



CrossFit At Home (and on the road)

These workouts are provided to serve two purposes. If, for whatever reason, now is not the time for you to join us at CrossFit Elevation, we believe the second-best option is definitely to get going on some CrossFit workouts at home. The most important thing is just to get going – get moving, get started, get active. These workouts will give you plenty of material to get you started. They are presented in no particular order except that they are in 3 sections – Beginner, Experienced, and Hero.

For our existing clients, these workouts are designed to supplement what you are doing in the gym with us. If you can only make it in once or twice a week, you'll substantially improve your results by adding one or two workouts on your own at home. If you're travelling, these are designed to be done in a variety of situations with minimal equipment. There's no excuse to stall your progress because you're on a business trip – stay busy! Videos explaining the movements can be found in the lower left hand corner of www.crossfitelevation.com. If you have questions, email us at info@crossfitelevation.com.

In terms of equipment, a pull-up bar, a jump rope will suffice for the vast majority. Some call for rings as well. In terms of adjusting the difficulty – the single most important thing to keep in mind is that once you start the workout, as much as possible, you need to keep moving the whole time. We are developing power output and work capacity, not the ability to survive a death march. This means you need to adjust the movements or the rounds so that you can keep moving all the way through. For example, if you can only do 3 handstand pushups, and the workout calls for 7 rounds of 5, then you may want to scale back to regular pushups or a 30 seconds of handstand hold. Or you could scale back to 5 rounds of 3. If you need to scale a movement down, simply google "crossfit handstand pushup substitution" for example. There's lots of ways to skin the cat.

Section 1. Workouts Good For Beginners

50 burpees

75 flutter kicks (4count)



100 pushups
150 sit-ups

2 rounds of:
35 squats
35 knees-to-elbows
35 squats
35 sit-ups
35 lunges
35 squats

Fractured Runny Angie

Run 400 meters
25 pull-ups
25 pushups
25 sit-ups
25 squats

1 round Tabata uphill sprints (20:10 x 8) or on treadmill 12% grade

As many rounds as possible in 12 minutes of:
10 pushups
15 sit-ups
20m walking lunge

Prison Workout

Burpees: 20-19-18
... 3-2-1
Jog 25m after each set

4 rounds of:
5:00 max distance, 3:00 recovery



Ivan the Terrible

90 seconds of jumping rope

50 lunges

50 pushups

50 sit-ups

90 seconds of jumping rope

40 lunges

40 pushups

40 sit-ups

90 seconds of jumping rope

30 lunges

30 pushups

30 sit-ups

90 seconds of jumping rope

20 lunges

20 pushups

20 sit-ups

90 seconds of jumping rope

10 lunges

10 pushups

10 sit-ups

Run 3 x 5k with 10:00-15:00 recoveries

Long Cycle Burpees

50 rounds of:

1 squat

1 pushup

1 sit-up

1 superman

1 tuck jump

5 rounds of:



30 second isometric squat hold
20 squats
30 seconds isometric leaning rest
20 pushups

50 jumping jacks
50 pushups
50 tuck jumps
50 sit-ups
50 mountain climbers (50 each leg)
50 squats
50 jumping jacks

1200m uphill sprint
Rest 1:00
1200m downhill jog
Rest 1:00
Repeat 2-3 times

10 rounds of:
30 seconds handstand
30 seconds isometric squat

1:00 sprint, 1:00 rest
1:00 sprint, 0:50 rest
1:00 sprint, 0:40 rest
1:00 sprint, 0:30 rest
1:00 sprint, 0:20 rest
1:00 sprint, 0:10 rest
1:00 sprint, 0:20 rest
1:00 sprint, 0:30 rest
1:00 sprint, 0:40 rest
1:00 sprint, 0:50 rest



1:00 sprint, 1:00 rest

4:00 of sit-ups
2:00 of pushups
2:00 of flutter kicks
1:00 of dead hang pull-ups

5 rounds of:
50 mountain climbers (4 count)
25 sit-ups

10x100m with 2:00 rests

Run 1 mile
60 push ups
40 dips
20 handstand pushups
10 pistols (each leg ½ rep)
20 handstand pushups
40 dips
60 push ups
Run 1 mile

8x200m with 2:00 rests

Ash

3 rounds, 90 seconds per station of:

Burpees
Pushups
Box/bench jumps
Pull-ups
Double Unders
Squats



21-15-9

Reps of:

Lunges (Each leg ½ rep)

Sit-ups

Burpees

150 squats

50 pushups

21 pull-ups

Run 800 meters

21 pull-ups

50 pushups

150 squats

4x400m with 5:00 rests

1 round Tabata sprints

1 round Tabata squats, rest position is in the squat

There is no rest between exercises.

