

**WOD 1:**

3 Rounds For Time:

800m Run

50 [Air Squats](#)

WOD 2:

10 Rounds For Time:

10 [Push-ups](#)

10 [Sit-ups](#)

10 [Air Squats](#)

WOD 3:

8 Rounds For Time:

30s [Handstand Hold](#)

10 [Air Squats](#)

WOD 4:

10 Rounds:

10 [Push-ups](#)

100m Sprint

WOD 5:

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

[Burpees](#)

[Sit-ups](#)

WOD 6:

5 Rounds For Time:

10 [Push-ups](#)

15 [Sit-ups](#)

20 [Air Squats](#)

WOD 7:

Run 2k

Every 1:00 on the clock: 15 [Walking](#)

[Lunges](#)

WOD 8:

For Time:

100 [Burpees](#)

WOD 9:

10 Round For Time:

100m Sprint

100m Walk

WOD 10:

5 Rounds:

1:00 [Handstand Hold](#)

1:00 Bottom of the squat Hold

**WOD 11:**

10 Rounds For Time:

10 [Walking Lunges](#)

10 [Push-ups](#)

WOD 12:

7 Rounds For Time:

7 [Air Squats](#)

7 [Burpees](#)

WOD 13:

For Time:

100 [Jumping Jacks](#)

75 Air Squats

50 Push-ups

25 Burpees

WOD 14:

As Many Reps As Possible in 20:00:

5 [Push-ups](#)

10 [Sit-ups](#)

15 [Air Squats](#)

WOD 15:

[Air Squats](#) For Time

Pick a number between 100-500

WOD 16:

For Time:

800m Run

50 Air Squats

50 Sit-ups

WOD 17: Advanced

20:00 AMRAP

5 [Handstand Push-ups](#)

10 [Pistol Squats](#)

WOD 18:

For Time:

400m Walking Lunges

WOD 19:

For Time:

100-200 Burpees

*Pick a number & go for it!

WOD 20: “Annie”***Jump Rope Required**

For Time:

50-40-30-20-10

[Double Unders](#)

Sit-ups

WOD 21:***Jump Rope Required**

5 Rounds For Time:

100 [Single Unders](#)

50 Air Squats

WOD 22: “Nicole”***Pull-up Bar Required**

AMRAP 20:00:

Run 400

Max Rep [Pull-ups](#)**WOD 23:**

For Time:

60 Push-ups

400m Run

40 Push-ups

800m Run

20 Push-ups

1200m Run

WOD 24:

3 Rounds For Time:

800m Run

1:00 [Arch Hold](#)1:00 [Hollow Hold](#)**WOD 25:***** Jump Rope Required**

AMRAP:

2 Minutes Double Unders

2 Minutes Sit-ups

Rest 1 min

90 sec Double Unders

90 sec Sit-ups

Rest 1 min

60 sec Double Unders

60 sec Sit-ups

