



## Couch-to-CrossFit

<p><b>Workout 1</b> Complete as many rounds as possible in 8:00 minutes of:</p> <p>5 Push-Ups* 10 Lunges (Left =1, Right = 2, and so on) 20 Flutter Kicks</p> <p>*To progress the push up, try elevating your torso to an angle that makes the completion of the movement possible.</p>	<p><b>Workout 2</b> Complete 5 rounds of the following:</p> <p>0:30 Plank 0:30 Wall Sit 2:00 Walk or Jog</p>	<p><b>Workout 3</b> For 20:00, going for max distance complete-</p> <p>1:00 Jog 1:00 Walk</p> <p>There are plenty of free apps to track your distance. We especially like Strava.</p>
<p><b>Workout 4</b> Complete 5 rounds as quickly as possible while maintaining form of:</p> <p>20 Mountain Climbers 10 Leg Raises</p>	<p><b>Workout 5</b> Complete as many rounds as possible in 12:00 of:</p> <p>10 Shoulder Taps 10 Sit-Ups 10 Squats</p>	<p><b>Workout 6</b> Complete 10 rounds of:</p> <p>20 Jumping Jacks 2:00 Jog, Walk, or Combination of the Two</p> <p>*Use your phone or watch to keep track of the time. Then, after 2:00 of jogging or walking, stop and immediately complete 20 jumping jacks.</p>
<p><b>Workout 7</b> Complete 8 rounds of the following:</p> <p>0:20 Lunges 0:10 Rest 0:20 Flutter Kicks 0:10 Rest</p>	<p><b>Workout 8</b> Complete 5 rounds of the following:</p> <p>20 Mountain Climbers 15 Jumping Jacks 10 Squats</p>	<p><b>Workout 9</b> For 25:00 total minutes-</p> <p>2:00 Jog/Walk/Combo 0:30 Plank</p>
<p><b>Workout 10</b> Complete 5 rounds of:</p> <p>3 Push-Ups 6 Squats 9 Shoulder Taps 12 Lunges</p>	<p><b>Workout 11</b> Complete 5 rounds of:</p> <p>20 Lunges 20 Mountain Climbers 20 Flutter Kicks</p>	<p><b>Workout 12</b> Every minute on the minute for 12:00 (alternate 1:00 each)-</p> <p>20 Squats 20 Jumping Jacks</p>

You can find an instructional video for each of these movements by visiting:

<http://crossfitmemorialhill.com/movement-library/>

