

Cross Training WOD Bible 2.0

**586 MORE Workouts To
Transform Your Body
From Beginner To Beastly!**



P SELTER

Father,

Thank you for the abilities you give us, for the strength and wisdom we gain from training.

Be with us as we work that we may do our best. Help us to be encouraging to others in our daily life. Thank you for the people that you have brought into our lives.

Bless the athletes, coaches, workout partners and all those who support our training.

May the results from our training be a reflection of Your Spirit in our lives.

Finally Father, remind us that there is no failure, but only growth in the body, mind and Spirit.

Amen

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Written by P Selter

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I recommend consulting a doctor to assess and/or identify any health related issues prior to making any dramatic changes to your diet or exercise regime.

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Introduction

I would like to thank you and congratulate you for purchasing the Cross Training WOD Bible 2.0.

This book is a follow-up to my #1 Best Seller, The Cross Training WOD Bible.

the purpose of this book is to provide you with MORE fantastic info to transform your physique and mindset while having fun doing so!

That's not all this book contains though! You'll also find the Cross Training WOD Bible 2.0 packed with ANOTHER 586 workouts.

These workouts have been broken down into categories based on the content of each workout, these workouts range from beginner workouts that can be performed in the comfort of your own home or backyard to epic endurance workouts utilizing kettlebells, jump ropes, walls balls & more that'll send you to the brink of both mental anguish and physical fatigue.

Thanks again for purchasing this book, I hope it helps you, your friends and your family reach your health and fitness goals!

What's New In 2.0?

I'm glad you asked!

The Cross Training WOD Bible 2.0 contains 586 NEW workouts! You won't find any of these workouts in the original Cross Training WOD Bible. Kettlebell and bodyweight WODs are fantastic –but I thought it was time to add a tad more variety this time too!

Amidst the plethora of fresh WODs located in this book you'll find many new categories incorporating bikes, jump ropes, dumbbells, rowers, boxing bags and wall balls just to name a few.

The beauty Of The WOD

Why choose a WOD over a conventional 3, 5 or 7 day workout regime that remains the same week after week?

I understand, if you're new to cross training or are sceptical about the forever changing daily workouts and haven't yet given them a try allow me to explain...

THE STRUGGLE IS BEAUTIFUL

These workouts are tough, there's no doubt about it. Why are these workouts tough? Because they're designed for results. You won't find any sissy triceps isolation exercise or pointless movements in the Cross Training WOD Bible – each and every WOD is designed to forge strength and health in both the physical and mental aspects of your life.

STRESS RELIEF

Swinging kettlebells, giving it your all on the air bike, leaping onto high boxes and hurling your wall ball at the target are all moves requiring an epic amount of exertion – and you're performing these daily.

The stress at your job, the frustration from friends, whatever else you're currently battling through in your life all falls at the wayside while you battle against the clock and yourself to complete your WOD.

STRUCTURE

When you get in your car you have a destination in mind and a known path (whether this be a road map or a GPS) to get there. To get results in terms of physical fitness you NEED to have a structured workout. The following 586 workouts are structured based upon the style of workout and equipment you have access to – quite frankly you're spoiled for choice.

Regardless of whether you're a beginner or a time-tested battler there are WODs here for you!

FITS INTO THE BUSIEST OF SCHEDULES

So many individuals claim that they “don't have the time to exercise” well, I'm here to the rescue. Dependant on the WOD you choose to perform you'll only need 5 – 15 minutes in most cases!

Everyone has a few spare minutes a day, if you find yourself currently making the excuse that you don't have time to train then I'd recommend waking up 15 minutes earlier, cutting back on 15 minutes of television in the evening – your body and your mind will thank you for it.

Whether you're in your gym, a paddock in the middle of nowhere or a tiny apartment building there is always a suitable, scalable WOD to suit your level of conditioning, the amount of space you have and the arsenal of equipment (or lack thereof) at your disposal.

ADAPT TO SURVIVE

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to

change”

Famous, insightful words from Charles Darwin. Why do the same few presses, pull-ups and biceps curls workout after workout, week after week? In order to build both functional strength and an unbreakable mindset to match you need to subject yourself to exercises, workouts, weights and situations that you haven't done before and that you're not quite sure of. It's the unknown and your ability to adapt that will ensure your success. Not to mention variety is the spice of life!

FORGE A TEAM OF WINNERS

“Champions come in pairs of two because they battle themselves in perfection” – Greg Plitt

You can only go so far alone. Many of these workouts are designed to be performed with a partner or a team of multiple members! Forge your own team of winners and perform your WODs with a group of friends... there's many benefits to doing this such as the motivation you'll feed each other, a bit of friendly competition which will force you to lift heavier, train quicker and become better not to mention the relationships you'll form while doing so.

Programming – Because One Size Does NOT Fit All

You might be completely new to fitness, having never performed a serious workout before... or perhaps you're an elite athlete looking to diversify your workout portfolio.

Either way, no problems whatsoever!

Every WOD is scalable and can easily be adjusted to suit your needs, abilities, strength and current level of conditioning.

WOD DURATION

Workout durations can be adjusted to cater for inexperienced (shorter duration) or endurance focused athletes (longer duration).

ROUNDS

Number of rounds can be adjusted to increase or decrease the workload per WOD, this is useful not only based on your current level of physical fitness, but also when time does not permit an exhausting endurance workout.

REPETITIONS

Repetitions per exercise can be modified based upon the weight of the dumbbells, kettlebells, wall ball etc. you're using. Bodyweight exercise repetitions can be decreased

to focus more intently on your heavy Olympic lifting movements (this comes down to identifying and programming for your personal goals and focuses).

SUBSTITUTE EXERCISES

Have a dodgy knee? Can't quite get your chin over the bar on your pull-ups? Don't have enough room to perform a 100m sprint? Substitution is your friend!

For example, if you're unable to perform a 100m sprint why not throw in 30 seconds of high knees?

Do the best you can with what you have.

The Power Of The Mind And Taking Consistent Action

“You can’t know where you’re going until you know where you’ve been...”

Far too many individuals train mindlessly, simply going through the motions of lifting weights and performing cardio while failing to pay attention to detail. It comes to me as no surprise that these are the same people that often fail to see progress, get discouraged, and eventually quit.

On the following pages I’ll show you how to do it the right way...

Disregard the scales and BMI

Before I delve into the methods I use and recommend to track fat loss and muscle gain, I find it imperative to discuss the use of the traditional scale.

DO NOT BASE YOUR IDEA OF PROGRESS ON WHAT THE SCALES SAY

Weight on the scales, just like the popular BMI method, is flawed. Muscle mass, fluid retention, time of day, hormones, and a number of other factors can adversely affect the number being displayed to you when you step on the scales.

For example: I've been hovering around the 185lb – 190lb mark. I remember being 185lbs a couple of years ago too... does this mean I haven't bulked or made any progress at all since then? Have I hit an unbreakable plateau?

Of course not.

My body fat has decreased, my fluid retention has decreased and my lean muscle mass has increased... resulting in my total mass clocking in at 190lbs (not to be confused with lean muscle mass, which is my total bodyweight minus my body fat percentage... but we'll get into that later).

According to BMI, body composition is irrelevant – two men, both 230lbs at 5ft 11”, would be deemed overweight as lean muscle mass and body fat are not measured on

this scale. There are far more accurate methods to measure your progress.

Take photos and use the mirror

You see yourself on a daily basis, so progress may seem slow or non-existent. This is where taking regular photos comes into play — the mirror doesn't lie.

Choose a location, time of day, and pose and snap the same photo(s) on a weekly or fortnightly basis. When I'm following my cutting diet, I record a video and take several still shots each week, which I find is the most accurate way to gauge progress.

Store these photos in a "Progress" folder on your computer and update them weekly. As you begin to look through and compare your previous week's progress to the current week, you'll often be surprised at just how much your body is changing without you realizing it.

Take measurements

Grab a tape measure and take note of your body measurements weekly. I recommend performing these upon waking, as measuring your arms (etc.) post-workout can be inaccurate.

The key to taking successful measurements is to ensure you are measuring in the exact same position every time. Using freckles or placing a mark on your skin is the

easiest way to maintain a consistent reference point for measuring.

When measuring, record the following measurements in your training log or in an excel spreadsheet in centimeters:

- Neck circumference
- Shoulder to shoulder (with your arms down by your side)
- Chest (around nipple level, raise your arms to place the tape measure around your chest and then lower arms before reading measurement)
- Biceps (measure from the peak of the bicep to the thickest portion of the triceps)
- Waist (around your belly button)
- Hips (widest part)
- Quads (choose one spot on your quads and measure this each time)

Get a caliper

There are many methods for measuring body fat, some extremely accurate while others are completely inaccurate. The most cost-effective and accurate method in my book is the old caliper test. You can pick up a body fat caliper [for \\$10 online](#), and it will come with instructions and a chart to help measure your body fat percentage.

Remain consistent

Your measurements, photos, training, and nutrition log should be updated consistently. Don't slack off and go through the transformation blindly — have reference points of where you've come from so you can sculpt where you're going.

Seeing progress is THE best motivation to keep the fire alive on your journey.

A Quick Refresher On Terminology For Reading & Following WODs

1RM: Your 1RM is your max lift for one rep

AMRAP: As many rounds as possible

BW: Body weight

CLN: Clean

C&J: Clean and jerk

DL: Deadlift

DOMS: Delayed onset muscle soreness

DU: Double under

EMOM: Every minute on the minute

For Time: Timed workout, perform as quickly as possible and record score.

KB: Kettlebell

OH: Overhead

PR: Personal record

Rep: Repetition. One performance of an exercise.

ROM: Range of motion.

Rx'd: As prescribed, without any adjustments.

SDHP: Sumo deadlift high pull

Set: A number of repetitions. e.g., 34sets of 8 reps, often seen as 4x8, means you do 8 reps, rest, repeat, rest, repeat, rest, repeat.

Subbed: Substituted

T2B: Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.

Tabata: A form of interval training comprised of 20 seconds on, 10 seconds off repeated for 8 rounds.

TGU: Turkish get-up

WOD: Workout of the day

Beginner WODs

Beginner WOD 1

AMRAP in 10 minutes

5 pull-ups

10 push-ups

15 bodyweight squats

Beginner WOD 2

6 rounds for time

6 front squats

3 overhead press

3 deadlifts

Beginner WOD 3

10 rounds for time

100m sprint

10 KB swings

10 pull-ups

Beginner WOD 4

40-20-10

Burpees

Wall ball shots

Beginner WOD 5

4 rounds for time

25 sit-ups

20 walking lunges (10 per leg)

10 push-ups

Beginner WOD 6

200m row

20 sit-ups

20 push-ups

20 burpees

Beginner WOD 7

21-15-9

Bodyweight squats

Wall ball shots

Burpees

Push-ups

Beginner WOD 8

For time

40 push-ups

10 bodyweight squats

30 push-ups

20 bodyweight squats

20 push-ups

30 bodyweight squats

10 push-ups

40 bodyweight squats

Beginner WOD 9

30-20-10-5

5 burpees

10 push-ups

15 bodyweight squats

Beginner WOD 10

6 rounds

30 second run

30 second push-ups

30 second row

30 second sit-ups

30 second bike

30 second bodyweight squats

Beginner WOD 11

AMRAP in 20 minutes

20 sit-ups

15 bodyweight squats

10 push-ups

Beginner WOD 12

5 rounds for time

100m sprint

50 jumping jacks

Beginner WOD 13

4 rounds

5 minute jog

15 sit-ups

15 push-ups

15 bodyweight squats

5 minute jog

Beginner WOD 14

3 rounds

1 pull-up

1 minute sit-ups

2 pull-ups

2 minute push-ups

3 pull-ups

3 minute jog

Beginner WOD 15

100 push-ups for time

Beginner WOD 16

For time

50 burpees

100 bodyweight squats

200 sit-ups

Beginner WOD 17

10 rounds

5 tuck jumps

2 pull-ups

5 push-ups

100m jog

Beginner WOD 18

3 rounds for time

10 KB swings

20 walking lunges (10 per leg)

Beginner WOD 19

Max reps in 90 seconds per exercise

Push-ups

KB swings

Sit-ups

Walking lunges

Beginner WOD 20

4 rounds for time

20 jump rope singles

10 push-ups

3 deadlifts

Bike WODs

BIKE WOD 1

3km for time

BIKE WOD 2

10 minute interval cycling comprised of

30 second work

30 second active recovery (slow ride)

BIKE WOD 3

8 rounds of cycling comprised of

20 second work

10 second active recovery (slow ride)

BIKE WOD 4

8 rounds of cycling comprised of

10 second work

20 second active recovery (slow ride)

BIKE WOD 5

200 calories for time

BIKE WOD 6

For calories

100-50-25-10-5

Bike

Row

BIKE WOD 7

5 rounds for time

500m cycle

10 push-ups

BIKE WOD 8

AMRAP in 20 minutes

Bike for 50 calories

10 burpees

10 sit-ups

10 broad jumps

BIKE WOD 9

3 rounds for time

200m cycle

100m row

200m cycle

100m run

200m cycle

100 jump rope singles

200m cycle

100 sit-ups

BIKE WOD 10

10 rounds of

Bike 10 seconds all-out effort

Bike 10 seconds active recovery

BIKE WOD 11

10 rounds of

Bike 15 seconds all-out effort

Bike 30 seconds active recovery

BIKE WOD 12

10 rounds of

Bike 20 seconds all-out effort

Bike 40 seconds active recovery

BIKE WOD 13

10 rounds of

Bike 5 seconds all-out effort

Bike 5 seconds active recovery

BIKE WOD 14

Bike 10 seconds all-out effort followed by 40 seconds off

Bike 10 seconds all-out effort followed by 30 seconds off

Bike 10 seconds all-out effort followed by 20 seconds off

Bike 10 seconds all-out effort followed by 10 seconds off

Bike 10 seconds all-out effort followed by 20 seconds off

Bike 10 seconds all-out effort followed by 30 seconds off

Bike 10 seconds all-out effort followed by 40 seconds off

Bike 10 seconds all-out effort followed by 30 seconds off

Bike 10 seconds all-out effort followed by 20 seconds off

Bike 10 seconds all-out effort followed by 10 seconds off

BIKE WOD 15

4 rounds for time

10 push-ups

300m cycle

10 sit-ups

300m cycle

10 squats

300m cycle

10 pull-ups

300m cycle

BIKE WOD 16

3 rounds

1km cycle as fast as possible

2km cycle recovery ride

BIKE WOD 17

4 rounds

1km cycle with all-out effort

Rest as necessary between rounds, record your fastest time

BIKE WOD 18

5 rounds for time

Cycle for 50 calories

30 second rest

BIKE WOD 19

Maintain 70% MHR (max heart rate) for 45 minutes on the bike

BIKE WOD 20

10 minutes comprised of

20 seconds all out work

40 second recovery ride

Bodyweight WODs

BODYWEIGHT WOD 1

EMOM for 12 minutes

5 burpees

5 broad jumps

6 walking lunges (3 per leg)

BODYWEIGHT WOD 2

AMRAP in 15 minutes

10 sit-ups

5 burpees

10 mountain climbers

BODYWEIGHT WOD 3

6 rounds for time

10 pistol squats (5 per leg)

10 box jumps

10 bodyweight squats

BODYWEIGHT WOD 4

100m sprint

50 pull-ups

50 sit-ups

50 push-ups

50m bear crawl

BODYWEIGHT WOD 5

AMRAP in 15 minutes

15 burpees

15 push-ups

BODYWEIGHT WOD 6

AMRAP in 20 minutes

20 walking lunges (10 per leg)

20 air squats

20 burpees

BODYWEIGHT WOD 7

3 rounds for time

30 broad jumps

10 burpees

30 pull-ups

10 mountain climbers

30 push-ups

BODYWEIGHT WOD 8

6 rounds

15 jumping jacks

18 walking lunges (9 per leg)

15 push-ups

15 sit-ups

1 minute plank

BODYWEIGHT WOD 9

8 rounds

10 pistol squats (5 per leg)

1 minute plank

10 jumping jacks

BODYWEIGHT WOD 10

13 rounds
7 jumping jacks
7 burpees
7 push-ups

BODYWEIGHT WOD 11

AMRAP in 25 minutes

30 sit-ups
100 flutter kicks
39 sit-ups
100m sprint
50 flutter kicks
50 push-ups

BODYWEIGHT WOD 12

For time
50 squats
25 diamond push-ups
50 pistol squats
25 fingertip push-ups

50 side lunges

25 knuckle push-ups

50 walking lunges

25 diamond push-ups

BODYWEIGHT WOD 13

AMRAP in 18 minutes

20 sit-ups

20 toes to bar

20 high knees

20 air squats

20 push-ups

BODYWEIGHT WOD 14

10 rounds for time

10 burpees

10 sit ups

10 jumping jacks

10 air squats

50m dash

BODYWEIGHT WOD 15

Tabata (8 intervals – 20 seconds work – 10 seconds rest)

Air squats

Push-ups

Sit-ups

Jumping jacks

BODYWEIGHT WOD 16

4 rounds for time

10 burpees

20 squats

30 sit-ups

40 walking lunges (20 per leg)

BODYWEIGHT WOD 17

3 rounds for time

50 burpees

10 pull-ups

50 diamond push-ups

5 tuck jumps

BODYWEIGHT WOD 18

EMOM for 12 minutes

3 burpees

4 flutterkicks

5 push-ups

5 sit-ups

BODYWEIGHT WOD 19

For time

40 walking lunges

80 squats

10 push-ups

60 squats

20 wide push-ups

40 squats

30 diamond push-ups

20 squats

BODYWEIGHT WOD 20

3 rounds

Max push-ups in 2 minutes

Max sit-ups in 2 minutes

Max mountain climbers in 2 minutes

Max squats in 2 minutes

BODYWEIGHT WOD 21

5 rounds for time

15 box jumps

30 push-ups

45 sit-ups

5 pistol squats

BODYWEIGHT WOD 22

21-15-9 for time

Box jumps

Pistol squats

Diamond push-ups

BODYWEIGHT WOD 23

50-40-30-20-10-5 for time

Pull-ups

Bodyweight dips

Walking lunges (per leg)

BODYWEIGHT WOD 24

50-40-30-20-10 reps

Squat jumps

Jump rope singles

Sit-ups

BODYWEIGHT WOD 25

EMOM for 14 minutes

3 pull-ups

3 sit-ups

3 squat jumps

3 diamond push-ups

BODYWEIGHT WOD 26

For time

21 pull-ups

50 squats

21 toes to bar

18 pull-ups

50 squats

18 squat jumps

15 walking lunges (per leg)

50 squats

15 toes to bar

12 pull-ups

BODYWEIGHT WOD 27

EMOM for 15 minutes

5 air squats

6 lunges (3 per leg)

5 mountain climbers

BODYWEIGHT WOD 28

For time (partition as necessary)

100 pull-ups

100 push-ups

100 sit-ups

100 mountain climbers

BODYWEIGHT WOD 29

3 rounds for time

20 toes to bar

20 sit-ups

50 mountain climbers

50 squat jumps

BODYWEIGHT WOD 30

8 rounds for time
20 diamond push-ups
40 sit-ups
20 wide push-ups
20 box jumps
20 jumping jacks

Boxing WODs

BOXING WOD 1

Skipping 30 seconds 3 sets

Speed Bag 2 minutes

Squat Thrusts 3 sets 10 reps

Heavy bag or Mitt jabs x 10

Repeat for 4 rounds

BOXING WOD 2

Combo Shoulder Raise (with dumbbells) 4 sets 20 reps

Sit-up 4 sets 20 reps

Shadow boxing 2 mins

Single arm neutral grip dumbbell row 4 sets 10 reps each arm

Shadow boxing 2 mins

Standing dumbbell biceps curl 3 sets 10 reps

Shadow Boxing 2 mins

BOXING WOD 3

Lateral Leap and Hop 3 sets 10 reps

Heavy Bag or mitt work - Crosses x 10

Heavy bag or mitt work – Uppercuts 10 reps

Lying leg curls 3 sets of 10 reps

Heavy bag or mitt work – Jab 10 reps

Heavy bag or mitt work – Hook 10 reps

Repeat x 2

BOXING WOD 4

Dumbbell Bench Press 4 sets 10 reps

Bodyweight Dip 3 sets 10 reps

Speed Bag 1 min 3 reps

Skipping 30 secs 3 reps

Lunge Thrusts 4 sets 20 reps

Sit-ups 4 sets 20 reps

BOXING WOD 5

Barbell Deadlift 4 sets 10 reps

Wide Grip Lat Pull Down 4 sets 10 reps

Shadow Boxing 2 mins

Heavy Bag or Mitt Work – Jab 10 reps

Heavy Bag or Mitt Work – Hook 10 reps

Heavy Bag or Mitt Work – Cross 10 reps

BOXING WOD 6

Heavy Bag or Mitt work – Boxing combinations Jab,
Hook, Cross 30 secs

Sit-ups 30 secs

Squat Jumps 30secs

Repeat x 10

BOXING WOD 7

Push Ups 50 reps

Situps 50 reps

Speed Bag 3 mins

Heavy Bag/Mitts – combination punches 3 mins

Repeat for 5 rounds with 1 min rest in between

BOXING WOD 8

100m sprint

Push ups 3 sets 20 reps

Sit ups 3 sets 20 reps

100m sprint

Squat thrusts 3 sets 20 reps

Speed Bag 1 min 3 reps

5km run

BOXING WOD 9

Air Box Jab/Cross 40 sets (1,2,1,2 etc)

Flutter kicks 15 reps

Air Box Jab/Cross 40 sets

Burpee 15 reps

200m sprint

Repeat for 2 rounds

BOXING WOD 10

Decreasing set of 50-40-30-20-10

Skipping (Double unders)

Sit ups

BOXING WOD 11

Shadow Boxing 2 mins

Squat Thrusts 2 sets 10 reps

Kettle Bell Snatches 2 sets 10 reps

Sit ups 2 sets 30 reps

Speed Boxing 1 min 3 reps

Repeat for 4 rounds

BOXING WOD 12

Single arm kettle bell swing 10 reps each arm 2 sets

Burpees 4 sets 10 reps

Heavy bag or Mitt work – Jab/Uppercut/Cross combination for 10 reps

Kettlebell Squat Swing 2 sets 10 reps

Squat Thrusts 4 sets 10 reps

Heavy Bag or Mitt work – Combination for 10 reps

BOXING WOD 13

5km run

Speed bag 1 min 3 reps (30 sec rest in between)

Skipping 3 mins

Speed bag 1 min 3 reps

Repeat 2 rounds

BOXING WOD 14

Knees to elbows pull up bar repeat to fail x 3 sets

Squats 3 sets 20 reps

Plank 30 secs

Burpees 3 sets 20 reps

Shadow boxing (gloves on) 2 mins, 1 min rest, repeat x 5 sets

Plank 30 secs

BOXING WOD 15

100m sprint

Speed bag 30 secs

100m sprint

Burpees 20 reps

100m sprint

Speed bag 30 secs

100m sprint

Push ups 20 reps

Repeat for 3 rounds

BOXING WOD 16

Chin ups/Pull ups 3 sets 10 reps

Squats 3 sets 10 reps

Shoulder press 3 sets 10 reps

Walking Lunges 3 sets 10 reps

BOXING WOD 17

Air box – Jab/Cross repeating 2 sets

Skipping – 20 reps each of high knee, single jump,
double jump, figure eight

Push Ups 2 sets 20 reps

Repeat for 5 rounds

BOXING WOD 18

Crunches 3 sets 20 reps

Heavy Bag or Mitt work – Jab 10 reps

Heavy Bag or Mitt work – Cross 10 reps

Speed bag – 2 mins

Crunches 3 sets 20 reps

Burpees 3 sets 20 reps

BOXING WOD 19

Skipping 1 min

Air boxing: – Left, left, right, duck 12 reps

Upper cuts 12 reps

Left, Right punches 12 reps

Crunches 20 reps

Side lunges 10 reps each side

Donkey kicks 10 reps each side

Left, left, right, duck 12 reps

Upper cuts 12 reps

Left, Right punches 12 reps

Squats 10 reps

Back lunges 10 reps each side

Push up 10 reps

Skipping 1 min

BOXING WOD 20

Round 1:

Straight punches 20 reps

Burpees 10 reps

Bicycle abs 20 reps

Round 2:

Hooks 20 reps

Push ups 20 reps

Dolphin plank 20 sec

Round 3:

Uppercuts 20 reps

Dips 10 reps

Sit ups 30 reps

Repeat for 3 rounds and cooldown with 2 mins skipping

BOXING WOD 21

(With heavy bag/punchbag)

Low kick right leg 5 reps

High kick right leg 5 reps

Low kick left leg 5 reps

High kick left leg 5 reps

Straight Punches 20 reps

Left Hook 5 reps

Right Hook 5 reps

Knee strike 5 reps

Repeat for 5 rounds with 30 sec rest between each round

BOXING WOD 22

Clapping push up 2 sets 10 reps

Explosive Box jumps 2 sets 20 reps

Squats 2 sets 30 reps

Medicine ball lunges 20 reps each leg

Medicine ball step to press (with step up) 20 reps each leg

One arm dumbbell row 15 reps each arm

Ab roller 15 reps from knee, or 50 crunches if no equipment

Chin ups 2 sets 8 reps

3 rounds of heavy bag work – combination of punches
30 secs each round

3 rounds speed bag – 30 sec each round

Finish with 2 mins shadow boxing

BOXING WOD 23

Skipping 3 mins

Air boxing – jab, cross, jab, bob and weave 10 reps each side

Push ups starting in Plank position 10 reps

Air Box – jab, cross, jab, cover 10 reps each side

Push ups as before 10 reps

Air Box – jab, cross, jab, bob and weave 10 reps each side

Bicycle crunches 20 reps

Air box – jab, cross, upper and cover

Bicycle crunches 20 reps

Finish with criss-cross skipping 3 mins

BOXING WOD 24

5-10 min warm up skipping

High speed jab and crosses 20 secs

Squats 10 secs

Repeat for 8 rounds

Upper cuts 20 secs

Lunges 10 secs

Repeat for 8 cycles

5 min Cool down skipping and stretch

BOXING WOD 25

Fast and loose straight punches 1 min

Knuckle press ups 10 reps

Plyometric press up 6 reps

Fast and loose combination punches 1 min

Squat and hold 30 secs

Frog jump 10 reps

Repeat for 5 rounds

BOXING WOD 26

Heavy Bag Work: Round 1

Straight jabs 60 reps

Jab to body 30 reps

High double jab 30 reps

Jab/Cross combo 60 reps

Round 2:

Cross 60 reps

Cross to body 30 reps

Jab/Cross combo 3 reps

Lead hooks 60 reps

Round 3:

Rear hook 60 reps

Jab/Cross/Hook combo 30 reps

Lead hook to body 30 reps

Rear hook to body 30 reps

BOXING WOD 27

Burpees 20 reps

Mountain climbers 20 reps

Straight air punches 30 secs

Front air kicks 30 secs

Squat jumps 20 reps

Alternating side air kicks 30 secs

Repeat for 3 rounds

BOXING WOD 28

Jumping jacks 100 reps

Push ups 10 reps

Squat jumps 10 reps

Tricep dips 20 reps

High knees (fast) 30 reps

Bicycle crunches 50 reps

Burpees 15 reps

Push ups 20 reps

Curtsy Lunges 15 reps each side

Wide stance squats 40 reps

Repeat as many times as possible in 30 mins

BOXING WOD 29

8 jabs, 8 uppercuts, repeat for 20 secs

Hook and Weave 20 secs

High knee jump rope 20 secs

Roundhouse kicks, 4 each leg and repeat for 20 secs

Repeat for 8 rounds

BOXING WOD 30

Shadow boxing 5 mins with double squat every 30 secs

Push ups 10 reps

Sit ups 20 reps

Repeat 5 rounds

BOXING WOD 31

1 minute for each:

Jump rope

Burpees

Jump rope

Press ups

Jump rope

Sit ups

Jump rope

Squats/Squat jumps

Jump rope

Spiderman plank

Repeat for 4 rounds with 1 min rest in between

BOXING WOD 32

Box non-stop for the duration of an upbeat song

Rest for 1 minute

Repeat for 5 songs

BOXING WOD 33

Skipping 3 minutes

1 minute of each:

Left jab/Right cross

Squat jumps

Basic 1-2 punch

Push ups

Burpees

Right jab/Left cross

Lunge jumps

Basic 1-2 punch

Bicycle crunches

Plank

BOXING WOD 34

30 secs per exercise as fast as you can:

Punch to front

Punch to side (alternate)

Uppercuts

Punch to sky

Double punch to front

Double punch to sky

Repeat for 3 rounds resting 1 min between rounds

BOXING WOD 35

Push ups 50 reps

Squat jumps 50 reps

Sit ups 50 reps

Lunges 50 reps

Tricep dips 50 reps

Back extensions 50 reps

BOXING WOD 36

High knees 40 reps

Push ups 20 reps

“Rocky” reverse crunches 20 reps

Shadow boxing 5 mins

BOXING WOD 37

Sit ups 20 reps

Sit up and punch 20 reps

Sit up and touch toes 20 reps

Oblique sit up 20 reps

Ab cycle 20 reps

Back extensions 20 reps

Spiderman plank 20 secs

BOXING WOD 38

Jog 1 min

Shadow box 3 mins

Jog 1 min

Boxing round 1 (1 min jab, hook, uppercut, 2 min throw combos)

Jog 1 min

Boxing round 2 (3 mins all combos)

Jog 1 min

Boxing round 3 (3 mins all combos)

Jog 1 min

Jump rope 3 mins

Jog 1 min

Shadow box 3 mins

BOXING WOD 39

Jabs/Crosses/Push-ups 3 sets 10 reps

Jab crosses/Squats/Squat jumps 3 sets 10 reps

10 round kicks each leg 3 reps

Hook punches alternate arms / Burpees 3 sets 10 reps

BOXING WOD 40

Push ups 25 reps

Pull ups 25 reps

Squat Jumps 25 reps

25 Burpees 25 reps

Air box – cross/jab/hook combo 3 mins

Repeat for 4 rounds with 1 min rest between rounds

BOXING WOD 41

Run 100m

30 uppercut punches on heavy bag

Run 100m

30 hooks on pads

Repeat for 12 rounds

BOXING WOD 42

30 uppercut punches on heavy bag

30 flutter kicks

30 side hook punches on heavy bag

30 sit-ups

100m run

Repeat for 7 rounds

BOXING WOD 43

40 straight punches

10 uppercuts

10 side hooks

30 seconds rest

40 straight punches

20 sit-ups

30 second plank

Repeat for 7 rounds

BOXING WOD 44

1 minute on, 1 minute off of the following:

30 straight punches

10 sit-ups

30 side hooks

10 sit-ups

30 uppercuts

Repeat for 20 minutes

BOXING WOD 45

Complete 10 rounds as quick as possible of:

20 air squats

20 push-ups

20 straight punches

20 sit-ups

20 walking lunges

20 box jumps

BOXING WOD 46

7 rounds of:

10 double-unders

1 minute shadow boxing

Run 200m

10 sit-ups

10 air squats

BOXING WOD 47

As many rounds as possible in 10 minutes:

12 straight punches

12 burpees

12 sit-ups

12 jumping jacks

12 push-ups

BOXING WOD 48

Complete the following as fast as possible:

50 double-unders

50 sit-ups

50 box jumps

20 straight punches

20 uppercuts

20 side hooks

20 mountain climbers

20 burpees

20 jumping jacks

BOXING WOD 49

Complete 5 rounds as quick as possible of:

20 air squats

20 push-ups

20 straight punches

50 double-unders

50 sit-ups

50 box jumps

BOXING WOD 50

3 rounds of:

Shadow Boxing 1 min

Squat Thrusts 20 reps

Kettle Bell Snatches 20 reps

Sit ups 60 reps

Dumbbell WODs

DB WOD 1

21-15-9

DB thrusters

Burpees

100m sprint

DB WOD 2

300m sprint

21 DB deadlifts

DB WOD 3

100 DB push press

20 jump rope singles

10 HSPU

20 DB thrusters

DB WOD 4

EMOM for 15 minutes

10 DB swings

20 DB push press

DB WOD 5

6 rounds for time

10 push-ups

15 DB hang squat cleans

15 walking lunges (per leg)

15 DB deadlifts

DB WOD 6

For time

100 DB hang squat clean thrusters

100 burpee broad jumps

DB WOD 7

AMRAP in 12 minutes

10 DB push ups

10 sit-ups (holding DB)

10 DB snatch (per arm)

DB WOD 8

For time

100 air squats

100 DB squats

100 DB push-ups

10 burpees

10 broad jumps

DB WOD 9

Start a clock:

Run for 5 minutes at a moderate pace on the treadmill.

At minute 6 perform max snatches in 2 minutes alternating arms with the dumbbell.

At minute 9 perform max KB swings w/dumbbell in 1 minute

At minute 11 perform max front squats holding the same dumbbell for 2 minutes

At minute 14 perform max burpees for 1 minute

DB WOD 10

AMRAP in 12 minutes

14 bodyweight dips

14 walking lunges (per leg)

14 DB shoulder press

DB WOD 11

5 Rounds for time

10 mountain climbers

7 DB squat cleans

4 DB deadlifts

DB WOD 12

EMOM for 10 minutes

10 DB push press

2 burpees

DB WOD 13

For time

100 DB deadlifts

DB WOD 14

40-20-10-5

DB Thrusters

Walking lunges holding DB

Burpees

DB WOD 15

EMOM for 15 mins

3 DB squats

5 push ups

7 DB thrusters
9 walking DB lunges (per leg)

DB WOD 16

For time
400m sprint
40 DB one arm snatch (right)
400m sprint
40 DB one arm snatch (left)
400m sprint

DB WOD 17

80 jump rope singles
10 DB snatches (per arm)
10 DB thrusters
10 Turkish get ups
100m sprint

DB WOD 18

AMRAP in 5 minutes
5 DB shoulder press
5 pull-ups (holding DB)
5 dips (holding DB)

DB WOD 19

5 rounds for time

200m sprint

35 dumbbell squats

10 toes to bar

35 DB shoulder press

DB WOD 20

AMRAP in 20 minutes

400m sprint

40 DB thrusters

DB WOD 21

9 rounds for time

10 DB snatches (per arm)

100m sprint

DB WOD 22

EMOM for 17 minutes

7 DB thrusters

7 DB lunges

DB WOD 23

3 rounds for time
200m sprint
30 DB clean and press
20 DB squats
300m sprint

DB WOD 24

3 rounds for time
18 DB swings
18 sit-ups

DB WOD 25

30-25-20-15-10-5-1
Dumbbell shoulder press
Jump rope singles
Burpees

DB WOD 26

21-15-9
DB hang cleans
Pull-ups

DB WOD 27

For time

21-15-9

DB swing single arm

DB single arm push press

Mountain climbers

DB WOD 28

EMOM for 20 minutes

5 DB thrusters

DB WOD 29

3 rounds for time

25 DB deadlift

20 DB swings

15 DB push press

100 mountain climbers

DB WOD 30

For time

100m sprint

20 DB walking lunges (per leg)

20 push-ups

20 sit-ups

100m sprint

DB WOD 31

10 rounds for time

15 DB goblet squats

15 DB floor press

DB WOD 32

EMOM for 20 minutes

10 bodyweight squats

10 pull-ups

10 DB floor press

10 DB goblet squats

DB WOD 33

5 rounds

40 seconds per exercise

DB push press

DB one arm row

DB front squat

400m sprint

DB WOD 34

AMRAP in 12 minutes

400m sprint

4 DB deadlifts

DB WOD 35

For time

12-10-8-6-4-2

DB one arm row (per arm)

