



CROSSFIT INSTRUCTION



WARM UP

1. Stand and roll your hips around side to side
2. Stand with hands above knees, rock back and forth
3. Arms front to back, giving yourself a hug
4. Arm front to back, overhead
5. One foot in front of the other, lean back and forth
6. Stand on one leg, hold your other foot behind your back
7. Stand on one leg, opposite knee to chest
8. Cherry pickers - Reach overhead, then down in front of toes; Reach overhead, then between legs; Reach overhead, then behind legs

BURPEES

1. Stand up straight, then touch the ground
2. Kick your feet back, and your whole body goes to the ground
3. Then stand back up and reach up

BURPEES WORKOUT

 10 burpees as fast as you can

EQUIPMENT

Weights:

Water bottles, dumb bells or kettle bells, wrist weights, backpacks, canned goods, etc.

AIR SQUATS

Feet spread apart, chest up and push your bottom down and back to squat, then stand back up


PUSH PRESS

Take an item on your shoulder and move overhead efficiently. Item on your shoulder, push legs down and out, then press above your heads. Make sure your knees goes out, not forward. Remember - Dip then drive

STEP UPS

Step ups - Step up and down or jump up and down. Step up with one foot, push up, then bring feet together, then step back down. Or jump with both feet, land on top, and step (or jump) back down.

WORKOUT OF THE DAY (WOD)

-  **3 rounds of:**
- Air Squats x10
 - Push Press x10
 - Step Ups / Jumps x10

Your turn! Show us your equipment and workout!

Thank you Coach Pamela!!