



COMMUNITY BASED FITNESS

www.proformathletic.co.za • kerry@proformathletic.co.za • 083 669 2729 • @ProForm\_Athletic • ProForm Athletic

# HOLIDAY WOD BOOK

30 x Bodyweight Workouts

To keep you Fighting Fit during your Holiday!

**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 Netflix 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*-ProForm friends, family and kids can do with you!

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

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

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

Also, be smart and use this time to get your kids involved – Families that train together, stay healthy together!

**Enjoy!**



DON'T GIVE  
UP WHAT  
YOU WANT  
MOST  
FOR WHAT  
YOU WANT  
NOW

# 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**

## Scaled:

**40 – 30 – 20 – 10 reps**

## Complete for Time

[illegible]

# WOD 2:

## Run 400m

*(or any sprint distance 1:30min to 2:30min long)*

## 50 Air Squats

## 25 Push Ups

RX: 6 Rounds for Time

**Scaled:** **5 Rounds for Time**

[illegible]

# WOD 3:

## Run 800m (Run about 5 minutes)

## 50 Air Squats

## 50 Full Sit Ups

**RX:**

## 5 Rounds for Time

## Scaled:

## 4 Rounds for Time

[illegible]

# 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

**Scaled:** **1 Round for Time**

[illegible]

# WOD 5:

## Burpees

*(ask a family member or friend to pick a number between 50 and 150)*

## 1 Round for Time

[illegible]



# WOD 6:

## 100 Alternating Lunges

## 800m Run (Run about 5 minutes)

## 100 Alternating Lunges

**RX:**

## 2 Rounds for Time

## Scaled:

## 1 Round for Time

[illegible]

# WOD 7:

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

## 10 Burpees

**RX:**

## 8 Rounds for Time

## Scaled:

## 5 Rounds for Time

[illegible]

# WOD 8:

## 10 Push Ups

## 10 Squat Jumps

## 10 Lunges on Each Leg

## As Many Rounds as Possible in 20 minutes

[illegible]

# WOD 9:

## Sprint 100m

## Rest for 1 Minute

**Repeat 10 times** *(Time yourself and try beat your previous time)*

[illegible]

# WOD 10:

## 100 Push Ups

## 100 Squats

## 100 Sit Ups

## 1 Round for Time

## Scaled:

## Break it up into manageable rounds

[illegible]

# 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

[illegible]

# WOD 12:

## Air Squats

**(ask a family member, friend or the barman to pick a number  
between 200 and 300)**

## 1 Round for Time

[illegible]

# 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**

[illegible]



# 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!

[illegible]

# 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

[illegible]

# WOD 17:

## 10 Burpees

## 10 Sit Ups

## 10 Rounds for Time

[illegible]

# WOD 18:

**30 Air Squats**  
**100 Rope Jumps (skipping)**

## 5 Rounds for Time

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

[illegible]

# 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

[illegible]

# 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.)*

**A**



**B**



## Air Squats

## Chest to Ground Push Ups

## Complete 2 rounds for Time

**RX:** 10 – 20 - 30 – 40 - 50 reps

**Level 1:** 10 – 20 – 30 - 40 reps

[illegible]

# WOD 21:

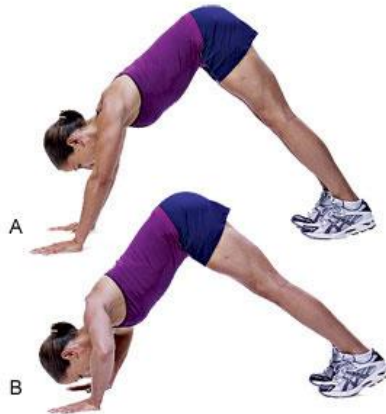
**50 air squats**

**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

[illegible]



# 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)*

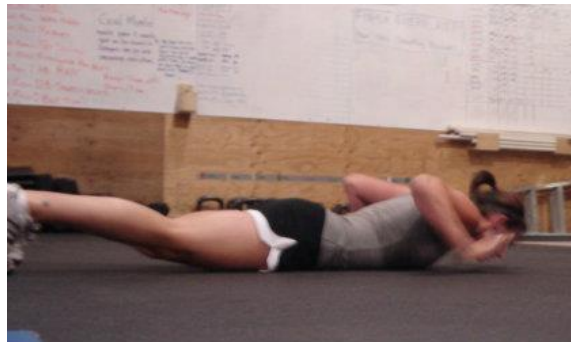
## 60 squats

## 20 hand release push ups

## 40 squats

## 30 hand release push ups

## 20 squats



## Complete 1 Round for Time

[illegible]

# WOD 25:

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

## Rest = jog down the hill

**RX:**

## Repeat 10 times for Time

## Level 1:

## Repeat 8 times for Time

[illegible]

# 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 10 times for Time**

**Level 1:** Repeat 8 times for Time

[illegible]

# WOD 27:

**100 rope jumps**  
**30 flutter kicks (Refer to WOD 20 for diagram)**  
**20 push ups**  
**10 squat jumps**

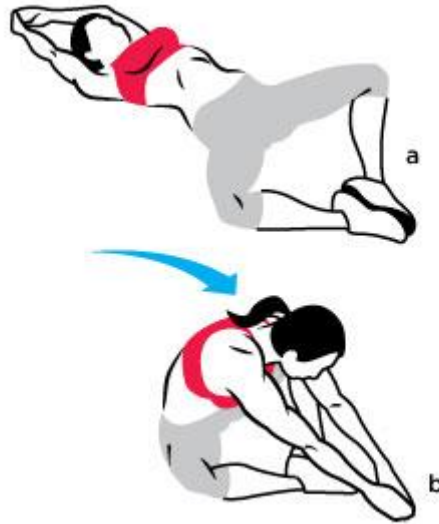
## 5 Rounds for Time

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

[illegible]

# 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**

[illegible]

# WOD 29:

**4 Rounds** (try and beat your 1st round total reps in your 2<sup>nd</sup> round etc.):

## Max Push Ups in 2 minutes

## Max Sit Ups in 2 minutes

## Max Flutter Kicks in 2 minutes

## Max Air Squats in 2 minutes

[illegible]



# WOD 30:

**1 Air Squat**

**1 Chest to Ground Push Up**

**1 Sit Up**

**1 Burpee**

**1 Broad Jump**



## 50 Rounds for Time

[illegible]

# 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 your family to train with you – time each other, race each other, put together teams, get creative!
- Don't forget to rest...and eat healthy. A combination of a Strong Body and a Strong Mind is what's going to get us all through this safely.

Most of all.....

