CrossFit
ProForm

HOLIDAY WOD BOOK

30 x Bodyweight Workouts

To keep you Fighting Fit during your Holiday!

HOLIDAY WOD BOOK

These workouts have been specially designed to:

- require virtually no equipment (some require a skipping rope).
- can be done anywhere, even in a hotel room.
- be short, sharp and sweet so they don't interfere with your beach time.
- keep you fit and strong so that you suffer less when you *do* get back to the box.
- simple movements that even your *non*-CrossFit friends can do with you!

Make sure you record your times and reps for each WOD so that you can BEAT THEM on your next holiday!

Do not 'cherry pick' your preferred WODs – Every day, get a family member, friend or even the barman to select a number between 1 and 30 and that is to be your WOD for the day.

For our more advanced CrossFitters – don't be afraid to substitute normal push ups with handstand push ups, lunges with pistol squats, skipping/running with double unders etc.

Enjoy!

Warm Up:

Don’t forget to make sure you warm up properly for at least 5 minutes before every work out:

Try one of these:

- 5 minutes of skipping (don’t forget to practise a few double unders while you’re at it!)

- ProForm Warm Up: 30 squats, 30 push ups, 30 sit ups, 30 back bend toe touches

- 3 rounds of : 20 jumping jacks, 20 double mountain climbers, 10 squat jumps

- 3 running laps of a reasonably sized parking lot or field

WOD 1:

Alternating Lunges

Push Ups

RX: **50 – 40 – 30 – 20 – 10 reps**

Level 1: **40 – 30 – 20 – 10 reps**

Complete for Time

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WOD 2:

Run 400m

(or any sprint distance 1:30min – 2.30min long)

50 Air Squats

25 Push Ups

RX: **4 Rounds for Time**

Level 1: **3 Rounds for Time**

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WOD 3:

Run 800m *(Run about 5 minutes)*

50 Air Squats

50 Full Sit Ups

RX: **4 Rounds for Time**

Level 1: **3 Rounds for Time**

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WOD 4:

21 Push Ups

42 Air Squats

15 Push Ups

30 Air Squats

9 Push Ups

18 Air Squats

RX: **2 Rounds for Time**

Level 1: **1 Round for Time**

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WOD 5:

Burpees

(ask a family member, friend or the barman to pick a number between 50 and 150)

1 Round for Time

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WOD 6:

100 Alternating Lunges

800m Run (Run about 5 minutes)

100 Alternating Lunges

1 Round for Time

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WOD 7:

10 Shuttle Runs (each run between 20 and 30 metres)

10 Burpees

5 Rounds for Time

RX: **On Beach Sand**

Level 1: **On Tar/Road**

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WOD 8:

10 Push Ups

10 Squat Jumps

10 Lunges on Each Leg

As Many Rounds as Possible in 20 minutes

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WOD 9:

Sprint 100m

Rest for 1 Minute

Repeat 10 times

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WOD 10:

100 Push Ups

100 Squats

100 Sit Ups

1 Round for Time

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WOD 11:

5 Inch Worms/Walk outs

(start from standing position, walk forward on your hands until your chest is flat on the floor, then 'walk' back on your hands to an upright standing position)

10 Sit Ups

15 Squats

As Many Rounds as Possible in 20 minutes

Date:		**Rounds:**	
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WOD 12:

Air Squats

(ask a family member, friend or the barman to pick a number between 100 and 300)

1 Round for Time

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WOD 13:

Burpees

Push Ups

Sit Ups

Complete for Time

RX: **10-9-8-7-6-5-4-3-2-1 reps and then back up again: 1-2-3-4-5-6-7-8-9-10**

Level 1: **10-9-8-7-6-5-4-3-2-1 reps**

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WOD 14:

5 Push Ups

10 Air Squats

15 Jumping Jacks

Every minute on the minute for 20 minutes

WOD 15:

Death by Burpees

With a continuously running clock do one burpee the first minute, 2 burpees the second minute, 3 burpees the third minute... continuing as long as you are able to complete the required amount of burpees within the given minute.

Current ProForm Record is 17 minutes!

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WOD 16:

50 sit ups
50 double unders/100 normal skips
50 sit ups
50 alternating walking lunges
50 sit ups
50 burpees
50 sit ups

Complete for Time

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WOD 17:

10 Burpees
10 Sit Ups

10 Rounds for Time

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WOD 18:

30 Air Squats
100 Rope Jumps (skipping)

5 Rounds for Time

RX: **Substitute 100 skips for 50 double unders**

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WOD 19:

Bodyweight Fran

Air Squats
Burpees

RX: **42-30-18 reps for Air Squats**

21-15-9 reps for Burpees

Level 1: **21-15-9 reps for Both**

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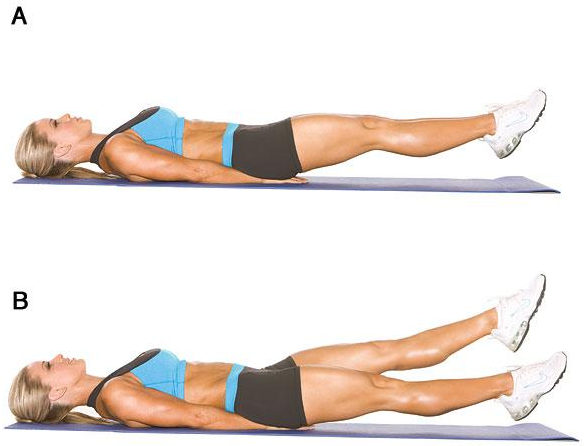
WOD 20:

