

OUTSIDE THE BOX

Summer Fitness Challenge

"Annie"

50-40-30-20-10

Double Unders

Sit Ups

Notes: Scale the double unders to high jump single skips or mountain climbers. Sit ups can be anchored or unanchored.

Time:

4 RFT:

Run 400m

50 Air Squats

Notes: To estimate your 400m distance, run for 1 min then turn around and run back. This workout should take approx 3-4 min per round.

Time:

For time:

50 Push Ups

50 Jump Squats

50 Ab Mat Sit Ups

50 Burpees

Do 50 Double unders before each movement

Notes: Attack this one chipper style, with a set of 50 double unders prior to each movement. Scale to high jump single skips or mountain climbers if needed.

Time:

In 15 Min:

1-2-3-4-5-etc

Push Up

Lunge Right

Lunges Left

Sit Up

Notes: Start with one rep of each, then 2 reps of each, and continuing adding a rep each round for 15 min. This workout can be scaled up to **HSPUs**, **Pistols**, and/or **V-Ups**.

Time:

10 Rounds,

starting every 2 min:

Plank hold 30-60 sec

run as far as you can

in time remaining"

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

Time: