

Workout #1

10-9-8-7-6-5-4-3-2-1 Reps for Time:

- **Burpees**
- **Push-Ups**
- **Air Squats**

Set a timer and move through the 10-9-8-7-6-5-4-3-2-1 sequence but doing 10 burpees, 10 push-ups, 10 air squats, and then repeating the sequence this time doing 9 reps of each movement. You will continue doing one less rep of each of the three movements until your last air squat.

Workout #2

For Time:

- **100 Push-Ups**
- **100 Sit-Ups**
- **100 Air Squats**

This workout, while simple, contains a high number of repetitions. Those with higher levels of fitness may not have a hard time doing all 100 reps in one shot for each exercise. Most people would be better off partitioning the reps of each exercise.

Workout #3 “Super Legs”

5 Rounds for time:

- **20 Air Squats**
- **20 Alternating Lunges**
- **20 Alternating Split Squat Jumps**
- **10 Squat Jumps**

Workout #4

As Many Rounds as Possible (AMRAP) in 20 Minutes:

- **5 Handstand Push-Ups**
- **10 Pistol Squats**

Workout #5

5 Rounds for Time:

- **20 Push-Ups**
- **20 Squats**
- **20 Burpees**
- **20 Pistol Squats**

Workout #6

74-44-11 Reps for Time:

- **Burpees**
- **Push-Ups**
- **Sit-Ups**
- **Air Squats**

Perform 74 repetitions of each movement, then 44 reps of each movement, then 11 reps of each. Complete all 74 Burpees before moving to the 74 Push-Ups, etc.

Workout #7 - “The Longest Mile”

4 Rounds for Time:

- **10 Burpees**
- **100 Meter Run**
- **10 Air Squats**
- **100 Meter Run**
- **10 Push-Ups**
- **100 Meter Run**
- **10 Sit-Ups**
- **100 Meter Run**

Workout #8

8 Rounds for Time:

- **11 Hand Release Push-Ups**
- **30 Walking Lunges**
- **19 Sit-Ups**

Workout #9 - “The 5-5-5 Standard”

5 Rounds for Time:

- **15 Air Squats**
- **15 Burpees**
- **15 Hand Release Push-Ups**

Workout #10

5 Rounds for Time:

- **10 Push-Ups**
- **15 Sit-Ups**
- **20 Air Squats**

Workout #11

10 Rounds for Time:

- **10 Sit-Ups**
- **10 Burpees**

Workout #12

6 Rounds for Time:

- **15 Reverse Lunges**
- **15 Hollow Rocks**
- **15 Push-Ups**

Workout #13

As many rounds as possible (AMRAP) in 10 minutes:

- **15 Lunges**
- **10 Push-Ups**
- **15 Lunges**
- **20 Sit-Ups**

Workout #14

As many rounds as possible (AMRAP) in 10 minutes:

- **10 Mountain Climbers**
- **10 Push-Ups**
- **10 Hollow Rocks**
- **10 Sit-Ups**

Workout #15

As many rounds as possible (AMRAP) in 20 minutes:

Pull a random card and perform the number of reps of the corresponding movement for that card.

- **Hearts = Push-Ups**
- **Spades = Jumping Lunges**
- **Diamonds = Sit-Ups**
- **Clubs = Air Squats**
- **Jokers = 15 Burpees**
- **Aces = 1 Rep**
- **Jack = 11 Reps**
- **Queen = 12 Reps**
- **King = 13 Reps**