DB deadlift

DB thrusters

DB WOD 36

For Time

21-15-9-6-3-1

DB hang clean

DB push up

DB snatch

DB WOD 37

10-5-1

DB deadlift

DB floor press

DB walking lunges (per leg)

DB WOD 38

AMRAP in 15 minutes

20 burpees

20 DB thrusters

DB WOD 39

AMRAP in 17 minutes

10 DB power cleans

10 Turkish get-ups

DB WOD 40

5 rounds for Time

8 pull-ups

8 DB goblet squats

8 sit-ups

DB WOD 41

As many rounds as possible (3 minutes per round)

1 minute DB push press
1 minute DB walking lunges
1 minute DB deadlifts

DB WOD 42

For time

100 DB floor press
100 push-ups
100 bodyweight squats
100 DB walking lunges

DB WOD 43

Tabata each exercise

DB front squat
DB swings
DB thruster

DB WOD 44

AMRAP in 21 minutes

10 burpees
10 DB thrusters
10 DB front squats

DB WOD 45

For time

21-15-9

HSPU

DB renegade row

100m sprint

Floor press

Push-ups

DB WOD 46

4 rounds for time

8 DB swings

8 push-ups

8 Turkish get-ups

80m dash

DB WOD 47

For time

25 DB thrusters
25 DB Ground-to-Overhead
25 DB renegade rows
25 DB push press
25 DB front squats

DB WOD 48

EMOM for 21 minutes
12 DB goblet squats
12 push-ups
12 DB renegade rows

DB WOD 49

7 rounds for time
12 DB deadlifts
12 burpees
100m sprint

DB WOD 50

EMOM for 15 minutes
4 DB push-ups
4 DB floor press
4 dips

DB WOD 51

For Time:

20-18-16-14-12-10-8-6-4-2-1

Tuck jumps

DB walking lunges

DB squats

DB thrusters

DB push press

DB WOD 52

AMRAP in 20 minutes

5 burpees

10 weighted sit-ups (holding DB)

15 DB goblet squats

DB WOD 53

For time

50 jump rope singles

50 burpees

50 DB clean and press

50 DB walking lunges (per leg)

50m dash

DB WOD 54

For time

100 weighted push-ups (holding DB)

100 weighted sit-ups (holding DB)

100 DB front squats

DB WOD 55

10 min AMRAP

5 Tuck Jumps

5 Plyo Pushups

5 Jump Squats

30 Sec Plank

DB WOD 56

20 sec Work 10 sec Rest for 8 Sets

In order

DB push press

DB walking lunges

Jump rope singles

DB deadlifts

DB WOD 57

5 Rounds for time

50 DB floor press

100m sprint

50 DB goblet squats

DB WOD 58

Max DB squats in 1 minute

30 sec rest

Max DB push-ups in 1 minute

30 sec rest

Max DB walking lunges in 1 minute

30 sec rest

Max DB push press in 1 minute

30 sec rest

Max sit-ups (holding DB) in 1 minute

DB WOD 59

For time

21-15-9-4-3-2-1

DB walking lunges (per leg)

Double-unders

Box jumps

DB floor press

DB WOD 60

50 Jump rope singles

9 DB thrusters

9 DB push press

18 DB walking lunges (9 per leg)

DB WOD 61

For time

50m sprint

25 weighted push-ups (with DB on back)

50 sit-ups

25 DB front squats

50 DB renegade rows

DB WOD 62

AMRAP in 15 minutes

5 push-ups

10 DB shoulder press

15 DB squats

10 mountain climbers

DB WOD 63

3 rounds for time

2 minutes jump rope singles

5 weighted push-ups (with DB on back)

25 DB floor press

25 DB renegade rows

25 DB cleans

DB WOD 64

For time

100 weighted dips (with DB strapped to waist)

100 weighted pull-ups (with DB strapped to waist)

Rest as necessary

DB WOD 65

3 Rounds for time

400m sprint

30 DB thrusters

30 DB floor press

DB WOD 66

AMRAP in 16 minutes

10 DB thrusters

10 Burpees

10 DB push-ups

10 Burpees

10 DB renegade rows

DB WOD 67

EMOM for 10 minutes

5 deadlifts

5 push presses

5 DB goblet squats

50 DB Russian twists (holding DB while rotating side to side)

DB WOD 68

For time

50 DB thrusters

100 push-ups

50 DB swings

DB WOD 69

10-9-8-7-6-5-4-3-2-1

DB walking lunges

DB renegade rows

Turkish get-up

DB shoulder press

DB WOD 70

AMRAP in 7 minutes

10 DB floor press

10 DB push press

20 mountain climbers

10 DB walking lunges (5 per leg)

10 DB front squats

Jump Rope WODs

Beginner Jump Rope WOD 1

AMRAP in 10 minutes

20 singles

10 push-ups

5 double-unders

10 bodyweight squats

Beginner Jump Rope WOD 2

For time

500 singles

Beginner Jump Rope WOD 3

AMRAP in 20 minutes

50 singles

5 pull-ups

50 singles

5 push-ups

50 singles

5 bodyweight squats

Beginner Jump Rope WOD 4

For time

20 singles

20 box jumps

20 push-ups
20 toes to bar
20 singles
5 double-unders
200m row

Beginner Jump Rope WOD 5

For time

20 jump rope singles
40 wall ball shots
60 burpees
80 jump rope singles
500m sprint

Beginner Jump Rope WOD 6

4 rounds for time
40 jump rope singles
10 thrusters
20 box jumps
30 sit-ups
40 jump rope singles

Jump Rope WOD 1

3 rounds

50 jump rope singles

10 clean & jerks

50 double-unders

Jump Rope WOD 2

For time

10 pull-ups

10 jump rope singles

10 push-ups

10 jump rope singles

20 pull-ups

30 jump rope singles

40 push-ups

50 jump rope singles

Jump Rope WOD 3

5 rounds

10 KB Turkish get-up

20 jump rope singles

30x flutter kicks

40 double-unders

Jump Rope WOD 4

For time

50 double-unders

10 burpees

40 double-unders

20 sit-ups

30 double-unders

30 jumping jacks

20 double-unders

40 walking lunges (20 per leg)

10 double-unders

50 pull-ups

Jump Rope WOD 5

4 rounds

500m sprint

4 pull-ups

40 jump rope singles

Jump Rope WOD 6

5 rounds

50-40-30-20-10

Jump rope singles

Thrusters

Double-unders

Jump Rope WOD 7

For time

50 double unders

10 handstand push-ups

40 double unders

8 handstand push-ups

30 double unders

6 handstand push-ups

20 double unders

4 handstand push-ups

10 double unders

2 handstand push-ups

Jump Rope WOD 8

8 rounds

150m row

20 wall ball shots

50 jump rope singles

25 double-unders

Jump Rope WOD 9

10 rounds for time

5 power cleans

10 pull-ups

15 double-unders

Jump Rope WOD 10

For time

20 double-unders

5 pull-ups

6 push-ups

7 pull-ups

8 squats

9 pull-ups

100 jump rope singles

Jump Rope WOD 11

20 pull-ups

10 double-unders

20 pull-ups

10 deadlifts

20 pull-ups

10 split squats

10 double-unders

20 pull-ups

10 burpees

20 pull-ups

10 toes to bar

20 pull-ups

10 double-unders

Jump Rope WOD 12

For time

6 double-unders

100m row

6 double-unders

20 handstand push-ups

6 double-unders

30 ring dips

6 double-unders

30 push-ups

6 double-unders

30 sit-ups

6 double-unders

Jump Rope WOD 13

3 rounds

20 mountain climbers

30 sit-ups

1 minute jump rope singles

10 double-unders

1 minute jump rope singles

10 double-unders

30 sit-ups

Jump Rope WOD 14

90 seconds per exercise, rotate for 3 rounds

Burpees

Jump rope singles

Push-ups

Jump rope singles

Pull-ups

Jump rope singles

Squats

Jump Rope WOD 15

5 rounds

15 double-unders

15 pull-ups

15 squats

15 box jumps

15 push-ups

15 double-unders

Jump Rope WOD 16

For time

Row 70 calories

10 double-unders

Row 70 calories

20 double-unders

Row 35 calories

30 double-unders

Row 35 calories

Jump Rope WOD 17

2 rounds for time

21 double-unders

10 burpees

10 broad jumps

10 Pull-ups

10 goblet squats

10 box jumps

10 jump rope singles

Jump Rope WOD 18

AMRAP in 12 minutes

5 thrusters

5 pull-ups

10 double-unders

Jump Rope WOD 19

3 rounds for time

24 double-unders

24 KB swings

24 jump rope singles

24 mountain climbers

Jump Rope WOD 20

AMRAP in 20 minutes

200m sprint

10 HSPU

10 jump rope singles

200 double-unders

Jump Rope WOD 21

3 rounds

20 pistol squats

20 double-unders

20 push-ups

20 toes to bar

Jump Rope WOD 22

AMRAP in 17 minutes

50m swim

50m sprint

50 jump rope singles

30 second plank

50 double-unders

Jump Rope WOD 23

3 rounds

21-15-9-5-1

Jump rope singles

Wall ball shots

Sit-ups

Double-unders

Jump Rope WOD 24

6 rounds for time

5 double-unders

5 KB clean & press

5 DB push press

5 jump rope singles

5 KB swings

5 deadlifts

Jump Rope WOD 25

AMRAP in 10 minutes

15 Double-unders

15 Handstand push-ups

Jump Rope WOD 26

4 rounds

1 minute plank

10 jump rope singles

1 minute plank (side)
10 jump rope singles
1 minute plank (other side)
10 jump rope singles
1 minute hollow hold
10 jump rope singles

Jump Rope WOD 27

30 rounds
50-25-5
Double-unders
Thrusters
Front squats

Jump Rope WOD 28

For time
Row 1000m
60 Double-unders
10 HSPU
30 dips
30 push-ups

30 sit-ups

60x Double-unders

Jump Rope WOD 29

2 rounds for time

400m sprint

400 jump rope singles

50 pull-ups

50 double-unders

Jump Rope WOD 30

For time

100 double-unders

Jump Rope WOD 31

For time

50 unbroken jump rope singles

10 unbroken double-unders

Jump Rope WOD 32

5 rounds for time

20 pull ups

20 double-unders

20 jump rope singles

Jump Rope WOD 33

For time

100m sprint

100 double unders

20m bear crawl

20 jump rope singles

20 jumping jacks

Jump Rope WOD 34

2 rounds

20 HSPU

20 dips

20 goblet squats

20 unbroken double-unders

Jump Rope WOD 35

AMRAP in 9 minutes

3 deadlifts

3 muscle-ups

6 double-unders

12 jump rope singles

Jump Rope WOD 36

2 round for max reps

1 minute deadlifts

30 seconds Double unders

1 minute deadlifts

30 seconds Double unders

1 minute squats

1 minute jump rope singles

Jump Rope WOD 37

3 rounds

20 jump rope singles

20 push-ups

20 double-unders

20 push-ups

Jump Rope WOD 38

AMRAP in 20 minutes

5 snatches

10 pistols squats

15 double-unders

Jump Rope WOD 39

AMRAP in 15 minutes

5 L pull-ups

10 burpee broad jumps

15 jump rope singles

Jump Rope WOD 40

AMRAP in 10 minutes

6 squat clean

12 pull-ups

24 double-unders

Jump Rope WOD 41

25-10-5-4-3-2-1

squats

push-ups

sit-ups

Broad jumps

Toes to bar

Jump Rope WOD 42

For time

25 Handstand push-ups

25 Double unders

55 KB swings

25 Double unders

25 Burpees

55 Push-ups

25 Pull-ups

25 Wall ball

Jump Rope WOD 43

AMRAP in 13 minutes

7 pull-ups

50 wall ball shots

100 double-unders

Jump Rope WOD 44

6 rounds

20 overhead press

5 power clean

25 double-unders

Jump Rope WOD 45

2 rounds

20 jump rope singles

20 double-unders

20 push-ups

20 sit-ups

20 pull-ups

20 squats

20 toes to bar

20 double-unders

20 jump rope singles

Jump Rope WOD 46

For time

100m sprint

20 front squats

40 wall ball shots

60 burpees

80 double-unders

100m sprint

Jump Rope WOD 47

4 rounds

15 broad jumps

10 thrusters

20 jump rope singles

15 broad jumps

40 double-unders

Jump Rope WOD 48

2 rounds

50 walking lunges (25 per leg)

