

WODPREP's Workouts

WORKOUT	SCORES	WORKOUT	SCORES
50 Burpees For Time *Every Minute On The Minute Perform 15 Squats	Attempt 1: Attempt 2: Attempt 3:	For Time: 1 Mile Run (Or 9 Min Run) 100 Burpees <i>*Can Scale To 800m Run And 50 Burpees</i>	Attempt 1: Attempt 2: Attempt 3:
For Time: 300 Squats Every Minute Perform 5 Push Ups	Attempt 1: Attempt 2: Attempt 3:	For Time: 10-9-8-7-6-5-4-3-2-1 Push Ups Jumping Lunges Burpees	Attempt 1: Attempt 2: Attempt 3:
Annie (For Time) 50-40-30-20-10 Double Unders Sit-Ups	Attempt 1: Attempt 2: Attempt 3:	Tabata: 20s Hold At Bottom Of Push up 10s Push ups 20s Hold At Top Of Push up 10s Push ups	Attempt 1: Attempt 2: Attempt 3:
10 Rounds: 1 Min Plank Hold 30s Rest	Attempt 1: Attempt 2: Attempt 3:	12 Min AMRAP: 8 Plank Walks 12 Squats 16 Russian Twists	Attempt 1: Attempt 2: Attempt 3:
14 Min EMOM: 7 Squat Jumps 5 Burpees	Attempt 1: Attempt 2: Attempt 3:	For Time: 21-15-9-15-21 Pistols (Total, Alternating) Hollow Rocks	Attempt 1: Attempt 2: Attempt 3:
For Time 5-10-15-20-25-30-35-40-45-50-45-40-35-30-25-20-15-10-5 Unbroken Double-Unders	Attempt 1: Attempt 2: Attempt 3:	20:00 AMRAP 10 Single Arm Oh Alt. Lunges (Right) 10 Sit Ups 10 Single Arm Oh Alt. Lunges (Left) 10 Burpees	Attempt 1: Attempt 2: Attempt 3:
For Time: 20-15-10-5 Dips Lunge (Each Leg) (Add Weight If You Can)	Attempt 1: Attempt 2: Attempt 3:	10 Rounds for Quality: 10 Hollow Rocks (Scale to Bent Knee) 10 Dead Bug 10 Bird Dog	Attempt 1: Attempt 2: Attempt 3:

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20:00 Amrap: 10 Push Ups 20 Sit Ups 30 Alternating Lunges	Attempt 1: Attempt 2: Attempt 3:	5 Rounds For Time: 400m Run (Or 1:30 To 2 Min Run Depending On Running Prowess) 30 Double Unders 15 Burpees	Attempt 1: Attempt 2: Attempt 3:
Death By: Burpee (Min 1: 1 Burpee, Min 2: 2 Burpees, Min 3: 3 burpees, and so on...)	Attempt 1: Attempt 2: Attempt 3:	12 Min AMRAP: 6 Pistols (Or Air Squats) 7 V-Ups 8 Dips (On Chair/Bench/Couch/Box)	Attempt 1: Attempt 2: Attempt 3:
For Time: 50-40-30-20-10 Walking Lunges Sit-Ups	Attempt 1: Attempt 2: Attempt 3:	15 Min EMOM: 100m Sprint	Attempt 1: Attempt 2: Attempt 3:
Accumulate 5 Min: Handstand Hold	Attempt 1: Attempt 2: Attempt 3:	10 Rounds For Time: 10 Hollow Rocks 10 V-Ups 10 Press Overhead (Hold A Gallon Jug Of Something In Each Hand)	Attempt 1: Attempt 2: Attempt 3:
5 Rounds For Time: 30 Squats 16 Mountain Climbers 30 Double Unders	Attempt 1: Attempt 2: Attempt 3:	18 Min AMRAP: Run 100m 15 Squats Run 100m 15 Push Ups Run 100m 15 Sit-Ups	Attempt 1: Attempt 2: Attempt 3:
10:00 AMRAP of Your Favorite Movement EMOM: 5 Reps of Your Least Favorite Movement	Attempt 1: Attempt 2: Attempt 3:	For Time: 21-15-9 Goblet Squats Sit Ups Kettlebell Swings	Attempt 1: Attempt 2: Attempt 3:
5 Rounds For Time: 25 KB Swings 25 Sumo Deadlift High Pull At End Of Each Round: 40s Plank	Attempt 1: Attempt 2: Attempt 3:	For Time: 80 Double Unders 60 Goblet Squat 40 Push Press 20 Lemon Squeeze 10 Wall Walks	Attempt 1: Attempt 2: Attempt 3: