

OUTSIDE THE BOX

Summer Fitness Challenge

6RFT:
100 Double Unders
or Run 200m
10 DB Thrusters
20 Ab Mat Sit Ups

Notes: To estimate your 200m distance, run for 1 min then turn around and run back. This workout should take aprx 3-4 min per round.

Time:

3 RFT:
25 AbMat Sit Ups
50ft DB Lunge
25 Burpees
50 ft DB Lunges

Notes: For the lunges, dumbbells can be held farmer carry style or on the shoulders. 50ft is 16-18 lunges for most people. This workout should take aprx 4-5 min per round.

Time:

5 RFT:
Farmer Carry 100m
15 DB Push Press
15 DB Hang
Squat Cleans

Notes: To estimate your 100m distance, walk for 30 seconds and then turn around and walk back. This workout should take aprx 2-3 min per round.

Time:

AMRAP in 16 min:
16 DB Snatches
16 Push Ups
16 DB 1-arm
Overhead Lunges

Notes: On the snatches, alternate arms for 16 total reps. On the lunges, switch arms halfway through. This workout can also be scaled up to **HSPUs** and/or 1-arm overhead **squats**

Time:

For time:
30 Man Makers

Notes: For details on man makers, or any of the movements listed, visit crossfitbrio.com and find our **Outside the Box** page listed under "Fun Stuff"

Time: