12 Week CrossFit Program for Strength, Endurance and Muscle

Created by: Murshid Akram

Check out article for more info

Week 1 – (Mon, Wed, & Fri)
The first week will be a warm-up week. You’ll do two bodyweight, two dumbbell/KB, and two barbell exercises on each training day during this week.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burpees</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Thrusters</td>
<td>15</td>
<td>24/20 lbs</td>
</tr>
<tr>
<td>Barbell Back Squat</td>
<td>10</td>
<td>135/95 lbs</td>
</tr>
<tr>
<td>Pushups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>16-24 kg</td>
</tr>
<tr>
<td>Barbell Bench Press</td>
<td>10</td>
<td>125/95 lbs</td>
</tr>
</tbody>
</table>

Wednesday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jump Squat</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Man maker</td>
<td>15</td>
<td>15/10 kg</td>
</tr>
<tr>
<td>Military Press</td>
<td>10</td>
<td>45/30 lbs</td>
</tr>
<tr>
<td>Box Jumps (24/20 in)</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Russian Twist</td>
<td>15</td>
<td>15/10 kg</td>
</tr>
<tr>
<td>Barbell Hang Clean</td>
<td>10</td>
<td>45/30 lbs</td>
</tr>
</tbody>
</table>

12 week Crossfit program for beginners

Friday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Squat</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Pushup To Renegade Row</td>
<td>15</td>
<td>15/10 kg</td>
</tr>
<tr>
<td>The Sumo Deadlift</td>
<td>10</td>
<td>175/115 lbs</td>
</tr>
<tr>
<td>High Knees</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Reverse Crunches</td>
<td>15</td>
<td>16-24 lbs</td>
</tr>
</tbody>
</table>
### Barbell Push Press

10  85/65 lbs

### Week 2 – (Mon, Wed, & Fri)

#### Monday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Burpees</td>
<td>15</td>
<td>15/10 kg</td>
</tr>
<tr>
<td>Barbell Overhead Squat</td>
<td>10</td>
<td>145/95 lbs</td>
</tr>
<tr>
<td>Mountain Climbing</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Single-arm DB Squat Snatch</td>
<td>15</td>
<td>35/25 lbs</td>
</tr>
<tr>
<td>Barbell Conventional Deadlift</td>
<td>10</td>
<td>195/155 lbs</td>
</tr>
</tbody>
</table>

#### Wednesday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Climbers</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Hang Squat Cleans</td>
<td>15</td>
<td>20/15 kg</td>
</tr>
<tr>
<td>Barbell High Pull</td>
<td>10</td>
<td>85/55 lbs</td>
</tr>
<tr>
<td>Split Jump Squat</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Squat to Shoulder Press</td>
<td>15</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>The Split Clean</td>
<td>10</td>
<td>95/65 lbs</td>
</tr>
</tbody>
</table>

#### Friday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burpees</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Thrusters</td>
<td>15</td>
<td>24/20 lbs</td>
</tr>
<tr>
<td>Barbell Back Squat</td>
<td>10</td>
<td>135/95 lbs</td>
</tr>
<tr>
<td>Pushups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>16-24 kg</td>
</tr>
<tr>
<td>Barbell Bench Press</td>
<td>10</td>
<td>125/95 lbs</td>
</tr>
</tbody>
</table>

### Week 3 – (Mon, Tue, Thur & Fri)

You’ll do a total of 9 exercises each workout day during the third week of 12 week Crossfit strength program.

#### Monday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat Pulses to Jump</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>1/1.5 pood</td>
</tr>
<tr>
<td>The Zercher Squat</td>
<td>10</td>
<td>85/55 lbs</td>
</tr>
<tr>
<td>Crunches</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Man Maker</td>
<td>10</td>
<td>10/15 kg</td>
</tr>
<tr>
<td>Barbell Clean and Press</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Leg Raises</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Thrusters</td>
<td>15</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>Barbell Jammer</td>
<td>10</td>
<td>95/65 lbs</td>
</tr>
</tbody>
</table>