25 clean & press

50 jump rope singles

25 dips

50 wall ball shots

25 double-unders

Jump Rope WOD 49

AMRAP in 20 minutes

250m row

10 jump rope singles

100 push-ups

Row 250m

Jump Rope WOD 50

7 rounds for time

5 HSPU

10 deadlifts

10 pull-ups

5 double-unders

Jump Rope WOD 51

5 rounds

10 Double KB swing

12 toes to bar

14 double-unders

Jump rope WOD 52

For time

100 double unders

100 push-ups

100m sprint

100m bear crawl

Jump Rope WOD 53

AMRAP in 15 minutes

5 weighted pull-ups

10 thrusters

15 double-unders

25 jump rope singles

Jump Rope WOD 54

20-10-7

Push-ups

Jump rope singles

Sit-ups

Broad jumps

Pull-ups

Double-unders

Squats

Toes to bar

Jump Rope WOD 55

10 rounds for time

10 burpees

1 double under

10 sit-ups

Jump Rope WOD 56

3 rounds for time

160m sprint

16 double-unders

160 jump rope singles

16 KB swings

Jump Rope WOD 57

5 rounds

15 pull-ups

15 squats

15 box jumps

15 double-unders

15 push-ups

Jump Rope WOD 58

AMRAP in 10 minutes

10 wall ball shots

10 power snatches

10 double unders

Jump Rope WOD 59

AMRAP in 20 minutes

5 power cleans

10 pistol squats

15 double-unders

Jump Rope WOD 60

AMRAP in 8 minutes

8 DB snatches (per arm)

8 toes to bar

8 double-unders

8 broad jumps

8 jump rope singles

Jump Rope WOD 61

2 rounds for time

100 double-unders

90 squats

80 sit-ups

70 push-ups

60 pull-ups

50 dips

40 box jumps

30 burpees

20 toes to bar

10 HSPU

Jump Rope WOD 62

3 rounds for time

10 double-unders

10 pull-ups

10 burpees

10 deadlifts

10 clean & press

Jump Rope WOD 63

3 rounds

12 deadlifts

24 jump rope singles

6 double-unders

200m sprint

Jump Rope WOD 64

5 rounds for time

10 burpees

15 walking lunges (per leg)

20 jump rope singles

100m sprint

Jump Rope WOD 65

For time

Row 50 calories

100 jump rope singles

Row 40 calories

100 jump rope singles

Row 30 calories

100 jump rope singles

Row 20 calories

100 jump rope singles

Row 10 calories

Jump Rope WOD 66

3 rounds for time

30 double-unders

30 wall ball shots

30 broad jumps

Jump Rope WOD 67

50-40-30-20-10

Double-unders

Sit-ups

Push-ups

Jump rope singles

Jump Rope WOD 68

8 rounds for time

15 toes to bar

50 double-unders

Jump Rope WOD 69

2 rounds for time

400m sprint

15 HSPU

50 double-unders

25 jump rope singles

Jump Rope WOD 70

4 rounds for time

100m sprint

10 jumping jacks

10 broad jumps

21 double-unders

10 KB renegade rows

5 push-ups

5 sit-ups

5 squats

Kettlebell WODs

KB WOD 1

EMOM for 12 minutes

1 KB clean

2 KB push press

3 KB push-ups

KB WOD 2

4 rounds for time

21 double KB swing

21 double KB thruster

20 mountain climbers

KB WOD 3

6 rounds for time

10 pistol squats (5 per leg)

10 box jumps

10 KB squats

KB WOD 4

Max reps in 12 minutes

KB clean & jerk

KB is not to touch floor for duration of WOD

KB WOD 5

AMRAP in 15 minutes

15 KB swings

15 KB squats

10 KB walking lunges (5 per leg)

KB WOD 6

AMRAP in 20 minutes

3 KB pistol squats (per leg)

6 KB clean & press

9 KB snatch

KB WOD 7

3 rounds for time

30 broad jumps

10 burpees

30 pull-ups

10 mountain climbers

30 push-ups

KB WOD 8

2 rounds for time

80 KB swing

60 sit-ups

80 KB squats

KB WOD 9

8 rounds

10 pistol squats (5 per leg)

1 minute plank

10 jumping jacks

KB WOD 10

EMOM for 12 minutes

7 jumping jacks

7 burpees

7 push-ups

KB WOD 11

AMRAP in 25 minutes

9 KB squats

10 push-ups

9 KB swings

10 push-ups

9 KB thrusters

10 push-ups

KB WOD 12

For time

50 jumping jacks

50 KB deadlifts

50 burpees

50 KB squats

KB WOD 13

AMRAP in 18 minutes

20 sit-ups

20 toes to bar

20 high knees

20 air squats

20 push-ups

KB WOD 14

10 rounds for time

10 burpees

10 sit ups

10 jumping jacks

10 air squats

50m dash

KB WOD 15

Tabata (8 intervals – 20 seconds work – 10 seconds rest)

KB swings

Pull-ups

KB squats

Jumping lunges

KB WOD 16

4 rounds for time

12 KB thruster

12 sit-ups

20 KB push-ups

12 KB clean & jerk

KB WOD 17

3 rounds for time

20 jump rope singles

20 diamond push-ups

20 KB swings

KB WOD 18

EMOM for 20 minutes

1 burpee

2 KB thrusters

3 KB push-ups

KB WOD 19

For time

40 walking lunges (20 per leg)

10 KB snatches

10 KB push-ups

40 double KB squats

KB WOD 20

5 rounds

Max KB thrusters in 2 minutes

Max double KB squats in 2 minutes

Max KB push-ups in 2 minutes

KB WOD 21

5 rounds for time

10 pull-ups

10 KB snatches

10 KB swings

10 pistol squats

KB WOD 22

21-15-9 for time

KB push-ups

Sit-ups

KB clean & jerk

KB walking lunges (per leg)

KB WOD 23

50-40-30-20-10-5 for time

KB goblet squats

KB swings

One arm KB press

KB WOD 24

50-40-30-20-10 reps

Squat jumps

Single KB thruster

KB sumo deadlift

KB farmers walk (reps = metres)

KB WOD 25

EMOM for 14 minutes

3 KB deadlifts

3 KB clean & jerk

3 diamond push-ups

KB WOD 26

3 rounds for time

20 KB push-ups

50 KB goblet squats

21 KB sumo deadlifts

15 jumping jacks

KB WOD 27

EMOM for 15 minutes

5 air squats

6 KB walking lunges (per leg)

2 mountain climbers

1 KB deadlift

KB WOD 28

For time (partition as necessary)

100 pull-ups

100 push-ups

100 sit-ups

100 mountain climbers

KB WOD 29

AMRAP in 12 minutes

5 KB windmills

5 KB thrusters

5 KB clean & jerk

KB WOD 30

22-11-8-4-2

KB front squat

KB clean & jerk

KB goblet squat

KB thrusters

Jumping jacks

Rowing WODs

ROWING WOD 1

Intervals

Row 4x1200m

Rest 2 minutes between intervals

ROWING WOD 2

Time trial

Row 1500m

Damper setting at 10

ROWING WOD 3

Intervals

Cover max distance

Row 6x[90:90]

ROWING WOD 4

2 rounds

Rest for exact amount of time as previous row interval

Row 250m

Rest

Row 500m

Rest

Row 1000m

Rest

Row 2000m

Rest

ROWING WOD 5

5 rounds

Rowing intervals, use total distance or calories as score

10:10

20:10

10:10

30:10

15:10

25:60

ROWING WOD 6

Intervals

Row 10x250m

Rest 1 minute between intervals

ROWING WOD 7

Intervals

Row 6x[90:90]

ROWING WOD 8

Time trial

Cover max distance

Row 25 minutes

ROWING WOD 9

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 10

Intervals

Cover max distance

Row 10x[60:60]

ROWING WOD 11

Intervals

Cover max distance

Row 8x[30:20]

ROWING WOD 12

Intervals

Cover max distance

Row 6x[90:90]

ROWING WOD 13

For time

Row 50 calories

Rest 4 minutes

Row 40 calories

Rest 3 minutes

Row 30 calories

Rest 2 minutes

Row 20 calories

Rest 1 minute

Row 10 calories

ROWING WOD 14

Intervals

Row 4x1200m

Rest 2 minutes between intervals

ROWING WOD 15

Intervals

2 rounds, cover max distance

Row 1 minute

Rest 1 minute

Row 1 minute

Rest 50 seconds

Row 1 minute

Rest 40 seconds

Row 1 minute

Rest 30 seconds

Row 1 minute

Rest 20 seconds

Row 1 minute

Rest 10 seconds

ROWING WOD 16

Time trial

Cover max distance

Row 25 minutes

ROWING WOD 17

Tabata

Cover max distance possible

Row 8x[20:10]

ROWING WOD 18

Intervals

Cover max distance during each interval

Row 3 minutes

Rest 2 minutes

Row 3 minutes
Rest 3 minute
Row 3 minutes
Rest 1 minute
Row 3 minutes
Rest 3 minute
Row 3 minutes
Rest 1 minute

ROWING WOD 19

Intervals
2 rounds, cover max distance
Row 1 minute
Rest 1 minute
Row 1 minute
Rest 50 seconds
Row 1 minute
Rest 40 seconds
Row 1 minute
Rest 30 seconds
Row 1 minute
Rest 20 seconds
Row 1 minute
Rest 10 seconds

ROWING WOD 20

Intervals
Rest 45 seconds between intervals
Row 8x250m

ROWING WOD 21

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 22

Intervals

Row 10x250m

Rest 1 minute between intervals

ROWING WOD 23

Tabata

Cover max distance possible

Row 8x[20:10]

ROWING WOD 24

Time trial

Cover max distance

Row 10 min

ROWING WOD 25

Time trial

Cover max distance

Row 10 min

ROWING WOD 26

Intervals

Rest 45 seconds between intervals

Row 8x250m

ROWING WOD 27

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 28

Intervals

Cover max distance during each interval

Row 3 minutes

Rest 1 minute

Row 3 minutes

Rest 3 minute

Row 3 minutes

Rest 1 minute

Row 3 minutes

Rest 3 minute

Row 3 minutes

ROWING WOD 29

Intervals

Row 4x1200m

Rest 2 minutes between intervals

ROWING WOD 30

Intervals

Row 20x[15:10]

ROWING WOD 31

Intervals

Row 4x1200m

Rest 2 minutes between intervals

ROWING WOD 32

Intervals

Row 20x[15:10]

ROWING WOD 33

Intervals

For max distance

Row 20x[15:10]

ROWING WOD 34

Rowing ladder

For total distance

Row 1 minute ON 1 minute OFF

Row 1 minute ON 50 seconds OFF

Row 1 minute ON 40 seconds OFF

Row 1 minute ON 30 seconds OFF

Continue down ladder until 1 minute ON 10 seconds OFF

Proceed back up and finish with 1 minute ON 50 seconds OFF

ROWING WOD 35

3 rounds

Row 500m

Row 200m, upper body only

Rest 1 minute

ROWING WOD 36

Intervals

Cover max distance

Row 8x[30:20]

ROWING WOD 37

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 38

5 rounds

Partner effort, one rows while the other rests, switch until all rounds done

Row 50-40-30-20-10 calories

ROWING WOD 39

3 rounds

Total calories = score

Row 2 minutes

Rest 3 minutes

Row 1 minute, arms only

Rest 1 minute

Row 1 minute

Rest 3 minutes

ROWING WOD 40

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 41

Time trial

Row 8000m

ROWING WOD 42

Intervals

Record average time for all intervals, this is an all out effort.