Fractured Runny Angie

Run 400 meters

25 pull-ups

25 pushups

25 sit-ups

25 squats

Crouching Tiger

50 squats

25 pushups

50 pistols

25 fingertip pushups



50 side lunges
25 knuckle pushups
50 walking lunges
25 diamond pushups

10-9-8-7-6-5-4-3-2-1
Pull-ups
Ring pushups
Handstand pushups

4 rounds of:
25 lunges
50 squats

2 rounds:
Max pushups 2:00
Max sit-ups 2:00
Max flutter kicks 2:00
Max squats 2:00

10 rounds of:
10 pull-ups
20 pushups
30 squats

8 rounds of:
80 seconds sprint, 40 seconds recovery

As many rounds as possible in 20 minutes of:
10 pull-ups
10 ring dips
10 walking lunges



3 rounds of:

1:00 sprint, 1:00 recovery

2:00 sprint, 2:00 recovery

3:00 sprint, 3:00 recovery

100 squats

20 handstand pushups

30 pull-ups

100 squats

30 pull-ups

20 handstand pushups

100 squats

Bodyweight Fran

21-15-9

Reps of:

Pull-ups

Burpees

5 rounds of:

9 handstand pushups

9 pull-ups

100 squats

25 sit-ups

100 squats

25 sit-ups

100 squats

25 knees-to-elbows

100 squats

25 handstand pushups



Deck of Cards

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified.

Cycle whole deck.

Hearts pushups

Diamonds pull-ups

Spades sit-ups

Clubs squats

Jokers-Run 1 mile

100-75-50-25

Reps:

Sit-ups

Flutter kicks (4 count)

Leg levers

Repeat for 15 minutes:

20 seconds of pull-ups

20 seconds of sit-ups

20 seconds of squats

Deck of Cards (Core Variation)

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as Valued. Flip each card and perform the movement and the number of reps specified.

Cycle whole deck.

Hearts: burpees

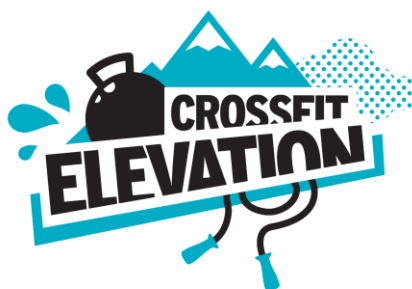
Diamonds: mountain climbers (4ct)

Spades: flutter kicks (4ct)

Clubs: sit-ups

Jokers- Run 400m

Cumulative L-hold



For total of 5:00. Use bar, rings, or floor.

Stop timer when you drop out of position. Record total time it takes to get 5:00.

5 rounds of:

50 squats

100 rope jumps

3 rounds of:

50 pushups

50 sit-ups

50 squats

100 sit-ups

100 flutter kicks (4 count)

100 leg levers

3:00 sprint, 3:00 recovery

2:00 sprint, 2:00 recovery

1:00 sprint, 1:00 recovery

2:00 sprint, 2:00 recovery

3:00 sprint, 3:00 recovery

50 sit-ups

50 double-unders

50 sit-ups

50 walking lunges

50 sit-ups

50 burpees

50 sit-ups

50 burpees

Jump 12" above max reach each one.



4x800m with 2:00

Segmented Bodyweight Fran

21159

Reps of:

Pull-ups

Pushups

Squat jumps to 12" above max reach

10 rounds of:

12 burpees

12 pull-ups

4 rounds of:

Run 400m

50 squats

3 rounds of:

100m sprint, Rest same amount of time you finished the sprint

200m sprint, Rest same amount of time you finished the sprint

300m sprint, Rest same amount of time you finished the sprint

Cindy

As many rounds as possible in 20 minutes of:

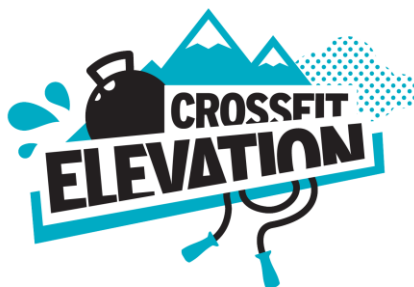
5 pull-ups

10 pushups

15 squats

50-30-20 reps of:

double-unders



Pushups
Pull-ups

3 rounds of:
200m sprint, Rest same amount of time you finished the sprint
400m sprint, Rest same amount of time you finished the sprint
600m sprint, Rest same amount of time you finished the sprint

150 burpees for time

Tabata Something Else

Complete 32 intervals of 20 seconds of work followed by 10 seconds of rest where
The first 8 intervals are pullups; the second 8 are pushups, the third 8 intervals
Are situps, and finally, the last 8 intervals are squats. There is no rest between
exercises

