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... Set yourself a comfortable distance from the box with feet shoulder width apart. Drop quickly into a quarter squat, swing your arms and explode upwards to jump onto the box. Land as softly as...

The Best 12 CrossFit Workouts to Build Muscle, Increase

... Minute 1: 10 Burpee Box Jump-overs at 24" (20" for women) Minute 2: 10 Toes to Bar. Alternate in this pattern until 10 minutes are up. "Ten minutes will never go by so fast and slow at the same time," says Morris, who also recommended this WOD.

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10 box jumps, 36-in. box 15 single-arm overhead squats, 50-lb. dumbbell 20 GHD sit-ups. ... Set a clock for 12 minutes and, with a 135-lb. barbell, complete: 1 minute of squat cleans ... • CrossFit WOD 171205 Tips and Scaling With Rory McKernan • The Handstand Walk

CrossFit.com: WODs

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... Murph. For time: 1-mile run 100 pull-ups 200 push-ups 300 squats 1-mile run. Partition the pull-ups, push-ups, and squats as needed, or break into 5 rounds of 20, 40, 60, as done at this year's CrossFit Games.

CrossFit.com: WODs

The box should be low enough that you can cycle the next rep immediately. Beginner athletes can step up or pick a lower box that allows a jump. Intermediate Option 21-15-9 reps for time of: Snatches Box jumps. Men: 95 lb., 20-in. box Women: 65 lb., 16-in. box. Beginner Option 21-15-9 reps for time of: Snatches Box step-ups. Men: 65 lb., 16-in. box

CrossFit.com: WODs

For 20 minutes: 10 dumbbell thrusters 10 pull-ups. Multiply thruster load by rounds completed, e.g., 50 pounds x 23 rounds = 1,150 pound-rounds (a useful measure of work and, by extension, average power for the workout) and post to

comments.

CrossFit.com: WODs

A CrossFit workout of the Day, or WOD, is varied and unpredictable—not to torture you, but so your regimen doesn’t become too routine. Fear not: There’s method to the madness! These randomly assigned workouts give instant structure, hitting one or more of the following: metabolic conditioning (cardio); gymnastics and body-weight moves; and weightlifting and Olympic lifts.

13 CrossFit WODs to Help You Build Lean Muscle | Muscle ...

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For time: 45 kettlebell swings 400-m run 35 kettlebell swings 800-m run 25 kettlebell swings 1,200-m run 15 kettlebell swings ♀ 24 kg ♂ 32 kg. Post time to comments.