Row 10x250m

Rest for 5x(interval time) after each row interval

ROWING WOD 43

Intervals

Rest 2 minutes between intervals

Row 6x500m

ROWING WOD 44

Intervals

Row 4x1200m

Rest 2 minutes between intervals

ROWING WOD 45

Tabata

Cover max distance possible

Row 8x[20:10]

ROWING WOD 46

Time trial

Row 1500m

Damper setting at 10

ROWING WOD 47

Intervals

2 rounds, cover max distance

Row 1 minute

Rest 1 minute

Row 1 minute

Rest 50 seconds

Row 1 minute

Rest 40 seconds

Row 1 minute

Rest 30 seconds

Row 1 minute

Rest 20 seconds

Row 1 minute

Rest 10 seconds

ROWING WOD 48

Intervals

Record average time for all intervals

Row 10x250m

Rest for 5x(interval time)

ROWING WOD 49

Intervals

Cover max distance

Row 10x[60:60]

ROWING WOD 50

For time

Row 5K

500x reps of any combination of abdominal exercises

ROWING WOD 51

Time trial

Row 4000m

ROWING WOD 52

Intervals

2 rounds, cover max distance

Row 1 minute

Rest 1 minute

Row 1 minute

Rest 50 seconds

Row 1 minute

Rest 40 seconds

Row 1 minute

Rest 30 seconds

Row 1 minute

Rest 20 seconds

Row 1 minute

Rest 10 seconds

ROWING WOD 53

Intervals

Record average time for all intervals, this is an all out effort.

Row 10x250m

Rest for 5x(interval time) after each row interval

ROWING WOD 54

Intervals

Rest exactly 2 minutes between intervals, cover max distance possible

Row 4x8 minutes

ROWING WOD 55

For time

Row 50 calories

Rest 4 minutes

Row 40 calories

Rest 3 minutes

Row 30 calories

Rest 2 minutes

Row 20 calories

Rest 1 minute

Row 10 calories

ROWING WOD 56

4 rounds for max distance

Row 2 minutes

Rest 1 minute

ROWING WOD 57

3 Rounds For Reps:

1 Minute Wall Ball Shots (20# / 14#)

1 Minute SDHP (75# / 55#)

1 Minute Box Jumps (20 / 20)

1 Minute Push Presses (75# / 55#)

1 Minute Row

1 Minute Rest

One point is given for each rep, except on the rower, where each calorie is one point.

ROWING WOD 58

AMRAP 10 Minutes:

10 Calorie Row

10 Burpees

ROWING WOD 59

In teams of 2

For Time:

5,000 Mete Row

Only one athlete can be working at a time.

ROWING WOD 60

For Time:

400/40/4, 300/30/3, 200/20/2, 100,10,1

Row

Air Squats

Rope Climbs (15')

ROWING WOD 61

5 Rounds For Time:

5 Squats (275# / 205#)

500 Meter Row

Rest as needed between rounds.

ROWING WOD 62

4 Rounds For Time:

250 Meter Row
AMRAP Burpee Pull-ups

ROWING WOD 63

3 Rounds For Reps:

1 Minute Wall Ball Shots (20# / 14#)

1 Minute SDHP (75# / 55#)

1 Minute Box Jumps (20 / 20)

1 Minute Push Presses (75# / 55#)

1 Minute Row

1 Minute Rest

One point is given for each rep, except on the rower, where each calorie is one point.

ROWING WOD 64

AMRAP 12 Minutes:

12 Calorie Row

12 Burpees

ROWING WOD 65

AMRAP 30 Minutes:

1000 Meter Row

10 Wall Climbs

ROWING WOD 66

For Time:

21-15-9

KB Swings (2 Pood / 1.5 Pood)

Row (calories)

ROWING WOD 67

3 Rounds For Time:

1,000 Meter Row

50 Burpees

50 Box Jumps (24" / 20")

800 Meter Run

ROWING WOD 68

Tabata

Row

Air Squats

Pull-ups

Push-ups

Sit-ups

ROWING WOD 69

3 Rounds For Time:

1000 Meter Row

Each row will be max effort.

Rest as long as needed between rounds.

Score will be total time.

ROWING WOD 70

In teams of 2

AMRAP 12 Minutes

12 Calorie Row

12 Burpees

One athlete will row while the other completes the burpees.

Athletes will switch stations and begin the next round, only after both athletes have completed their reps.

ROWING WOD 70

5 Rounds For Time:

5 Squats (275# / 205#)

500 Meter Row

Rest as needed between rounds.

ROWING WOD 71

For Time:

30 Pull-ups

20 Row (calories)

10 Deadlifts (275# / 205#)

10 Handstand Push-ups

20 Ring Dips

30 Burpees

ROWING WOD 72

6 Rounds for Reps:

1 Minute Row

1 Minute Burpees

1 Minute Double-unders

1 Minute Rest

Score each exercise separately, as well as total. Row is for calories.

ROWING WOD 73

AMRAP 10 Minutes:

10 Calorie Row

10 Burpees

ROWING WOD 74

5 Rounds For Time:

500 Meter Row

Each row will be max effort.

Rest as long as needed between rounds.

Score will be total time.

ROWING WOD 75

Tabata

Wall Ball Shots (20# / 14#)

SDHP (75# / 55#)

Box Jumps (20 / 16)

Push Presses (75# / 55#)

Row (calories)

Score is total reps.

ROWING WOD 76

For Time:

21-15-9

KB Swings (2 Pood / 1.5 Pood)

Row (calories)

ROWING WOD 77

Tabata

Row (calories)

Air Squats

Pull-ups

Push-ups

Sit-ups

Rest one minute after each Tabata cycle.

Tabata score is the least number of reps performed in any of the eight intervals.

ROWING WOD 78

AMRAP 14 Minutes:

60 Calorie Row

50 Toes-to-bars

40 Wall Ball Shots (20# / 14#)

30 Cleans (135# / 95#)

20 Muscle-ups

ROWING WOD 79

AMRAP 12 Minutes:

12 Calorie Row

12 Burpees

ROWING WOD 80

AMRAP 20 Minutes

5 Power Cleans (95# / 65#)

5 Front Squats (95# / 65#)

5 Push Presses (95# / 65#)

500 Meter Row

Running WODs

Running WOD 1

AMRAP in 14 minutes

10 push-ups

10 ring pull-ups

100m sprint

Running WOD 2

For time

Sprint 100m

83 OH walking lunges

70 squats

83 reverse OH walking lunge steps

35 push-press

Sprint 100m

15 thrusters

83 walking lunge steps

35 burpees

83 reverse walking lunge steps

35 wall ball

Sprint 100m

70 double unders

Sprint 100m

Running WOD 3

2 rounds

20 broad jumps

30 Double KB press

20 squats

30 KB renegade rows

Sprint 100m

20 KB swings

30x Double KB front squat

20 KB snatch

Sprint 100m

30 pull-ups

20 sit-ups

30 push-ups

Sprint 100m

20 broad jumps

Running WOD 4

6 rounds for time

Sprint 100m

1 minute max reps deadlift (1.5 bodyweight)

Sprint 100m

Running WOD 5

3 rounds

10 front squat

Sprint 100m

15 pull-ups

Sprint 100m

10 burpees

Running WOD 6

For time

Row 20 calories

Sprint 100m

Row 30 calories

Sprint 100m

Row 40 calories

Sprint 100m

Row 50 calories

Sprint 100m

Row 60 calories

Running WOD 7

6 rounds for time

50m sprint

50 skipping rope singles

15 box jumps

50m sprint

Running WOD 8

Max rounds in 12 minutes

10 push-press

Sprint 200m

Running WOD 9

For time

Row 800m

7 pull-ups

14 KB swings

17 box jumps

14 burpees

7 sprint lunges

30 push-ups

40 flutter kicks

40 squats

Running WOD 10

8 rounds

Deadlift 6-12-18

Thruster 6-12-18

100m sprint

Running WOD 11

4 rounds

Thrusters 15-12-9-5

Sprint 100m

Deadlifts 15-12-9-5

Sprint 100m

Running WOD 12

2 rounds

14 deadlifts

50m sprint

14 pistol squats

28 bodyweight squats

50m sprint

Running WOD 12

6 rounds

20 KB swing

100m sprint

10 burpees

100m sprint

Running WOD 13

5 rounds

5 hang power cleans

50m sprint

50m bear crawl

Running WOD 14

For time

Row 50 calories

Sprint 100m

Row 40 calories

Sprint 100m

Row 30 calories

Sprint 100m

Row 20 calories

Sprint 100m

Row 10 calories

Sprint 100m

Running WOD 15

7 rounds

7 thrusters

70m sprint

17 pull-ups

Running WOD 16

5 rounds

15 KB swing

15 Double KB snatch

30 squats

150m sprint

Running WOD 17

10 rounds

100m sprint

10 pull-ups

10 burpees

100m sprint

Running WOD 18

5 rounds

Sprint 100m

18 walking lunges (9 per leg)

9 burpees

Running WOD 19

8 rounds

Sprint 100m

8x KB swings (72#)

