

6-Week Crossfit Workout Plan at Home

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Check out [article](#) for more info

Summary

Program Duration	6 Weeks
Program Goal	Build Strength, Endurance, Agility, and Balance
Workout Level	Beginners to Intermediate
Target Gender	Male and Female
Frequency	4 days a week

Does this program require the equipment? Most of the [exercises do not require equipment](#) but having dumbbells and kettlebells allows you to perform myriad other exercises that enhance strength and endurance. However, if you do not have equipment at home, you can replace the DB and KB exercises with bodyweight ones.

Who can use this workout plan? This plan includes exercises from beginner to intermediate level, so it can be challenging if you're just starting out. It would be best for you to pick some beginner-level [CrossFit exercises from the list](#) and include them in this routine.

EMOM (every minute on the Minute): Performing each exercise for one minute, including recovery time. For example, if you do 30 pushups in 45 seconds, then take 15 seconds of rest and perform another exercise and repeat until the suggested duration.

AMRAP (as many rounds as possible): It means doing as many rounds as possible in a set amount of time.

6-Week Crossfit Home Workout Program

Week 1

- Monday – **Chelsea**
- Tuesday – **Annie**
- Thursday – **Barbara**
- Friday – **Marguerita**

Monday – Chelsea

EMOM (every minute on the Minute) for 30 minutes

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

How to perform: Set a timer and perform each exercise for one minute (including rest time) before moving on to the other and repeat until your clocks tick on 30-minutes.

Tuesday – Annie

Perform double unders and sit-ups

50 – 40 – 30 – 20 – 10 reps (in a descending ladder)

Thursday – Barbara

5 Rounds For Time:

- 20 Pull-ups
- 30 Push-ups
- 40 Sit-ups
- 50 Squats

Friday – Marguerita

50 rounds for time

- 1 Burpee
- 1 Push-Up
- 1 Jumping-Jack
- 1 Sit-Up

- 1 Handstand

Week 2

- Monday – **Angie**
- Tuesday – **Cooper**
- Thursday – **Ellen**
- Friday – **Cindy**

Monday – Angie

For time:

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

Tuesday – Cooper

10 rounds for time:

- 10 Burpees
- 10 Air Squats
- 10 Push-Ups
- 10 Sit-Ups

Thursday – Ellen

- 20 Burpees
- 21 Alternating Dumbbell Snatches with 50 lbs.
- 12 Dumbbell Thrusters 35 lbs.
- Three rounds for time.

Friday – Cindy

AMRAP in 20 minutes:

- 5 Pull Ups
- 10 Push Ups
- 15 Squats

Week 3

- Monday – **Mary**
- Tuesday – **Artie**
- Thursday – **The Hansen**
- Friday – **The Ladder**

Monday – Mary

AMRAP in 20 minutes:

- 5 Handstand Push-ups
- 10 Pistol Squats
- 15 Pull-ups

Tuesday – Artie

- 5 Pull-Ups
- 10 Push-Ups
- 15 Squats
- 5 Pull-Ups
- 10 Thrusters with 65-95 lbs
- Duration: 20 minutes

Thursday – The Hansen

Complete five rounds for the time being:

- 30 Kettlebell Swing
- 30 Burpees
- 30 Sit-ups

Friday – The Ladder

Descending and Ascending Ladder

- Air Squats – 10 reps
- Pushups – 9 reps
- Crunches – 8 reps
- Burpee – 7 reps
- Box Jumps – 6 reps
- Leg Reps – 5 reps
- Pushups – 4 reps
- Burpees – 3 reps
- Pushups – 2 reps
- Squat Pulses Jump – 1 rep

Week 4

- Monday – **The Seven**
- Tuesday – **Tabata**
- Thursday – **Plyo Jumps**
- Friday – **Core Blaster**

Monday – The Seven

Seven rounds for time:

- 7 [Jump Squat](#)
- 7 [Crunches](#)
- 7 [Air Squat](#)
- 7 [High Knees](#)
- 7 [Pushups](#)
- 7 [Mountain climbing](#)
- 7 [Burpees](#)

Tuesday – Tabata

EMOM (Every Minute on the Minute)

- Minute 1 – **Burpees**
- Minute 2 – **Sit-ups**
- Minute 3 – **Air Squat**
- Minute 4 – **Pushups**
- Repeat five rounds until 20 minutes.