#### Tuesday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
</tbody>
</table>
### Thursday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burpees</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Box Step-up</td>
<td>15</td>
<td>30/20 lbs</td>
</tr>
<tr>
<td>Barbell Thruster</td>
<td>10</td>
<td>55/35 lbs</td>
</tr>
<tr>
<td>Jump Squat</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Sanding IYT Raises</td>
<td>10</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Barbell Back Squat</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Pushups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Stiff-leg DL to Upright Row</td>
<td>15</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>Barbell Power Snatch</td>
<td>10</td>
<td>75/55 lbs</td>
</tr>
</tbody>
</table>

### Friday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air Squats</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>30/20 lbs</td>
</tr>
<tr>
<td>Barbell Overhead Squat</td>
<td>10</td>
<td>55/35 lbs</td>
</tr>
<tr>
<td>Plank</td>
<td>1-2 min</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Single Snatch (RH)</td>
<td>15</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Barbell Deadlift</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Side Plank</td>
<td>20-sec/side</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>DB Single Snatch (LH)</td>
<td>15</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Barbell Clean</td>
<td>10</td>
<td>75/55 lbs</td>
</tr>
</tbody>
</table>

### Week 4 – (Mon, Tue, Thur & Fri)

### Monday

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Jumps</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Turkish get-ups (Left Arm)</td>
<td>15</td>
<td>1/1.5 pood</td>
</tr>
<tr>
<td>Barbell Jammer</td>
<td>10</td>
<td>55/35 lbs</td>
</tr>
<tr>
<td>High Knees</td>
<td>30-sec</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Turkish get-ups (Right Arm)</td>
<td>30-sec</td>
<td>35/25 lbs</td>
</tr>
<tr>
<td>Barbell Clean and Press</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Double Unders</td>
<td>100</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Shadowboxing</td>
<td>15</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Barbell Power Snatch</td>
<td>10</td>
<td>75/55 lbs</td>
</tr>
</tbody>
</table>

Crossfit 12 week workout program
**Tuesday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-Ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>1/1.5 pood</td>
</tr>
<tr>
<td>The Zercher Squat</td>
<td>10</td>
<td>85/55 lbs</td>
</tr>
<tr>
<td>Dips</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Man Maker</td>
<td>10</td>
<td>10/15 kg</td>
</tr>
<tr>
<td>Barbell Clean and Press</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Hanging Leg Raises</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Thrusters</td>
<td>15</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>Barbell Hang Clean</td>
<td>10</td>
<td>95/65 lbs</td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Box Jump</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Thruster</td>
<td>15</td>
<td>30/20 lbs</td>
</tr>
<tr>
<td>Barbell Front Squat</td>
<td>10</td>
<td>125/95 lbs</td>
</tr>
<tr>
<td>Sit-ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Dumbbell Clusters</td>
<td>10</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Barbell Bench Press</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Air Squat</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Barbell Rollout</td>
<td>10</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>Barbell Split Clean</td>
<td>10</td>
<td>155/125 lbs</td>
</tr>
</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Reps</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burpees</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Kettlebell Swings</td>
<td>15</td>
<td>30/20 lbs</td>
</tr>
<tr>
<td>Barbell Overhead Squat</td>
<td>10</td>
<td>55/35 lbs</td>
</tr>
<tr>
<td>Pull-ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Barbell Deadlift</td>
<td>10</td>
<td>45/25 lbs</td>
</tr>
<tr>
<td>Wall Ball Shots</td>
<td>10</td>
<td>115/95 lbs</td>
</tr>
<tr>
<td>Sit-ups</td>
<td>20</td>
<td>Bodyweight</td>
</tr>
<tr>
<td>Muscle-ups</td>
<td>15</td>
<td>50/35 lbs</td>
</tr>
<tr>
<td>Squat clean</td>
<td>10</td>
<td>75/55 lbs</td>
</tr>
</tbody>
</table>

12 week Crossfit strength program

**Week 5 – (Longest Mile, Chelsea, Bear Complex, Filthy Fifty, Angie)**

You’ll do Benchmark WOD in the fifth week of 3 month Crossfit transformation workout plan.

**Monday – The Longest Mile**

Perform four rounds.

