

CROSSFIT
TURMOIL

COBURG AUSTRALIA

**“CRUSH IT AT
HOME!” 6 WEEK
PROGRAM**

WEEK 1

Day 1 (Baseline Test)

For Time, complete:

400m Run

30 x Squats

20 x Sit Ups

10 x Push Ups

Day 2

Complete as many rounds and reps as possible of the following in 8 mins:

20 x Alternating Lunges

20 x Back Extensions

20 x Bench Dips

Day 3

Complete a 2km Run Time Trial

WEEK 2

Day 1

For Time, complete:

21 x Push Ups

21 x Squats

15 x Push Ups

15 x Squats

9 x Push Ups

9 x Squats

Day 2

Complete as many reps as possible of the following in 5 mins:

Burpees

Day 3

Complete 5 x 400m Runs at 90-95% max effort
Rest 2 mins between each run

WEEK 3

Day 1

For Time, complete 3 rounds of:

50 x Skips (jump rope)

30 x Walking Lunges

10 x Burpees

Day 2

Complete as many rounds and reps as possible of the following in 6 mins:

12 x Push Ups

14 x Sit Ups

Day 3

Complete 8 x 200m Runs at 90-95% max effort

Rest 90 secs between each run

WEEK 4

Day 1

For Time, complete:

50 x Squats

50 x Push Ups

50 x Sit Ups

100 x Skips

Day 2

Complete as many rounds and reps as possible of the following in 7 mins:

8 x Bench Dips

10 x Back Extensions

12 x Squat Jumps

Day 3

Complete 10 x 100m Runs at 90-95% max effort

Rest 60 secs between each run

WEEK 5

Day 1

For Time, complete 5 rounds of:

100m Run

30 x Squats

10m Bear Crawl

Day 2

Complete as many rounds and reps as possible of the following in 10 mins:

10 x Push Ups

10 x Back Extensions

10 x Sit Ups

Day 3

Complete 3 x 800m Runs at 85-90% max effort

Rest 3 mins between each run

WEEK 6

Day 1

Complete a 2km Run Time Trial

Day 2

1 min max Push Ups

1 min max Squats

1 min max Sit Ups

1 min max Burpees

Max time Plank hold

Day 3 (Baseline Re-Test)

For Time, complete:

400m Run

30 x Squats

20 x Sit Ups

10 x Push Ups

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