As many rounds as possible in 20 minutes of:

15 pull-ups
30 pushups
45 squats

10 rounds of:
1:00 sprint, 1:00 recovery

3 rounds of:
50 double-unders
75 squats

Chelsea

Each minute on the minute for 30 minutes of:

5 pull-ups
10 pushups



15 squats

Annie

50-40-30-20-10 reps of:
double-unders
Sit-ups

8 rounds of:
10 seconds sprint, 5 seconds recovery

3 rounds of:
Run 800m
50 pull-ups

100 squats
20 handstand pushups
30 pull-ups

0:45 sprint, 0:45 recover
1:30 sprint, 1:30 recover
3:00 sprint, 3:00 recover
6:00 sprint, 6:00 recover
3:00 sprint, 3:00 recover
1:30 sprint, 1:30 recover
0:45 sprint, 0:45 recover

7 rounds of:
Max rep dips
Max rep pull-ups
Rest as needed.

5 rounds of:
Max ring dips in 1:00



Rest 1:00
Max ring pushups in 1:00
Rest 1:00

16 rounds of:
10 seconds sprint, 20 seconds recovery

Nicole

As many rounds as possible in 20 minutes of:

Run 400m

Max rep pull-ups

Run 10 minutes max effort

200 squats

Run 10 minutes max effort

50 squats

50 jumping pull-ups

50 steps walking lunge

50 knees-to-elbows

50 handstand pushups

50 sit-ups

50 dips

50 squats

50 pushups

4x200m + 4x400m + 2x1000m

Rest 1:00, 1:30, and 2:00 per interval distance, respectively.

Balboa

4 rounds of:

100 jump ropes

Run 400 meters



10 Body blasters (burpee-pull-up-knees—to-elbows)

200m sprint, Rest same amount of time you finished the sprint
400m sprint, Rest same amount of time you finished the sprint
600m sprint, Rest same amount of time you finished the sprint
400m sprint, Rest same amount of time you finished the sprint
200m sprint, Rest same amount of time you finished the sprint

4 rounds of:
50 walking lunges
50 squats
Run 400m

5 rounds of:
10 burpees
20 box/bench jumps
30 pushups
40 squats
50 lunges

Playing with pushups

Run 100m
20 pushups
5 burpees
15 clap pushups
5 burpees
10 chest slap pushups
5 burpees
5 fingertip pushups
Run 100m
15 pushups
5 burpees
10 clap pushups



5 burpees
10 chest slap pushups
5 burpees
5 fingertip pushups
Run 100m
10 pushups
5 burpees
10 clap pushups
5 burpees
10 chest slap pushups
5 burpees
5 fingertip pushups

Section 2: Workouts for Experienced CrossFit Athletes

15 rounds for max reps:
Pull-ups, 30 seconds on / 30 seconds off

Bad Snake

100 rope jumps
21 knees-to-elbows
50 Push ups
15 L-Pullups
100 rope jumps
15 knees-to-elbows
35 Push ups
12 L-Pull-ups
100 rope jumps
12 knees-to-elbows



20 Push ups
9 L-Pull-ups

3 rounds of:
Run 800m
30 burpees
30 knees-to-elbows

20 pieces of Angie

20 rounds of:
5 pull-ups
5 pushups
5 sit-ups
5 squats

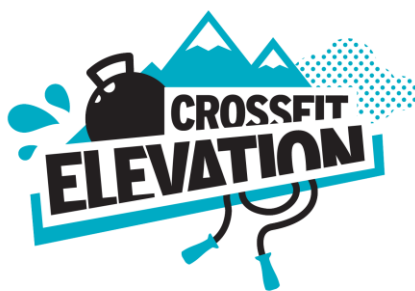
50-40-30-20-10
Reps
Pull-ups
Squat jumps

Run 1 mile
30 pull-ups (chest to bar)
60 pushups

Seppuku

10 rounds of:
10 L pull-ups
10 ring pushups
10 knees-to-elbows

3 rounds of:
7 muscleups
100 squats



5 rounds of:
50 squats
30 handstand pushups

21-18-15-12-9-6-3
of:
Squats
L-pull-ups
Knees-to-elbows

3 rounds of:
100 squats
20 ring pushups
12 pull-ups

3 rounds of:
100 squats
50 ring dips
30 L-pull-ups

5 rounds of:
5 handstand pushups
5 muscleups

4 rounds of:
50 squats
5 muscleups

As many rounds as possible in 20 minutes of:
7 handstand pushups
12 L pull-ups



100 squats
9 handstand pushups
200 squats
15 handstand pushups
100 squats
21 handstand pushups

100 L-pull-ups

100 squats
30 muscleups
100 squats

Running Tabata Something Else

Tabata pull-ups, 1 round
Run 1 mile
Tabata pushups, 1 round
Run 1 mile
Tabata sit-ups, 1 round
Run 1 mile
Tabata squats, 1 round
Run 1 mile
For best time.

