



CrossFit Monrovia.com
ENERGY·LAB·

"The Formula for Fitness"

#1

2 rounds
75 sit ups
75 squats

#2

50 broomstick overhead squats
200 rope jumps
50 broomstick back squats
200 rope jumps
50 broomstick front squats
200 rope jumps
50 broomstick cleans
200 rope jumps

#3

As many rounds as possible in 20 minutes:
Burpee broad jump for 50 ft
Walking lunge back

#4

Run 1/4 mile, do 50 squats and 20 pushups. Do 4 rounds.

#5

30-25-20-15-10-5 of Squats, bench dips and situps

#6

20 Burpees and 50 situps for 4 rounds

#7

3 rounds: 1 minute of pushups, 1 minute of situps, 1 minute of squats, 1 minute of burpees, 1 minute of jumping jacks, and 1 minute of rest.

#8

Set a timer for 5 minutes and run as fast as you can away from your house. Walk back. Repeat 2 more times and try to get farther on each subsequent run.

#9

10-9-8-7-6-5-4-3-2-1
pushups, jumping squats

#10

Set a timer for 20 minutes and see how many rounds you can complete of:
20 squats
15 situps
10 pushups

#11

Do as many pushups as you can in 5 minutes
Do as many situps as you can in 5 minutes
Do as many squats as you can in 5 minutes

#12

Find a 10-20# odd object
Do 10 "DB swings" with the odd object with each hand
Do 10 Turkish get ups with the odd object
5 rounds for time

#13

For time: 50 pushups, run 1/4 mile, 50 squats, run 1/4 mile 50 situps run 1/4 mile

#14

Run for 15 minutes, each minute stop and do 20 squats

#15

Set a timer for 20 minutes.
Do as many rounds a possible of 20 walking lunges 15 sit ups and 10 pushups

If you can find a place to do pullups

Try parks, school playgrounds, etc. Monkey bars and swing sets! Be creative!

#16

Do a "Cindy"

as many rounds as possible in 20 minutes of:

5 pull-ups

10 pushups

15 squats

#17

Take a heavy odd object to the playground and do a "Fran"

21-15-9

Thrusters (with heavy odd object)

Pull-ups

#18

As many rounds as possible in 15 min. of:

7 pull-ups

7 pushups

7 situps

7 squats