



# CrossFit Monrovia

*"The Lab"*

## Vacation Workouts

2 Rounds - 75 sit ups, 75 squats

3 Rounds - 50 broomstick overhead squats, 100 lateral jumps

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

4 Rounds - Run 1/4 mile, do 50 squats and 20 pushups

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

4 Rounds - 20 Burpees, 50 situps

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.

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.

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

As many rounds as possible in 20 minutes:: 20 squats, 15 situps, 10 pushups

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



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**"The Lab"**

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

As many rounds as possible in 20 minutes: 20 walking lunges, 15 sit ups, 10 pushups

200 air squats for time.

Invisible Fran...21-15-9 of air squats and push ups for time.

"Susan" 5 Rounds - Run 200m, 10 squats, 10 push ups

3 Rounds - 10 Handstand push ups and a 200m run

10 Rounds - 100 m dash

100 Burpees for time

10 Rounds - 30 second handstand to 30 second bottom of the squat hold

Find a place to do pullups. Try parks, school playgrounds, low hanging branches and swing sets!

"Cindy"

As many rounds as possible in 20 minutes of: 5 pull-ups, 10 pushups, 15 squats

"Fran-ish" 21-15-9 - Thrusters (with a heavy odd object), Pull-ups

As many rounds a possible in 15 minutes of: 7 pull-ups, 7 pushups, 7 situps, 7 squats