Related: [5 Best Tabata Workout Plan with PDF](#)

Thursday – Plyo Jumps

Five Rounds for time:

- 15-second [Ankle Hops](#)
- 10 [Split Jumps](#)
- 10 [Alternating Push Offs](#)
- 10 [Kneeling Squat Jumps](#)
- 10 [Tuck Jumps](#)
- 10 [Burpee with a Tuck Jump](#)

Friday – Core Blaster

Five Rounds for time:

- 30-second [Mountain Climbers](#)
- 15-second [Scissor Kicks](#)
- 10 [Tuck ups](#)
- 10 [Air Plunge](#)
- 10/side Alternate Heel Taps
- 15-second [Russian Twist](#)
- 45-second [Forearm Front Plank](#)
- 15-second/side [Side plank](#)

Week 5

- Monday – **Dumbbell WOD**
- Tuesday – **The Tenfold**
- Thursday – **Kettlebell WOD**
- Friday – **Core Destroyer**

Monday – Dumbbell WOD

EMOM (Every Minute on the Minute)

- [Dumbbell Man maker](#)
- [Dumbbell Push Press](#)
- [Single-arm Dumbbell Squat Snatch](#)
- [Dumbbell Squat to Shoulder Press](#)
- [Dumbbell Carry Fast Walk](#)
- [Dumbbell Clean And Press](#)
- [Dumbbell Hang Power Clean](#)
- [Single-arm Dumbbell Swing](#)
- [Dumbbell Clusters](#)
- [Dumbbell Russian Twist](#)
- [Dumbbell Straight Arm Sit-ups](#)
- [Dumbbell Shadowboxing](#)
- [Stiff-Leg Deadlift to Upright Row](#)
- [Dumbbell Side Plank Rotation](#)
- [Dumbbell Push Jerk](#)

- [Standing IYT Raises](#)
- [Dumbbell Overhead Squat](#)

Tuesday – The Tenfold

10 rounds for time:

- 30-second Mountain Climber
- 10 Push-Ups
- 10 Air Squats
- 10 Sit-ups

Thursday – Kettlebell WOD

EMOM (Every Minute on the Minute)

- [Kettlebell Thruster](#)
- [Kettlebell Swings](#)
- [Kettlebell Goblet Squat](#)
- [Kettlebell Sumo Deadlift High Pull](#)
- [Kettlebell Clean and Press](#)
- [Kettlebell Snatch](#)
- [Kettlebell Push Press](#)
- [Kettlebell Sit-up](#)
- [Kettlebell Push-up](#)
- [Kettlebell Walking Lunges](#)
- [Turkish Get-Up](#)
- [Overhead Squat](#)
- [Kettlebell Deadlift](#)
- [Kettlebell Pistol Squat](#)

Friday – Core Destroyer

Five rounds for time:

- 15-sec Mountain Climbers
- 15-sec Flutter Kicks
- 15-sec Russian Twist
- 10 High Knees
- 10/side Alternate Heel Taps
- 15-second Crossbody Mountain Climber
- 45-second Forearm Front Plank
- 15-second/side Side plank

Week 6

- Monday – **The Septuple**
- Tuesday – **The Ultimate AMRAP**
- Thursday – [Open Workout 21.1](#)
- Friday – **The Challenging EMOM**

Monday – The Septuple

Seven rounds for time:

- 7 Burpees
- 7 Pushups
- 7 Squats
- 7 Situps
- 7 Squat Jump
- 7 Kettlebell Swings
- 7 Dumbbell Thrusters

Tuesday – The Ultimate AMRAP

AMRAP (as many rounds as possible) in 30 minutes:

- 10 Burpees
- 10 Pushups
- 10 Squats
- 10 Situps
- 10 Lunges (5/side)
- 10 Leg Raises
- 10-sec Shoulder Taps
- 10-sec Mountain Climbers
- 10 Jumping Split Jump

Thursday – Open Workout 21.1

- 1 Wall walk
- 10 double-unders
- 3 wall walks
- 30 double-unders
- 6 wall walks
- 60 double-unders
- 9 wall walks

- 90 double-unders
- 15 wall walks
- 150 double-unders
- 21 wall walks
- 210 Double-unders
- Time cap: 15 min

Friday – Total Body EMOM

For time:

- 30-sec Mountain Climber
- 10 Drop Squats
- 10 Burpees
- 15-sec [Bear Crawl](#)
- 20 Shoulder Taps (10/side)
- 10 [Diver Pushup](#)
- 15-sec [Bicycle Crunches](#)
- 15-sec [Plank Ankle Taps](#)
- 10 [Dead Bug Crunches](#)
- 10 Kneeling Squat Jumps
- 10 Curtsy Lunges
- 20 [Lunge Front Kicks](#) (10/side)
- 10 [Knee Tap Push-Ups](#)
- 15-sec [Inchworm](#)
- 10 [Bodyweight Power Maker](#)
- 10 [Plank Jack](#)
- 10 [Tuck Jump](#)
- 10 [Grappler pushup](#)

Related Exercises

- [Bodyweight CrossFit Workouts \(An Ultimate Guide with PDF\)](#)
- [CrossFit Workouts Without equipment \(25 WODs\)](#)
- [HIIT CrossFit Workouts and Workout Plan \(PDF\)](#)
- [Complete List of CrossFit Exercises with PDF](#)
- [The 100 Best CrossFit WOD List with PDF](#)
- [12 Week Crossfit Program with Free pDF](#)
- [30 Best CrossFit Metcon Workouts List with Free PDF](#)

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