

# CROSS TRAINING WORKOUTS

## Warm Up

**2 Rounds:** 10 squats 10 pushups 10 burpees 10 leg crossovers 10 alternating lunges

**#1** 21 - 15 - 9 of air squats and pushups

5 Min. plank (split time up as needed)

**#2** **5 Minute AMRAP** (As many reps/rounds as possible):

10 air squats 10 pushups 10 situps

**5 Minute AMRAP** (As many reps/rounds as possible):  
jump rope

**#3** **5 Rounds:** 1 forward roll 15 squat jumps 20 glute bridges 25 jump ropes

**#4** **5 Rounds:** 25 burpees 25 lunges 25 tuck jumps 25 jump ropes

**#5** 100 pushups 100 situps 100 squats 100 jump ropes

**#6** 50 jump ropes 50 situps 50 mountain climbers (each leg counts as 1)  
50 situps 50 lunges 50 burpees 50 situps

2 min. pike hold - upside down (split time up as needed)

**#7** **5 Rounds:** 2 min. run 2 min. walk

2 min. pike hold - shoulder/hip taps (split time up as needed)

**#8** **20 Minute EMOM** (Every minute on the minute complete the following):  
jumping jacks v-ups mountain climbers toe touches jump ropes

**#9** 20 supermans 20 v-ups 20 jump ropes 20 supermans 20 v-ups  
20 jump ropes 20 russian twists 20 burpees 20 jump ropes  
20 russian twists 20 burpees 20 jump ropes

**#10** 2 min. pike hold - shoulder/hip taps (split time up as needed)  
**8 Rounds:** 1 min. plank 30 sec. right plank 30 sec. left plank rest 1 min.

**#11** 4 min. jump ropes  
**4 Rounds:** 12 thrusters (use objects for weights in your hands) 12 inch worms

