

Many of us are short on time during the holidays — traveling, hosting, cooking — but one of the great things about CrossFit is that there is always time to squeeze in an effective workout. Check out these simple — not easy! — workouts to keep you active this holiday season. Our highly experienced programming team has created two versions of each workout for you — one that uses minimal equipment and one that requires only your own bodyweight!

WORKOUT 1

- ✓ Goal: 5–7 rounds.
- ✓ Equipment: single light-to-moderate dumbbell (DB) (35/50 lb).
- ✓ Scaling: knee push-ups, squats to a target.

WARM-UP

2 rounds:

10 alternating scorpion stretches

10 air squats

10 push-ups

- Start slow and pick up the pace on the second round.

EQUIPMENT

10-minute AMRAP:

10 air squats

9 DB snatches, right arm

10 push-ups

9 DB snatches, left arm

BODYWEIGHT

10-minute AMRAP:

10 air squats

9 up-downs

10 push-ups

9 up-downs

STRETCHING

2 sets:

:30 foam roll IT band/side

:30 foam roll quads/side

WORKOUT 2

- ✓ Goal: sub-10:00.
- ✓ Equipment: 2 moderate-to-heavy DBs (35/50 lb or heavier).
- ✓ Scaling: load, reps to 45 and 30.

WARM-UP

4 sets:

:20 jumping jacks

:20 pike handstand shoulder taps

:20 alternating lunges

- Rest :30 between sets.
- No rest between movements.

2 sets:

8 DB bent-over rows

5 DB shoulder-to-overheads

- Rest :30–1:00 between sets.

EQUIPMENT

For time:

60 DB bent-over rows

45 DB shoulder-to-overheads

- Use two DBs.

BODYWEIGHT

For time:

75 sit-ups

50 handstand push-ups

STRETCHING

Accumulate:

1:00 doorway shoulder stretch/side

1:00 couch stretch/side

WORKOUT 3

- ✓ Goal: 10:00–15:00.
- ✓ Equipment: box or tall object (24/30 in).
- ✓ Scaling: reduce object height as needed to be able to jump clear over it, scale to step-overs, and reduce rep volume to 15 and distance to 300 meters.

WARM-UP

1 set:

200-meter run

5 burpees

- Slow pace.

1 set:

200-meter run

5 object jump-overs

- Moderate pace.

1 set:

200-m run

5 burpee object jump-overs

- Fast pace.

EQUIPMENT

3 rounds for time:

20 burpee object jump-overs (30 in)

400-meter run

BODYWEIGHT

Same as the equipment option.

STRETCHING

3 sets:

:30 lacrosse ball roll/foot

:30 hamstring stretch/leg

:30 sit and reach (straddle)

WORKOUT 4

- ✓ Goal: 6–8 rounds.
- ✓ Equipment: none.
- ✓ Scaling: reduce plank hold duration to :30 of cumulative time.

WARM-UP

On a 5:00 clock:

:20 run out

Run back

:20 hollow hold flutter kicks

1 set:

100-meter run

:30 plank hold

- Run at a fast pace.

EQUIPMENT

AMRAP 20 with a partner:

200-meter run

1:00 plank hold

BODYWEIGHT

Same as the equipment option.

STRETCHING

Accumulate:

1:00 foam roll quads

1:00 foam roll upper back

1:00 foam roll calves

WORKOUT 5

- ✓ Goal: 15+ step-ups and 20+ squats/minute.
- ✓ Equipment: none.
- ✓ Scaling: step-up height, regular air squats.

WARM-UP

3 sets:

10 air squats

:10 squat hold

- Rest as needed.
- Emphasize keeping the chest up and knees out.

2 sets:

:30 step-ups

- Rest :15

:30 jumping air squats

- Rest 1:00

EQUIPMENT

4 rounds for reps:

1:00 max step-ups (knee height)

1:00 max jumping air squats

- Rest 1:00 between rounds.

BODYWEIGHT

Same as the equipment option.

STRETCHING

2 sets:

1:00 saddle stretch

1:00 seated pike stretch

WORKOUT 6

- ✓ Goal: 1 round + burpees.
- ✓ Equipment: one moderately heavy DB (35/50 lb).
- ✓ Scaling: reduce reps to 45-20-10, reduce DB load, sub regular burpees or up-downs.

WARM-UP

2 sets:

:30 scorpion stretch/side

:30 Samson stretch/side

5 wall squats

10 burpees

2 sets/arm:

5 DB push presses

5 DB overhead squats

2 sets:

5 DB-facing burpees

3 single-arm DB overhead squats/arm

3 DB burpee clean and jerks

- Rest 1:00 between sets.

EQUIPMENT

10-minute AMRAP:

60 DB-facing burpees

30 single-arm DB overhead squats

10 DB burpee clean and jerks

BODYWEIGHT

10-minute AMRAP:

60 burpees

30 reverse lunges

10 wall walks

STRETCHING

2 sets:

1:00 foam roll upper back

:30 cat-cow

:30 standing pike stretch

WORKOUT 7

- ✓ Goal: 8:00–12:00/couplet.
- ✓ Equipment: light sit-up load (~20 lb).
- ✓ Scaling: reduce sit-up load, anchor the feet for additional assistance, reduce run volume to 200 meters.

WARM-UP

1 set:

10 leg swings/side

10 lateral leg swings/side

20 air squats

1 set:

10 hamstring kick-ups/side

10 single-leg seated leg lifts/side

20 air squats

1 set:

10 sit-ups

200-meter run

1 set:

10 weighted sit-ups

200-meter run

EQUIPMENT

3 rounds for time:

25 sit-ups

300-meter run

Rest 2:00

3 rounds for time:

25 weighted sit-ups

300-meter run

BODYWEIGHT

Same as the equipment option.

STRETCHING

Accumulate:

1:00 pigeon stretch/side