5x Pull-ups, strict

Running WOD 20

4 rounds

20 pull-ups

20 push-ups

50m sprint

20 KB swings

20 deadlifts

Running WOD 21

For time

Row 100 calories

Sprint 100m

Row 100 calories

Sprint 100m

Row 100 calories

Sprint 100m

Row 100 calories

Sprint 100m

Row 100 calories

Sprint 100m

Running WOD 22

AMRAP in 15 minutes

20 burpees

100m sprint

15 pull-ups

50m sprint

Running WOD 23

25 rounds

5 burpees

50m sprint

Running WOD 24

5 rounds

100m sprint

10 DB power snatch

10 DB overhead squats

100m sprint

Running WOD 25

3 rounds for time

Sprint 100m

20 burpees

20 DB push press

20 Squats

20 KB swings

Sprint 100m

20x Double KB front squats

20 KB snatch

20 push-ups

Sprint 100m

Running WOD 26

8 rounds

4 deadlift

40m sprint

14 clapping push-ups

4 burpees

Running WOD 27

Max reps in 10 minutes

15 thrusters

Sprint 40m

15 thrusters

Sprint 40m

Max pull-ups

Running WOD 28

10 rounds

10m Walking handstand

Sprint 50m between each set

Running WOD 29

3 rounds

50m sprint

30 ball slams

30 box jumps

100m sprint

Running WOD 30

AMRAP in 12 minutes

10m sprint

10 push-ups

20m sprint

20 sit-ups

Running WOD 31

Holbrook

10 rounds for time

5 thrusters

10 pull-ups

100m sprint

Running WOD 32

8 rounds

12 push-ups

12 hollow rocks

100m sprint

Running WOD 33

5 rounds for time

10 tuck jumps

100m run

20 tuck jumps

200m run

Running WOD 34

For time

200m run

20 pull-ups

200m run

20 pull-ups

100m run

10 pull-ups

Running WOD 35

3 rounds for time

400m run

15 power cleans

30 double-unders

Running WOD 36

AMRAP in 14 minutes

20 deadlifts

400m sprint

Running WOD 37

For time

600m run

20 KB swings

20 pull-ups

20 KB swings

2- push-ups

600m run

Running WOD 38

AMRAP in 15 minutes

8 snatches

8 push-ups

300m sprint

Running WOD 39

AMRAP in 15 minutes

400m run

5 pull-ups

10 HSPU

Running WOD 40

7 rounds for time

12 deadlift

12 wall ball

200m sprint

Running WOD 41

AMRAP in 10 minutes

3 cleans

20 sit-ups

200m run

Running WOD 42

4 rounds for time

12 power cleans

200m sprint

Running WOD 43

AMRAP in 21 minutes

400m sprint

20 air squats

10 broad jumps

Running WOD 44

13 rounds for time

100m run

10 KB swings

10 toes to bar

Running WOD 45

10 rounds

150m run

8 pull-ups

7 squats

7 burpees

Running WOD 46

10 rounds

15 cleans

50m sprint

Running WOD 47

AMRAP in 20 minutes

2 Snatches

20 Sit-ups

200m run

Running WOD 48

For time

30 clean and press

100m sprint

10 burpees

300m sprint

10 broad jumps

Running WOD 49

7 rounds

10 deadlifts

100m sprint

50 double-unders

50m sprint

Running WOD 50

AMRAP in 20 minutes

300m sprint

5 pull-ups

5 HSPU

Running WOD 51

For time

800m run

50 push-ups

100 power clean s

100 sit-ups

800m run

Running WOD 52

5 rounds

10 front squats

50m dash

10 deadlifts

50m dash

Running WOD 53

For time

30 sumo deadlift

300m sprint

25 snatch

300m sprint

25x clean and press

300m sprint

25 deadlifts

Running WOD 54

5 rounds

20m sprint

8 KB swings

40m sprint

16 push-ups

60m sprint

24 sit-ups

Running WOD 55

3 rounds

200m sprint

20 second rest

400m sprint

40 second rest

600m sprint

60 second rest

Running WOD 56

For time

300m sprint

30 push-ups

10 snatches

Running WOD 57

AMRAP in 15 minutes

700m row

7 squats

7 pull-ups

20 push-ups

100m sprint

Running WOD 58

3 rounds for time

300m sprint

20 thrusters

10 burpees

Running WOD 59

For time

400m sprint

30x double KB snatch

300m sprint

30x KB clean and jerk

300m sprint

30x KB shoulder press

400m sprint

Running WOD 60

8 rounds

400m sprint

30x sit-ups

10x pull-ups

50m dash

Running WOD 61

6 rounds

Run 800m

5 push-ups

5 sit-ups

5 squats

Running WOD 62

For time

600m sprint

20 pull-ups

30 box jumps

20 double-unders

50 air squats

200m sprint

20 toes to bar

400m sprint

Running WOD 63

3 rounds

20 squat cleans

20 burpees

200m sprint

Running WOD 64

5 rounds for time

200m sprint with weighted vest

20 wall balls

10 box jumps

10 overhead squats

Running WOD 65

2 rounds for time

30 pull-ups

400m sprint

15 pull-ups

800m sprint

8 pull-ups

Running WOD 66

AMRAP in 17 minutes

400m sprint

5 pull-ups

10 push-ups

400m sprint

20 sit-ups

20 box jumps

Running WOD 67

For time

300m sprint

40 squats

10 pull-ups

40 push-ups

800m sprint

Running WOD 68

4 rounds for time

Run 200m

50 air squats

Run 300m

50 overhead squats

Run 100m

50 goblet squats

Run 50m

Running WOD 69

For time

800m run

400m backwards run

800m run

400m backwards run

Running WOD 70

1km run stopping every 100m to perform 10 push-ups, 10 sit-ups and 10 squats

Swimming WODs

Swimming WOD 1

For max distance

Swim 8 intervals of 20 seconds on, 10 seconds off

Tread water during 10 second intervals

Swimming WOD 2

For time

50m KB farmers carry underwater

200m Underwater dolphin kick with fins

500x Double-unders

50m KB farmers carry underwater

Swim 100m freestyle

Swim 100m backstroke

Swimming WOD 3

For time

Swim 500m style of choice

Paddle 2000m

Swim 500m style of choice (different to previous)

Swimming WOD 4

AMRAP in 20 minutes

20x/arm KB push press

20x KB Goblet squat

10x/arm KB snatch

25m underwater KB carry

Swimming WOD 5

10 rounds for time

Swim 15m underwater

Swim 35m

Kick back 35m

Rest 1 minute

Swimming WOD 6

3 rounds for time

Swim 100m

30x KB swings

30x body rows

Swim 100m

Swimming WOD 7

6 rounds

Swim 25m

25x Squats

Swim 25m underwater

25x KB swings

Tread water for 2 minutes

Rest 1 minute

Swimming WOD 8

4 rounds for time

Swim 200m

25x Wall balls

30x Push-ups

Swim 200m

10x sit-ups

Swimming WOD 9

3 rounds for time

Swim 200m

30x KB swings

Swim 100m

30x Pull-ups

Swim 50m

Swimming WOD 10

2 rounds for time

30x Pull-ups

Swim 50m backstroke

30x Push-ups

Swim 50m butterfly

60x Sit ups

Swim 50m freestyle

Swimming WOD 11

6 rounds

Swim 100m

25x Pull-ups

Swim 100m

25x Push-ups

Swimming WOD 12

2 rounds

Swim 50m

50-40-30x Power clean

Swim 25m underwater

10 bodyweight squats

Rest 1 minute

Swimming WOD 13

4 rounds

Swim 25m

25x Squats

Swim 25m

40x KB swings

Rest 1 minute

Swimming WOD 14

3 rounds

20x man-makers

Swim 100m

10x/arm KB snatch

20x deadlifts

Swim 100m

Swimming WOD 15

3 rounds

45lb plate roll 25m underwater

Swim 50m

45lb plate roll 25m underwater

Swim 50m

45lb plate roll 25m underwater

Swim 50m

Rest 3 minutes

Swimming WOD 16

For max distance

Swim 5x 30 seconds on, 15 seconds off

Tread water during 15 second rest interval

Swimming WOD 17

AMRAP in 20 minutes

25m KB farmers carry underwater

25 Push-ups

Swim 50m

Swimming WOD 18

For time

100 squats

Swim 100m freestyle

Swim 50m backstroke

Swim 25m underwater

Swim 25m underwater

100 squats

Swimming WOD 19

AMRAP in 15 minutes

Swim 25m

25 push-ups

25 sit-ups

Swim 25m

Swimming WOD 20

7 rounds for time

Swim 50m

10x Handstand push-ups

Swim 50m

10x Poolside get-outs

Rest 1 minute

Swimming WOD 21

For max reps

Tread water 3 minutes

1 minute push-ups

Tread water 2 minutes

1 minute sit-ups

Tread water 1 minute

1 minute squats

Tread water 30 seconds

30 seconds burpees

Swimming WOD 22

5 rounds

Underwater swim 25m

50x Squats

Swimming WOD 23

AMRAP in 15 minutes

Swim 100m

25x Burpees

Swimming WOD 24

AMRAP in 15 minutes

Swim 50m

2x Handstand push-ups

Add 2 additional HSPU for each additional round
(e.g. 4, 6, 8 etc.)

Swimming WOD 25

3 rounds

10x Burpees

Swim 25m

25x Push-ups

Swim 25m underwater

5x deadlifts

Swimming WOD 26

10 rounds

Swim 25m underwater

Rest 1 minute

Every breath taken during swim is penalty of 20x push-ups

Swimming WOD 27

3 rounds

Swim 50m freestyle

Swim 50m underwater

20 burpees

20 push-ups

20 sit-ups

Swimming WOD 28

For time

50m Single KB farmers carry poolside

Swim 50m

100m Farmers Carry

Swim 100m

150m Farmers Carry

Swim 150m

10 push-ups

10 sit-ups

10 squats

Swimming WOD 29

4 rounds for time

15x KB snatch, right arm

30m one arm swim, left arm

15x KB snatch, left arm

30m one arm swim, right arm

Rest 2 minutes

Swimming WOD 30

5 rounds for time

10 KB clean & jerk per arm

Swim 50m

Rest 1 minute

Swimming WOD 31

5 rounds

25 Double-unders

25m swim

Swimming WOD 32

For time

Swim 600m

Paddle 200m

Swim 600m

Paddle 200m

Swimming WOD 33

9 rounds

100m freestyle

50x Squats

50m freestyle

100x push ups

Rest 3 minutes

Swimming WOD 34

AMRAP in 25 minutes

Swim 50m

50x Squats

Swim 50m

50x Sit-ups

Swim 50m

50x Push-ups

Swim 50m

Swimming WOD 35

For time

25m KB farmers walk underwater

100x Double-unders

Swim 100m

25m KB farmers walk underwater

100x Double-unders

Swimming WOD 36

4 rounds for time

10x Deadlift

Swim 25m backstroke

Swim 25m underwater

30x Push-ups

Tread water for 1 minute

Swimming WOD 37

3 rounds

Swim 100m

30x KB swings

30x burpees

Swim 100m

Swimming WOD 38

2 rounds

21x Deadlift

Swim 200m

21x Push-ups

Swim 200m

Rest 3 minutes

Swimming WOD 39

Wear fins and snorkel

5 rounds

Swim 200m

20x Sit-ups

25x Push-ups

35x Squats

Swimming WOD 40

AMRAP in 21 minutes

25m KB farmers walk underwater

100x Double-unders

25m KB farmers walk underwater

Swim 100m

100x Double-unders

Swimming WOD 41

4 rounds for time

200m swim

21 Dumbbell Squat Cleans

100m swim

5 burpees

Swimming WOD 42

For Time

Teams of 2

20lb underwater carry – 30m

50 squats with wall ball

25 Push-ups

20lb underwater carry – 30m

Swimming WOD 43

5 rounds for time

25m swim

25 Thrusters

25m underwater swim

25 push-ups

Swimming WOD 44

AMRAP in 20 minutes

Swim 50m

25 Push-ups

25 Squats

Swim 50m

25 Double-Unders

Swim 50m

Swimming WOD 45

6 rounds for time

20m swim

50 bodyweight squats

20m underwater swim

20 burpees

Swimming WOD 46

AMRAP in 17 minutes

Swim 200m

30 Kettlebell swings

30 Pull-ups

Swim 200m

Swimming WOD 47

4 rounds for time

Swim 100m

25 DB push-press

Swim 100m

25 DB thrusters

Swimming WOD 48

AMRAP in 17 minutes

Swim 300m

25 Dumbbell Thrusters

Swim 150m

25 Goblet squats

Swimming WOD 49

5 rounds for time

Swim 50m

25 push-ups

Swim 25m

50 push-ups

Swimming WOD 50

For time

100m Swim

20 push-ups

20 sit-ups

20 squat

100m swim

Swimming WOD 51

4 Rounds for time

10 push-ups

20m swim

30 squats

40 sit-ups

50m swim

Swimming WOD 52

100m swim

15 squats

15 push-ups

100m Swim

Swimming WOD 53

2 rounds for time

40 push-ups

swim 50m

40 squats

Swim 50m

30 push-ups

Swim 50m

30 Squat

Swimming WOD 54

AMRAP in 25 minutes

Swim 50m

50 push-ups

swim 25m underwater

20 walking lunges (per leg)

Swimming WOD 55

For time

100m swim

100 push ups

100 squats

50m swim

50 push ups

50 squats

50m swim

1 minute plank

Swimming WOD 56

20 squats

200m swim

50 push-ups

500m swim

25 burpees

250m swim

Swimming WOD 57

5 rounds for time

20 squat jumps

20 push-ups

20m swim underwater

30 second treading water

10 pool muscle-ups

Swimming WOD 58

4 rounds for time

50m swim

20 deadlifts

15 push-ups

50m swim underwater

20 deadlifts

50m backstroke swim

Swimming WOD 59

AMRAP in 14 minutes

50m backstroke

20 deadlifts

50m freestyle

20 push-ups

Tread water for 1 minute

20 push-ups

Swimming WOD 60

6 rounds for time

20m swim

20 bodyweight squats

20m swim

20 burpees

20m swim

20 push-ups

20 walking lunges (per leg)