- 10 Burpees
• 100 meter Run
• 10 Air Squats
• 100 meter Run
• 10 Push-Ups
• 100 meter Run
• 10 Sit-ups
• 100 meter Run

Tuesday – Chelsea
Perform each exercise for one minute until 30 minutes

• 5 Pull-Ups
• 10 Push-Ups
• 15 Air Squats

Wednesday – Bear Complex
Perform one rep x seven times without dropping or leaving the bar on the ground to complete one complex. And complete a total of five rounds.

• Power clean
• Front Squat
• Push Press
• Back Squat
• Push Press

Friday – Filthy Fifty
• 50 Box Jumps (24/20 in)
• 50 Jumping Pull-Ups
• 50 Kettlebell Swings (.75/1 pood)
• 50 Walking Lunges
• 50 Knees-to-Elbows
• 50 Push Presses with 45/35 lbs.
• 50 Back Extensions
• 50 Wall Ball Shots with 20/14 lbs.
• 50 Burpees
• 50 Double-Unders

Saturday – Angie
For time:

• 100 Pull-Ups
• 100 Push-Ups
• 100 Sit-Ups
• 100 Air Squats

Week 6 – Murph, Jason, Danny, Loredo, Omar

Monday – Murph
• 1 mile Run
• 100 Pull-Ups
• 200 Push-Ups
• 300 Air Squats
• 1 mile Run

Tuesday – Jason
• 100 Squats
• 5 Muscle-ups
• 75 Squats
• 10 Muscle-ups
• 50 Squats
• 15 Muscle-ups
• 25 Squats
• 20 Muscle-ups

Wednesday – Danny
• Do AMRAP in 20
• 30 Box Jump (24/20 in)
• 20 Push Press (115/75 pounds)
• 30 Pull-ups

Friday – Loredo
Perform Six rounds
• 24 Squats
• 24 Push-ups
• 24 Walking lunge steps
• 400 meters Run

Saturday – Omar
• 10 Barbell Thrusters (95/65 lb)
• 15 Bar-facing burpees
• 10 Barbell Thrusters (95/65 lb)
- 25 Bar-facing burpees
- Barbell Thrusters (95/65 lb)
- 35 Bar-facing burpees

**Week 7 – Super Seven, Incredible Hulk, Batman, Jason, Superman**

**Monday – The Super Seven**
Perform Seven Rounds with 3 minutes between after each round.

- 20 Pushups
- 10 Kettlebell Swings
- 20 Air Squats
- 10 Barbell Hang Clean
- 20 Pull-ups
- 10 Dumbbell Man maker
- 20 Crunches

**Tuesday – The Incredible Hulk**
AMRAP, Time Cap: 20 minutes

- 5 Deadlifts with 75-115 lbs
- 5 Hang Power Cleans with 75-115 lbs
- 5 Front Squats with 75-115 lbs
- 5 Push Press with 75-115 lbs
- 5 Back Squat with 75-115 lbs

**Wednesday – Batman**
For time:

- 50 push-ups
- 100 Air Squats
- 5 Deadlift
- 20 Pull-ups
- 5 Bench Press
- 30 Box Jump
- 15 Power Cleans
- 30 sit-ups
- 10 Overhead Press

**Friday – Jason**
For time:
• 100 Squats
• 5 Muscle-ups
• 75 Squats
• 10 Muscle-ups
• 50 Squats
• 15 Muscle-ups
• 25 Squats
• 20 Muscle-ups

**Saturday – Superman**
For the time:

• 150 Double-Unders
• 10 Kettlebell Swings
• 10 Dumbbell Man Maker
• 10 Barbell Squat Jerk
• 20 Pull-ups
• 6 Deadlifts
• 30 Box Jump
• 10 Knees-to-Elbows Pull Bar Crunches
• 30 Push-ups
• 1-min Mountain Climbers

