

CROSSFIT

1 *Box jump*

BEGINNERS

1 SERIES - 5-10 REPS



2 Burpee

ADVANCED

3 SERIES - 20 REPS

3 Deadlift

4 Kettlebell swing

11 Thruster

5 Overhead squat

12 Wall Ball Shot

6 Push press

13 Power cleans

7 Pull-up

14 *Air squat*

8 Push jerk

15 Muscle up

9 Snatch

10 Sumo deadlift high pull

DOWNLOAD MORE
EXERCISE GUIDES AT

www.evalufit.com