Tread water for 1 minute

Wall Ball WODs

Wall Ball WOD 1

AMRAP in 20 minutes

8 hanging power cleans

12 wall ball shots

200m sprint

12 wall ball shots

Wall Ball WOD 2

7 rounds for time

10 wall ball shots

5 burpees

12 wall ball shots

7 burpees

14 wall ball shots

9 burpees

Wall Ball WOD 3

AMRAP in 10 minutes

5 wall ball shots

3 HSPU

1 power clean

Wall Ball WOD 4

8 rounds for time

5 push-ups

5 pull-ups

10 wall ball shots

Wall Ball WOD 5

AMRAP in 25 minutes

5 power cleans

15 wall ball shots

10 toes to bar

15 wall ball shots

Wall Ball WOD 6

3 rounds for time

150 wall ball shots

75 double-unders

30 pull-ups

Wall Ball WOD 7

For time

50 wall ball shots

50 box jumps

50 pull-ups

50 KB swings

50 walking lunges

50 toes to bar

50 clean and press

50 wall ball shots

50 wall ball shots

Wall Ball WOD 8

For time

120 wall ball shots

Wall Ball WOD 9

AMRAP in 12 minutes

21-15-9

Wall Ball Shots

Push-ups

Burpees

Wall Ball WOD 10

10 rounds for time

5 pull-ups

5 push-ups

10 wall ball shots

Wall Ball WOD 11

AMRAP in 5 minutes

5 wall ball shots

3 HSPU

1 deadlift

Wall Ball WOD 12

6 rounds for time

3 power cleans

9 burpees

6 wall ball shots

Wall Ball WOD 13

For time

200m sprint

20 pull-ups

20 wall ball shots

200m sprint

20 pull-ups

20 wall ball shots

200m sprint

10 pull-ups

20 wall ball shots

200m sprint

Wall Ball WOD 14

4 rounds for time

21 wall ball shots

21 box jumps

21 pull-ups

Wall Ball WOD 15

AMRAP 12 Minutes

40 calorie row

40 wall ball shots

Wall Ball WOD 16

2 rounds

15 box jumps

15 Pull-ups

15 KB swings

15 walking lunges

15 toes to bar

15 push press

15 back extensions

15 wall ball shots

15 burpees

Wall Ball WOD 17

AMRAP in 15 minutes

10 wall ball shots

10 burpees

100m sprint holding wall ball

10 wall ball shots

100m sprint holding wall ball

10 wall ball shots

Wall Ball WOD 18

AMRAP in 10 minutes

50 wall ball shots

90 jump rope singles

30 pull-ups

50 wall ball shots

Wall Ball WOD 19

3 rounds for max reps

1 Minute wall ball shots

1 Minute SDHP

1 Minute box jumps

1 Minute push press

1 Minute Rest

Wall Ball WOD 20

4 rounds for time

16 KB swings

16 box jumps

160m sprint

16 burpees

16 wall ball shots

Wall Ball WOD 21

2 rounds for time

10 toes to bar

10 box jumps

100 wall ball shots

Wall Ball WOD 22

6 rounds for time

8 wall ball shots

8 pull-ups

8 box jumps

Wall Ball WOD 23

4 rounds for time

30 wall ball shots

30 burpee broad jumps

600m row

30 wall ball shots

Wall Ball WOD 24

For time

100 ball slams

100 wall ball shots

Wall Ball WOD 25

For time

50-40-30-20-10-5-3-1

KB Swings

Wall Ball Shots

Box Jumps

Push-ups

Wall Ball WOD 26

4 rounds

40 double-unders

40 wall ball shots

40m broad jumps

Wall Ball WOD 27

AMRAP in 12 minutes

40 calorie row

40 toes-to-bars

40 wall ball shots

40 cleans

40 push-ups

Wall Ball WOD 28

AMRAP in 25 minutes

20 wall ball shots

5 burpees

5 pull-ups

20 wall ball shots

Wall Ball WOD 29

3 rounds for time

100 walking lunges (50 per leg)

30 wall ball shots

30 box jumps

10 push-ups

Wall Ball WOD 30

For time

21-15-9

HSPU

Wall ball shots

Wall Ball WOD 31

3 rounds for time

24 deadlifts

24 box jumps

24 wall ball shots

24 box jumps

24 wall ball shots

Wall Ball WOD 32

2 rounds for time

20 HSPU

20 pull-ups

20 push-ups

20 Wall ball

20 burpees

20 sit-ups

20 second plank

Wall Ball WOD 33

AMRAP in 20 minutes

20m dash

2 wall ball shots

20m dash

2 burpees

2 sit-ups

5 push-ups

6 walking lunges (3 per leg)

Wall Ball WOD 34

AMRAP in 20 minutes

20 wall ball shots

20 deadlifts

20 Ring dips

Wall Ball WOD 35

20-10-5

Wall ball shots

Sit-ups

Jump rope singles

Wall Ball WOD 36

5 rounds

20 Wall ball

15 KB swings

20 burpees

20 Wall ball

50m walking lunges

20 push-ups

20 Wall ball

Wall Ball WOD 37

For time

10 wall balls

10 burpees

100 bodyweight squats

10 wall balls

10 burpees

Wall Ball WOD 38

For time

100m walking lunges

100 sit-ups

100 wall ball shots

10 pull-ups

10 dips

Wall Ball WOD 39

For time

Row 1000m

20 wall ball shots

Run 1000m

20 wall ball shots

Cycle 1000m

Wall Ball WOD 40

2 rounds for time

20 high knees

20 wall ball shots

10 jumping Jacks

10 wall ball shots

10 push-ups

10 wall ball shots

Wall Ball WOD 41

4 rounds

20 KB snatches (10 per arm)

20 wall ball shots

20 push-ups

Wall Ball WOD 42

4 rounds

30 wall ball shots

30 power snatches

Wall Ball WOD 43

21-15-9-5

Wall ball shots

Burpees

SDHP

Thrusters

Wall ball shots

Wall Ball WOD 44

For time

21 wall ball shots

21 deadlifts

21 box jumps

21 wall ball shots

21 push-ups

21 box jumps

21 wall ball shots

21 clean and press

21 wall ball shots

Wall Ball WOD 45

3 rounds

10 clean and jerk

50 wall ball shots

Wall Ball WOD 46

6 rounds

10 KB renegade rows

15 wall ball shots

20 pull-ups

Wall Ball WOD 47

9 rounds for time

5 pull-ups

5 power cleans

50 wall ball shots

5 box jumps

5 push-ups

Wall Ball WOD 48

For time

30 wall ball shots

100 KB swings

30 push-ups

100 sit-ups

30 squats

100 wall ball shots

Wall Ball WOD 49

2 rounds

800m row

100m farmers walk with KB

30x sit-ups

20x wall ball shots

800m row

15 burpees

30 sit-ups

20x wall ball shots

Wall Ball WOD 50

6 rounds

21-15-9-5

Burpee broad jumps

KB press

Sit-ups

Deadlifts

Wall balls

Wall Ball WOD 51

4 rounds

20 wall ball shots

15 push-ups

10 pistols

5 deadlifts

Wall Ball WOD 52

2 rounds

40 wall ball shots

30 deadlifts

20 box jumps

10 pull-ups

40 sit-ups

30 pull-ups

20 box jumps

10 wall ball shots

Wall Ball WOD 53

For time

1000m row

10 squats

1000m row

10 push-ups

1000m row

10 KB swings

1000m row

10 wall ball shots

1000m row

Wall Ball WOD 54

3 rounds of run 800m + 30x wall ball (up to 20#/14#) + 30x box jumps (up to 24/20"), rest 2:00 between rounds

Pre-teen:

3 rounds of run 200m + 10x wall ball (up to 8#) + 30x box jumps (up to 16"), rest 2:00 between rounds

Kids:

3 rounds of run 100m + 10x wall ball (up to 6#) + 10x box jumps (up to 12"), rest 2:00 between rounds

Wall Ball WOD 55

8 rounds for time

10 wall ball shots

10 push-ups

10 wall ball shots

10 sit-ups

10 wall ball shots

10 squats

Wall Ball WOD 56

15 rounds

1 wall ball shot

2 walking lunges

3 wall ball shots

4 walking lunges

5 wall ball shots

6 walking lunges

7 wall ball shots

8 walking lunges

9 wall ball shots

10 walking lunges

Wall Ball WOD 57

2 rounds

69 double-unders

69 wall ball shots

69 burpees

69 deadlifts

Wall Ball WOD 58

AMRAP in 15 minutes

15 push-ups

15 ring dips

15 wall ball shots

15 sit-ups

15 wall ball shots

Wall Ball WOD 59

3 rounds for time

Sprint 100m

20 thrusters

20 burpees

20 wall ball shots

Sprint 100m

Wall Ball WOD 60

6 rounds for time

21 wall ball shots

21 burpees

Wall Ball WOD 61

9 rounds for time

10 broad jumps

10 sit-ups

10 deadlifts

10 KB renegade rows

10 wall ball shots

Wall Ball WOD 62

AMRAP in 20 minutes

5 pull-ups

5 push-ups

5 sit-ups

50 wall ball shots

Wall Ball WOD 63

2 rounds for time

50 pistol squats

40 front squats

30 wall ball shots

20 goblet squats

19 wall ball shots

Wall Ball WOD 64

3 rounds

300m row

30 wall ball shots

30 box jumps

30 jump rope singles

30 sit-ups

30 toes to bar

Wall Ball WOD 65

For time

10 HSPU

10 deadlifts

10 broad jumps

10 pull-ups

10 wall ball shots

100m dash

Wall Ball WOD 66

3 rounds for time

21 wall ball shots

21 KB swings

Wall Ball WOD 68

For time

500m row

50 wall ball shots

500m row

50 wall ball shots

Row 500m

50 wall ball shots

Wall Ball WOD 69

For time

1000m row

21 wall ball shots

100m sprint

100 sit-ups

1 minute plank

Wall Ball WOD 70

20 rounds for time

1 push-up

1 wall ball shot

1 sit-up

1 wall ball shot

1 bodyweight squat

1 wall ball shot

Warmup WODs

Warmup WOD 1

5 minute AMRAP

10 walking lunges

100m jog

5 inch worms

Warmup WOD 2

3 rounds (maintain a moderate pace)

5 pull-ups

10 bodyweight squats

100m jog

Warmup WOD 3

5 minute AMRAP

20 jump rope singles

20 box jumps

20 walking lunges (10 per leg)

Warmup WOD 4

30 seconds of pull-ups

30 seconds of sit-ups

30 seconds of bodyweight squats

30 seconds of push-ups

Warmup WOD 5

10 burpees

10 push-ups

100m jog

Warmup WOD 6

20 KB swings

20 walking lunges (10 per leg)

10 pull-ups

Warmup WOD 7

3 rounds

20 bodyweight squats

10 wall ball shots

200m jog

Warmup WOD 8

Spend 1 minute on each exercise

Bodyweight squats

Push-ups

Walking lunges

Sit-ups

Warmup WOD 9

2 rounds

Row 10 calories

30 jump rope singles

20 box jumps

Warmup WOD 10

20 wall ball shots

20 push-ups

10 KB swings

10 burpees

Conclusion

I hope you enjoy the plethora of workouts the Cross Training WOD Bible 2.0 has to offer you, by following these workouts on a regular basis you'll develop not only a strong, flexible, functionally fit body that'll be ready to tackle any situation life throws at it but also an unbreakable mindset and confidence to match.

Whether you're looking to get a competitive advantage in your sport or just to increase your mobility, strength and health these workouts are the answer.

I hope you enjoyed reading this book as much as I enjoyed writing it.

Until next time,

P.S