**Week 8 – Joker, Ironman, Spiderman, Bert, Lumberjack**

**Monday – Joker**

• 50 Pushups
• 10 Hang Power Cleans
• 10 Zercher Squat
• 10 Bench Press
• 20 Pull-ups
• 10 Barbell Thrusters
• 30 Crunches
• 20 Squat Jump
• 5 Clean and Jerks
• 60-sec Mountain Climbers
Tuesday – Iron Man
- Repeat five rounds with 3-5 min rest between each round.
- 20 Burpees
- 20 Barbell Clean and Press
- 15 Dumbbell Man maker
- 20 Mountain Climbers
- 20 Barbell Overhead Squat
- 15 Barbell Power Snatch
- 20 Dumbbell Step-up

Wednesday – Spiderman
- 100 Double-unders
- 20 Dumbbell snatches
- 20 Pullups
- 10 Barbell Hang Clean
- 100 Double-unders
- 50 Push-ups
- 20 Muscles-up
- 30 Sit-ups
- 20 Box Jump
- 20 Barbell Thruster
- 20 Toe to Bar

Friday – Bert
Do all workouts as fast as possible
- 50 Burpees
- 400 meter Run
- 100 Push-Ups
- 400 meter Run
- 150 Walking Lunges
- 400 meter Run
- 200 Air Squats
- 400 meter Run
- 150 Walking Lunges
- 400 meter Run
- 100 Push-Ups
- 400 meter Run
- 50 Burpees
Saturday – Lumberjack 20
Complete as quickly as possible

- 20 Deadlifts (275lbs)
- Run 400m
- 20 KB swings (2pood)
- Run 400m
- 20 Overhead Squats (115/95 lbs)
- Run 400m
- 20 Burpees
- Run 400m
- 20 Pullups (Chest to Bar)
- Run 400m
- 20 Box jumps (24/20 in)
- Run 400m
- 20 DB Squat Cleans (45/25 lbs)
- Run 400m

Week 9 – Captain America, Adambrown, Hammerett, Lumberjack 20, Cia Seven

Monday – Captain America
For time:

- 21 Handstand push-ups
- 400 meter Run
- 21 Weighted pull-ups
- 15 Handstand push-ups
- 400 meter Run
- 15 Weighted Pull-ups
- 9 Handstand Push-ups
- 400 meter Run
- 9 Weighted Pull-ups

Tuesday – Adambrown
Two rounds for time of:

- 24 Deadlift with 295/205 pound
- 24 Box jumps (24/20 in)
- 24 Wallball shots with a 20/14 pound ball
• 24 Bench Press with 195 pound
• 24 Box jumps (24/20 in)
• 24 Wallball shots with a 20/14 pound ball
• 24 Clean with 145/100 pound

**Wednesday – Hammerrett (Hammer+Garrett)**
Do each exercise as fast as possible.

• 5 Power clean (95/135 pounds)
• 10 Front squat (95/135 pounds)
• 5 Jerk (95/135 pounds)
• 20 Pull-ups
• 75 Squats
• 25 Ring Handstand push-ups
• 25 L-pull-ups

**Friday – Lumberjack 20**
Complete as quickly as possible

• 20 Deadlifts (275lbs)
• Run 400m
• 20 KB swings (2pood)
• Run 400m
• 20 Overhead Squats (115lbs)
• Run 400m
• 20 Burpees
• Run 400m
• 20 Pullups (Chest to Bar)
• Run 400m
• 20 Box jumps (24”)
• Run 400m
• 20 DB Squat Cleans (45lbs each)
• Run 400m

**Saturday – The Cia Seven**
Perform seven rounds for time:

• 7 Handstand Push-Ups
• 7 Thrusters
• 7 Hanging Knees-to-Elbows
• 7 Deadlifts
• 7 Burpees
• 7 Kettlebell Swings
• 7 Pull-Ups

**Week 10 – Incredible Hulk, Jenkins, Zachary Tellier, Murph, Black Panther**

**Monday – The Incredible Hulk**

• Time Cap: 20 minutes
• 5 Deadlifts with 75-115 lbs
• 5 Hang Power Cleans with 75-115 lbs
• 5 Front Squats with 75-115 lbs
• 5 Push Press with 75-115 lbs
• 5 Back Squat with 75-115 lbs

