



A PREMIUM **CROSSFIT** AFFILIATE

Travel Workout Ideas

3 rounds for time:

Run 800 meters + 50 air squats (Measure out 800 m ahead of time if you're running down a street, or use a treadmill)

10 rounds for time:

10 pushups + 10 sit-ups + 10 air squats

For time:

200 air squats

21-15-9

Air squats + pushups (Do 21 reps of each air squats and pushups, then 15 of each, then 9.)

8 rounds for time:

10 situps + 10 burpees

10 rounds for time:

10 pushups, 10 squats, 10 tuck jumps (Lift knees as high as possible when you jump, 'tucking' into your chest)

3 rounds:

50 sit-ups + 400 m run

For time:

100 jumping jacks + 75 air squats + 50 pushups + 25 burpees

5 rounds for time:

Ten vertical jumps (jump as high as you can) + 10 pushups

For time:

Run 1 mile, stopping to do 10 pushups for every minute that elapses during the run

Grace Anything

You can clean and jerk almost any object. Is it too light? Double the rep scheme. Triple it in fact. Focus on the movement mechanics of handling an awkward object.

30 x Clean & Jerk any object for time

You can modify this workout depending on the object, its size and weight. **Look for objects like:** logs, driftwood, tyres, rocks of various shapes, sand bags, barrels and your friends's heavy suitcase.

For awkward/uneven objects i.e rocks, sandbags

30 x Cleans over the shoulder

30 x Strict press

perform as separate movement

For light objects

90 x Clean and jerks

Rest 2 min

60 x Clean and jerks

Rest 2 min

30 Clean and jerks

For heavier objects, i.e old tyres.

Every minute for 10 minutes,

7 x Clean and jerks

Focus on consistent and efficient lifts.

Hike Everything, Add Burpees

Where ever you are on holiday, you are probably surrounded by natural beauty which you are eager to explore. You can always turn these leisurely strolls into a workout.

Wether it is a hike or you're just bored of romantic strolls on the beach, spice things up a bit to make a WOD. **We suggest:**

For soft terrain

For the duration of your walk, every 3 minutes

5 x Burpee broad Jumps

7 x Push ups

15 x Jumping lunges

For the beach

Every 4 minutes
15 second sprint
then, enter the water to waist height
x 20 high knees*
keep hands above waist, hit them with your knees

For the mountains

Fill your backpack with rocks
Alternate between wearing the backpack, to carrying it in alternate hands (farmers carry style). Enjoy the burn

For the peaks

For the duration of your walk
Scaled – every 6 minutes, 10 burpees
RX – Every 4 minutes, 10 burpees
RX + – every 2 minutes, 10 burpees

You can be as creative as you like. For longer walks, increase the rest range and reps. For shorter walks or more intense workouts, decrease the rest and increase the reps. I would perform no more than 3 different movements per minute.

These kind of workouts are definitely a mental game and more fun if you have someone to do it with.

Two's a Team

For these workouts, you will need a partner.

Whoever is joining you should know what they are letting themselves in for by going on holiday with a CrossFitter. By now, you have convinced your partner to train with you, whether they CrossFit or not. From here, you can now exploit your partner and use them to their maximum potential.

Partners are a great holiday WOD piece of equipment. They weigh something, they are awkwardly shaped and they keep things fun if they join in. **How to use your partner:**

20 min AMPRAP

Split how you like

50m x Partner fireman carry

30 x Partner squats

20 x Burpees-over-partner

For time:

Whilst partner A works, partner B holds plank, then rotate.

8 x 100m Shuttle sprint

Rest 2 mins

15 min AMRAP

One partner runs 400m whilst other completes AMRAP of:

10 x Push ups

10 x V sit ups

15 x Squats

Then rotate, pick up where partner left off

Skill:

5 minutes:

max effort handstand, partner support.

For time, split how you like:

200 x Air squats

150 x Sit ups

100 x Push ups

50 x Inverted shoulder press

In a 4 minute window, establish:

Max effort partner squats

10 EMOM, synchronised with partner*

10 x Mountain climbers

7 x Burpees

5 x Pistols

**RX – for scaled, alter rep number or movements*

Motion of the Ocean

Whilst on holiday, this is the perfect time to test your fitness that involves working in the water.

For the average CrossFitter, swimming or water based work does not feature in our daily programming. And if it does, I would like an invite to your luxury box.

Whether you're near a pool, lake, or on the coast, here is a few different workouts that will get you out of your comfort zone:

Pool Side

15 min AMRAP

4 x Lengths of the pool

10 x Pool exits and entrances*

5 x Burpees

**hands shoulder width, focus on using upper body, not legs. Ideally in deep water*

Coast/Lake side

25 min AMRAP

10 x Push ups

15 x Air squats

50 x Lunge-walk steps, parallel to the water

10 x burpees

Enter the water to waist height, water-sprint the distance you lunge walked

Board Games

Can be completed with a surfboard, paddle board, canoe, kayak or anything that floats

For time:

Paddle 40 strokes*

40 x Air/oar thrusters**

Paddle 30 strokes

30 x Air/oar thrusters

Paddle 20 strokes

20 x Air/oar thrusters

Paddle 10 strokes

10 x Air/oar thrusters

**right then left counts as 1 stroke*

***thruster with the oar or paddle if you have one*

Support Your Local Box