 Situps
Run 400m

12. 10 Rounds For Time:

10 Burpees
Run 100m

13. Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.

14. For Time:

Run 800m

100 Air Squats

Run 800m

15. 7 Rounds For Time:

7 Air Squats

7 Burpees

16. For Time:

100 Jumping Jacks

75 Air Squats

50 Pushups

25 Burpees

17. For Time:

100 Push-ups

100 Sit-ups

100 Squats

18. For Time:

21 Pushups

42 Squats

15 Pushups

30 Squats

9 Pushups

18 Squats

19. For Time:

Run 400 meters

50 Squats Run

400 meters

50 Push -ups

Run 400 meters

50 Sit -ups

Run 400 meters

20. For Time:

50 Walking Lunges

800 m run

50 Walking Lunges