

Non serve niente altro se non il proprio corpo ed eventualmente un posto dove correre. Per chi ha a disposizione sbarra per trazioni, corda per DU o qualche altro mezzo allenante potrà inserirlo contestualizzandolo al meglio in questi esempi.

Get the idea.

- 5000 m for time of:

Run

Every 1000 m perform:

Push Ups 30 reps

Air Squats 30 reps

- 200 reps for time of:

Walking Lunges

Every 2:00 including 0:00 perform:

Burpees 15 reps

- 20 Min AMRAP of:

Run 400 m

Push Ups 20 reps

Pistol Squats 10 reps

- 20 Min AMRAP of:

HSPU / Hindu Push Ups 10 reps

Sit Ups 20 reps

Walking Lunges 30 reps

- 20 Min AMRAP of:

Burpees 21 reps

Pistol Squats 15 reps

Strict Handstand Push Ups 9 reps

- For Time:

Jumping Lunges 100 reps

Jumping Squats 100 reps

Push Ups 100 reps

Every 2:00 including 0:00 perform:

V-Ups 10 reps

- 20 Min EMOM of:

1st Min

Air Squats 30-50 reps

2nd Min

Burpees 15-20 reps

3rd Min

HSPU / Hindu Push Ups 10-15 reps

4th Min

Rest