



Combat Fitness Circuits

| | |
|--|--|
| <p>1- 15 Front Squats 15 Knees to Elbows 200 m Run 10 Push-ups</p> <p style="text-align: center;">20 Minutes for time</p> | <p>5- "CrossFit's Helen" 400 m Run 12 Pull-ups 21 Kettlebell Swings</p> <p style="text-align: center;">5 Rounds for time</p> |
| <p>2- 15 Thrusters 10 Push-ups 16 Lunges 500 m Row</p> <p style="text-align: center;">5 Rounds for Time</p> | <p>6- 50 Squats 50 Pull-ups 50 Sit-ups 50 Push-ups 50 Skips</p> |
| <p>3- 10 Squat Jumps 50 Sit-ups 10 Back Extensions 15 Shoulder Press 200 m run</p> <p style="text-align: center;">4 rounds for Time</p> | <p>7- "CrossFit's Cindy" 5 Pull-ups 10 Push-ups 15 Squats</p> <p style="text-align: center;">20 minutes for Rounds</p> |
| <p>4- 10 Squat Jumps 50 Sit-ups 10 Back Extensions 15 Shoulder Press 200 m run</p> <p style="text-align: center;">4 rounds for Time</p> | <p>8- 500 m R8 – 500 m Row 20 Sit-ups 20 Back Extensions 20 Lunges</p> <p style="text-align: center;">4 Rounds for Time</p> |

Before starting any fitness program make sure you consult with a physician. Do this program 3 times per week on non-consecutive days (Tues/Thurs/Sat). Cycle through circuits 1-8.

Start with a proper warm-up and make sure you get a cool-down in afterwards. Go at your own pace and skill level.

For information on how to do these exercises and how to modify exercises go to www.crossfit.com where there are instructions and videos provided.

BE PROUD. STAND TOGETHER. RUN WITH CANADA'S ARMY.