5 rounds of:
21 pull-ups
21 ring dips

10-20-30
Reps of:
Squat
Handstand pushups
Pull-ups



With a continuously running clock do one Handstand pushup the first minute, 2 Pull-ups the second minute, 3 handstand pushups the third minute and 4 pull-ups the 4th minute continuing in this pattern as long as you are able. If your pace falls Behind the count, continue to alternate exercises while recording reps for a total Of twenty minutes.

100 squats
40 pull-ups
80 squats
32 pull-ups
60 squats
24 pull-ups
40 squats
16 pull-ups
20 squats
8 pull-ups

The Reckoning

Run 1 mile
100 body blasters (burpee-pull-ups-knees-to-elbows)
Run 1 mile

100 squats
100 pull-ups
200 pushups
300 squats
100 lunges

50-35-20
Rep rounds of:
Handstand pushups
Pull-ups



80 squats
10 handstand pushups
60 squats
20 handstand pushups
40 squats
30 handstand pushups
20 squats

Running with Angie

100 pull-ups
Run 1 mile
100 pushups
Run 1 mile
100 sit-ups
Run 1 mile
100 squats
Run 1 mile

As many rounds as possible in 20 minutes of:

25 pull-ups
50 pushups
75 squats

With a continuously running clock do 1 ring dip the first minute, 2 ring dips the second minute, 3 ring dip the third minute...continuing as long as you are able. Use as many sets each minute as needed.

Run 800 meters
40 L pull-ups
Run 800 meters
40 strict pull-ups



Run 800 meters
40 kipping pull-ups

As many rounds as possible in 20 minutes of:
25 handstand pushups
50 One legged squats, alternating
75 pull-ups

As many rounds as possible in 20 minutes of:
10 L pull-ups
20 squats

Angie

100 pull-ups
100 pushups
100 sit-ups
100 squats

30 muscle-ups for time

5 rounds of:
50 walking lunges
15 handstand pushups

Death by pull-ups

With a continuously running clock do one pull-up the first minute, 2 pullups the Second minute, 3 pullups the third minute... continuing as long as you are able. Use as many sets each minute as needed.

GI Jane

100 burpee-pullups



30 handstand pushups
10 pull-ups
20 handstand pushups
20 pull-ups
10 handstand pushups
30 pull-ups

Barbara

Either 5 rounds for time or 5 rounds with 3:00 rest between each round:

20 pull-ups
30 pushups
40 sit-ups
50 squats

Mary

As many rounds as possible in 20 minutes of:

5 handstand pushups
10 1-legged squats
15 pull-ups

5 rounds of:

25 inverted burpees
25 pull-ups
25 burpees

(Inverted burpee: Starting supine, kip (or sit-up and roll) to standing, kick-up
To handstand)

5 rounds of:

50 squats
30 pull-ups
15 handstand pushups



JT

21-15-9 reps of:
Handstand pushups
Ring dips
Pushup

50 ring dips
Run 400 meters
50 pushups
Run 400 meters
50 handstand pushups
Run 400 meters

Handstand pushups: 15-13-11-9-7-5-3-1
: 1-3-5-7-9-11-13-15

50-40-30-20-10 reps of:
Pull-ups
Ring dips

7 rounds of:
10 One legged squats, alternating
12 ring dips
15 pull-ups

50 ring dips
100 squats

50 ring dips
100 squats
50 ring dips



5 rounds of:
15
30 pushups
45 sit-ups

Section 3: Heroes – Epic Challenges in memory of Fallen CrossFitters on active duty.

Murph

Run 1 mile
100 pull-ups
200 pushups
300 squats
Run 1 mile

Partition the pullups, pushups, and squats as needed. Start and finish with a mile Run. If you've got 20# vest or body armor, wear it.

Jason

100 squats
5 muscle-ups
75 squats
10 muscle-ups
50 squats
15 muscle-ups
25 squats
20 muscle-ups



Murph Tribute

Run 1 mile
50 pull-ups
100 pushups
150 sit-ups
200 squats
Run 1 mile
50 pull-ups
100 pushups
150 sit-ups
200 squats
Run 1 mile
No partitioning.

Griff

Run 800m
Run 400m backward
Run 800m
Run 400m backward

Ryan

5 rounds of:
7 muscle-ups
21 burpees
Each burpee 12" above max reach