**Tuesday – Jenkins**

• Do AMRAP in 40 minutes:
• 50 Burpees
• 400 meter Run
• 50 Kettlebell Swings with 16-24 kg KB
• 400 meter Run
• 50 Pull-Ups
• 400 meter Run
• 50 Push-Ups
• 400 meter Run

**Wednesday – Zachary Tellier**

• 10 Burpees
• 25 Push-Ups
• 10 Burpees
• 25 Push-Ups
• 50 Lunges
• 10 Burpees
• 25 Push-Ups
• 50 Lunges
• 100 Sit-Ups
• 10 Burpees
- 25 Push-Ups
- 50 Lunges
- 100 Sit-Ups
- 150 Air Squats

**Friday – Murph**
- 1 mile Run
- 100 Pull-Ups
- 200 Push-Ups
- 300 Air Squats
- 1 mile Run

**Saturday – Black Panther**
Perform AMRAP in 30 minutes
- 10 Burpees
- 10 Barbell Thruster
- 10 Pull-ups
- 5 Deadlift

**Week 11 – Doctor Strange, Fat Amy, Ant-Man, Bert, The Ghost**

**Monday – Doctor Strange**
AMRAP in 30 minutes
- 10 Box Jump
- 10 Push Press
- 10 Pull-ups
- 10 Burpees
- 10 Kettlebell Swings

**Tuesday – Fat Amy**
- 50 Air Squats
- 10 Burpees
- 40 Sit-Ups
- 10 Burpees
- 30 Lunges
- 10 Burpees
- 20 Kettlebell Swings
• 10 Burpees
• 10 meter Bear Crawl
• 10 Burpees
• 20 Kettlebell Swings
• 10 Burpees
• 30 Lunges
• 10 Burpees
• 40 Sit-Ups
• 10 Burpees
• 50 Air Squats

**Wednesday – Ant-man**
AMRAP in 45 minutes

• 20 Box Jumps
• 20 Clean and Jerks
• 20 Burpees
• 20 Pullups
• 20 Barbell Front Squat

**Friday – Bert**
For time:

• 50 Burpees
• 400 meter Run
• 100 Push-Ups
• 400 meter Run
• 150 Walking Lunges
• 400 meter Run
• 200 Air Squats
• 400-meter Run
• 150 Walking Lunges
• 400-meter Run
• 100 Push-Ups
• 400-meter Run
• 50 Burpees

**Saturday – The Ghost**
• 1 minute of Rowing
• 1 minute of Burpees
- 1 minute of Double-Unders
- 1-minute Rest
- Duration: 23 minutes

**Week 12 – Havana, Tyrant 22, Zimmerman, Dirthy Thirty, Filthy Fifty**

**Monday – Havana**
- 150 Double-Under
- 50 Push-Ups
- 15 Power Cleans with 125-185 lbs.
- Duration: 25 minutes

**Tuesday – Tyrant 22**
- 22 Deadlifts 275/185 lb.)
- 22 Wall Ball Shots (20/14 lb.)
- 22 Toes-to-Bars
- 22 Hand Release Push-Ups
- Duration: 22 minutes

**Wednesday – Zimmerman**
- 11 Chest-to-Bar Pull-Ups
- 2 Deadlifts with 205-315 lbs.
- 10 Handstand Push-ups
- Duration: 25 minutes

**Friday – Dirty Thirty**
For time:
- 30 Box Jumps (24/20 in)
- 30 Jumping Pull-Ups
- 30 Kettlebell Swings with 35 lbs.
- 30 Lunges
- 30 Knees-to-Elbows
- 30 Push Presses 45/35 lbs.
- 30 Back Extensions
- 30 Wall Ball Shots 20/14 lbs.
- 30 Burpees
- 30 Double-Under
Saturday – Filthy Fifty
For time

- 50 Box Jumps (24/20 in)
- 50 Jumping Pull-Ups
- 50 Kettlebell Swings (.75/1 pood)
- 50 Walking Lunges
- 50 Knees-to-Elbows
- 50 Push Presses with 45/35 lbs.
- 50 Back Extensions
- 50 Wall Ball Shots with 20/14 lbs.
- 50 Burpees
- 50 Double-Under

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