BLACK IRON CROSSFIT

30 WODS

YOU CAN DO AT HOME OR ON THE ROAD

BICF.

TRAVEL / AT HOME WODS

For time
Run 1-mile
160-Air Squats
Run 1-mile
160-Push-ups

AMRAP in 16 minutes
8-Alternating Pistol Squats
8-HSPUs

5 Rounds (each for reps)
4 minutes each / REST 2 minutes between
400m Run
20 Push-ups
MAX Double unders

TRAVEL / AT HOME WODS

AMRAP in 12 minutes
24-Walking Lunges
12-Burpees
200m Sprint

EMOM until failure
1-Burpee Box Jump
*add one rep each minute until you cannot complete that number of reps in a minute or less

For time
Bike 10km

4 Rounds (each for reps)
Run 400m
MAX Handstand Push-up

BICF

TRAVEL / AT HOME WODS

AMRAP in 8 minutes
8-Burpees
8-Sit-ups

For time
Run 1200m
60-Push-ups
Run 800m
40-Push-ups
Run 400m
20-Push-ups

2 Rounds for reps
AMRAP in 5 minutes
-Double unders
*everytime you miss a rep, 3 Burpees and resting 3 minutes between rounds

TRAVEL / AT HOME WODS

10 Rounds for time
10-Air Squats
50m Sprint Down
50m Sprint Back
10-Air Squats

For time
21-HSPUs
200m Run
15-HSPUs
200m Run
9-HSPUs
200m Run

AMRAP in 7 minutes
-Burpees

BICF

TRAVEL / AT HOME WODS

Tabata (4 minutes each)
-Flutter Kicks
-Plank Holds
-Superman Pulses
-Bicycle Kicks
*resting 1 minute between rounds

For time
Run 1-mile
*with 10 lunges every minute on the minute until complete

For time
10-9-8-7-6-5-4-3-2-1
-Squat Jumps
*with a 20 second hollow body after each round

BICF

TRAVEL / AT HOME WODS

EMOM for 20 minutes
5-Burpees
15-Air Squats

For time
75-Burpee Box Jumps

AMRAP in 20 minutes
2-Push-ups
5-Double unders
*increase PUs by 2 and DUs by 5 each round

For time
Lunge 400m

For time
Run 5km

BICF

TRAVEL / AT HOME WODS

5 Rounds for reps
1 minute- Air squats
1 minute- Sit-ups
*resting 30 seconds between rounds

10 Rounds for time
10-Burpee Broad Jumps
Sprint 100m
*walk and rest until fully recovered between rounds

10 Rounds for time
10-Push-ups
10-Air squats
10-Sit-ups

4 Rounds for time
Run 400m
Lunge 100m

BICF

TRAVEL / AT HOME WODS

5 Rounds each for time
Run 400m
*resting 2 minute between rounds

Tabata (4 minutes each)
-Double unders
-Push-ups
:20 WORK / :10 REST

AMRAP in 10 minutes
20-Alternating Lunges
20 second Handstand Hold

7 Rounds for time
10-Burpees
20-Sit-ups