

FIVE HOME WORKOUTS

FOR CROSSFIT BEGINNERS



CROSSFIT
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1. 5 ROUNDS 10 PUSHUPS 15 BURPEES 20 SITUPS

TIP: To scale this workout, try pushups on your knees and if needed you can scale the numbers to 5, 10, 15.

Burpees: Make sure you jump at the top and get your whole body on the floor at the bottom - remember it's not a pushup, more like an athletic belly-flop!



^The Pushup

2. EVERY MINUTE FOR 15 MINS:

5 PUSHUPS 10 V-UPS 15 SQUATS



V-up: Lay Flat, lift arms and legs, to touch your toes!

TIP: If it takes you longer than 45s for each round, scale back to knee pushups or cut your numbers down to 3 Pushups, 6 Vups and 9 Squats!



Straddles (below): Start in pushup position, jump feet to right hand, jump back, jump feet to left hand

3. 5 ROUNDS 200M RUN 20 STRADDLES 20 MOUNTAIN CLIMBERS

TIP: Bend your knees when you jump in for your straddle, it will allow you to get your feet closer to your hands for the best workout!



^ Mountain Climbers: Alternate knee to chest, go fast!

4. 15 MINS TO COMPLETE AS MANY ROUNDS AS POSSIBLE

20 JUMPING LUNGES

30 BRIDGE SHOULDER TAPS

40 RUSSIAN TWISTS

TIPS: Keep your hips low and your core tight while doing your bridge, it's easy for those hips to sneak up!

Try to keep your feet off the ground for your Russian twists, lean back enough to balance (pic on cover page)

If Lunges are hard enough already, take the jump out and focus on getting your knees low to the ground each rep



< Lunge Jumps: knee to floor, jump up and swap legs

Shoulder Taps > Hold bridge position and alternate arms tapping opposite shoulder



5. CORE BURNER!

5 ROUNDS

30S BRIDGE

30S CORE MT CLIMBERS

30S VUPS

TIP: Take those mountain climbers sloooow and keep your hips low! Let it burrrn! Take 30s Rest between rounds. If you break in the 30s, shake it out and get back into it!

**Ask Your Coaches
If You Get Lost
We're Here To Help!**

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