Flutter Kicks

*(Lift legs about 10cm off the floor and alternate kicking them up and down. A kick off **both** legs counts as 1 rep.)*



Air Squats

Chest to Ground Push Ups

Complete 2 rounds for Time

RX: **10 – 20 - 30 - 40 reps**

Level 1: **10 – 20 - 30 reps**

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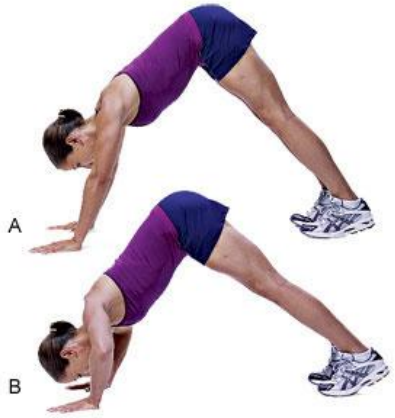
WOD 21:

50 air squats
40 double mountain climbers
30 alternating lunges
20 sit ups
10 pike pushups or handstand push ups



20 sit ups
30 alternating lunges
40 double mountain climbers
50 air squats

Complete 1 Round for Time

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WOD 22:

Deck of Cards

Take a deck of cards, shuffle.

Face cards are 10 reps, Aces are 11 reps, numbered cards are as valued.

Flip each card and perform the movement and the number of reps specified.

Hearts = Push Ups

Diamonds = Pull Ups

Spades = Sit Ups

Clubs = Air Squats

Jokers = 100m Sprint

Work your way through the entire pack of cards or scale accordingly (eg. half the pack, quarter of the pack etc.)

WOD 23:

Deck of Cards (Core Variation)

Take a deck of cards, shuffle.

Face cards are 10 reps, Aces are 11 reps, numbered cards are as valued.

Flip each card and perform the movement and the number of reps specified.

Hearts = Burpees

Diamonds = Double Mountain Climbers

Spades = Double Flutter Kicks

Clubs = Sit Ups

Jokers = Plank Hold for 30 seconds

Work your way through the entire pack of cards or scale accordingly (eg. half the pack, quarter of the pack etc.)

WOD 24:

80 squats
10 hand release push ups
(chest to touch ground, release both hands off the ground)
60 squats
20 hand release push ups
40 squats
30 hand release push ups
20 squats

Complete 1 Round for Time

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WOD 25:

Find a steep hill that takes about 30 seconds to sprint up

Rest = jog down the hill

RX: **Repeat 7 times for Time**

Level 1: **Repeat 5 times for Time**

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WOD 26:

Find a steep hill that takes about 30 seconds to sprint up:

Alternating walking lunges up the hill

Jog down the hill

Sprint up the hill

Jog down the hill

RX: **Repeat 4 times for Time**

Level 1: **Repeat 3 times for Time**

Date:		**Time:**	
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WOD 27:

100 rope jumps
30 flutter kicks
20 push ups
10 squat jumps

3 Rounds for Time

RX: **Substitute 100 skips for 50 double unders**

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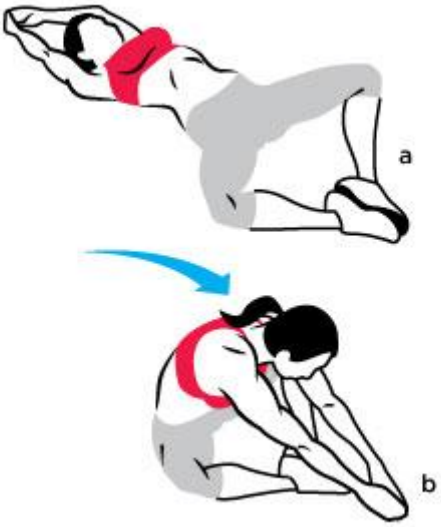
WOD 28:

5 chest to ground push ups
5 butterfly sit ups



5 air squats
5 jumps *(jump up with both feet together, as high as you can)*

20 Rounds for Time

RX: **Do 7 reps of each exercise instead of 5 reps**

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WOD 29:

2 Rounds *(try and beat your 1st round total reps in your 2nd round):*

Max Push Ups in 2 minutes
Max Sit Ups in 2 minutes
Max Flutter Kicks in 2 minutes
Max Air Squats in 2 minutes

Date:		**P Ups:**		**Sit Ups:**	
Round:		**FKicks:**		**Squats:**	
Date:		**P Ups:**		**Sit Ups:**	
Round:		**FKicks:**		**Squats:**	
Date:		**P Ups:**		**Sit Ups:**	
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Round:		**FKicks:**		**Squats:**	
Date:		**P Ups:**		**Sit Ups:**	
Round:		**FKicks:**		**Squats:**	

WOD 30:

1 Air Squat
1 Chest to Ground Push Up
1 Sit Up
1 Burpee
1 Broad Jump

50 Rounds for Time

Date:		**Time:**	
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IMPORTANT TO REMEMBER:

A few important things to remember:

- Don't let your standards drop because there's no coach around to correct you – make sure you adhere to the correct and full movement standards.

- Don't modify the WODs, cut corners or leave certain things out – you are only cheating yourself. CrossFit punishes the specialist.....so make sure you *don't* only do the WODs/movements that you love.

- Have fun! Rope in friends and strangers to train with you – time each other, race each other, put together teams, get creative!

- Don't forget to rest...you've had a long year of training. This is time for your body to regenerate. So don't overdo it!

Most of all.....