

28 DAY CROSSFIT CHALLENGE

2017

DAY	DAY	DAY	DAY	DAY	DAY	DAY
1 10 push-ups, 10 sit-ups, 10 squats, 10 tuck jumps (5 rounds for time)	2 5 burpees, 10 squats, 15 jump lunges, 20 bear crawls (AMRAP 15 minutes)	3 Longer run, bike, or swim (20 minutes continuous)	4 10 push-ups, 20 alternating lunges (10 each side), 200 meter run (3 rounds for time)	5 5 squats, 10 sit-ups, 5 jump squats (EMOM 12 minutes)	6 20 minutes of yoga or Rest	7 20 bear crawls, 20 jump lunges, 20 triceps dips (4 rounds for time)
8 Lunges, push-ups, sit-ups (Tabata intervals for a total of 15 minutes)	9 Longer run, bike, or swim (25 minutes continuous)	10 6 burpees, 12 lunge jumps, 18 shoulder taps (6 rounds for time)	11 200 meter run, 30 squats (3 rounds for time)	12 20 minutes of yoga or Rest	13 30 jumping jacks, 30 triceps dips, 30 squats (4 rounds for time)	14 5 sit-ups, 5 push-ups, 5 burpees (EMOM for 12 minutes)
15 Longer run, bike, or swim (25 minutes continuous)	16 21 tuck jumps, 15 triceps dips, 9 sit-ups (5 rounds for time)	17 12 alternating lunges, 12 push-ups, 12 leg raises, 12 burpees (AMRAP 12 minutes)	18 20 minutes of yoga or Rest	19 20 jumping jacks, 10 push-ups (8 rounds for time)	20 100 meter run, 10 sit-ups, 10 squats (5 rounds for time)	21 Longer run, bike, or swim (30 minutes continuous)
22 6 jump squats, 6 push-ups, 6 squats, 6 leg raises, 6 triceps dips (6 rounds for time)	23 2 burpees, 4 squats, 6 push-ups, 8 sit-ups (EMOM 15 minutes)	24 20 minutes of yoga or Rest	25 200 meter run, 20 push-ups, 20 squats (3 rounds for time)	26 15 bear crawls, 15 sit-ups, 15 triceps dips, 15 tuck-jumps (5 rounds for time)	27 Longer run, bike, or swim (35 minutes continuous)	28 25 bear crawls, 25 burpees, 25 tuck jumps, 25 jump lunges (2 rounds for time)

