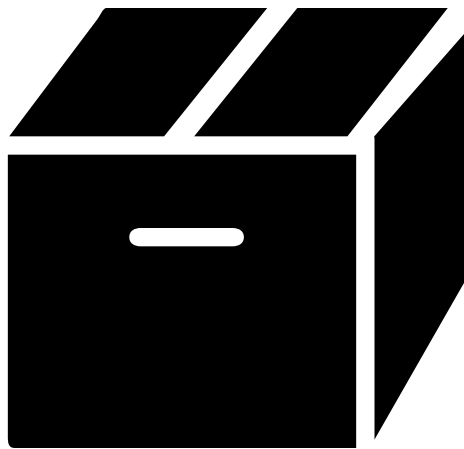


**50 WORKOUTS  
WITH A BOX**



# 50 WORKOUTS WITH A BOX

100 BOX JUMPS FOR TIME

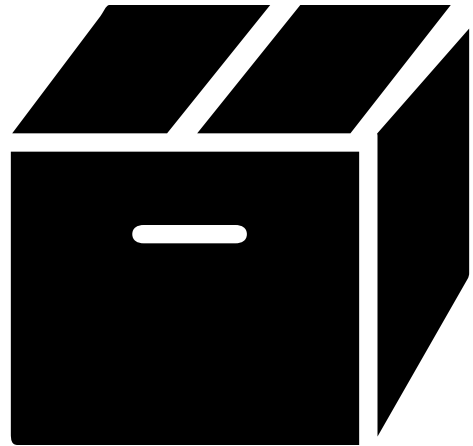
EMOM X 12  
2 BURPEE BOX JUMPS  
4 LUNGES  
6 SQUATS

21-15-9  
BOX JUMP OVERS  
SIT UPS  
DIPS

AMRAP X 15  
200M RUN  
10 BOX JUMPS  
20 REVERSE LUNGES  
(NO BOX)  
25 SIT UPS

AMRAP X 5  
3 BOX JUMPS  
6 LATERAL LUNGES  
3 SQUATS

1X:  
1MILE RUN  
50 BURPEE BOX JUMPS



BUY IN: 800M RUN

50 BOX JUMPS  
50 PUSH UPS  
50 SIT UPS  
50 DIPS

CASH OUT: 800M RUN

E2M X 5  
100 M RUN  
5 BURPEE BOX JUMPS

E30S X 5  
3 BURPEE BOX JUMP OVERS

AMRAP X 12  
1 BOX JUMP  
1 SQUAT  
1 PUSH UP  
2..3..4..5..

# 50 WORKOUTS WITH A BOX

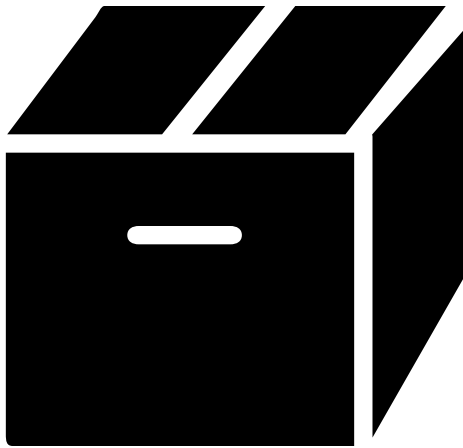
10 - 1  
STEP UPS  
SIT UPS

2X:  
800M RUN  
50 STEP UPS  
50 RUSSIAN TWIST

100 BOX JUMP OVERS FOR  
TIME

30-20-10  
LUNGES ( $\frac{1}{2}$  R  $\frac{1}{2}$  L)  
(W/ FT ON BOX FACING AWAY)  
PUSH UPS (FT ON BOX)

AMRAP X 12  
5 BURPEE BOX JUMPS  
10 SQUATS  
20 BICYCLE ABS  
100M RUN



EMOM X 7  
5 TUCK UPS  
10 DIPS  
20 RUSSIAN TWIST

EMOM X 20  
ODD: RUN 200M  
EVEN: 3 BURPEE BOX JUMPS

EMOM X 10  
ODD: 10 SIT UPS  
EVEN: 10 BOX JUMPS

E2M X 5  
5 BURPEE BOX JUMP OVERS  
10 SQUATS

E3M X 5  
5 BURPEE BOX JUMP OVERS  
10 SQUATS  
15 SIT UPS

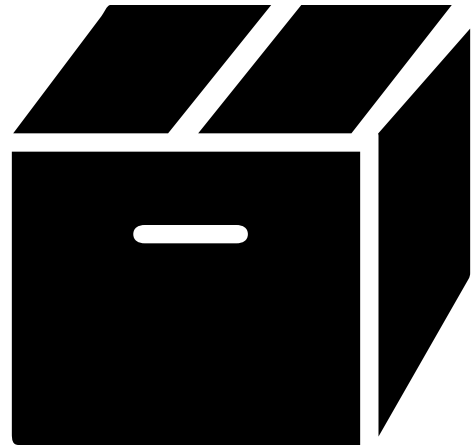
# 50 WORKOUTS WITH A BOX

12 - 1  
DIPS  
TUCK UPS

AMRAP X 12  
200M RUN  
20 MTN CLIMBERS  
15 DIPS  
10 LUNGES  
5 SPRAWLS

AMRAP X 10  
10 SPRAWL + STEP UP  
10 TUCK UPS  
10 SQUATS

3X:  
20 DIPS  
25 SIT UPS  
30 LUNGES



AMRAP X 10  
100M RUN + 5 BOX JUMPS  
100M RUN + 10 BOX JUMP  
100M RUN + 15 BOX JUMPS  
100M RUN + 20 BOX JUMPS  
...

E3M X 5  
100M RUN  
5 BOX JUMPS  
10 SIT UPS

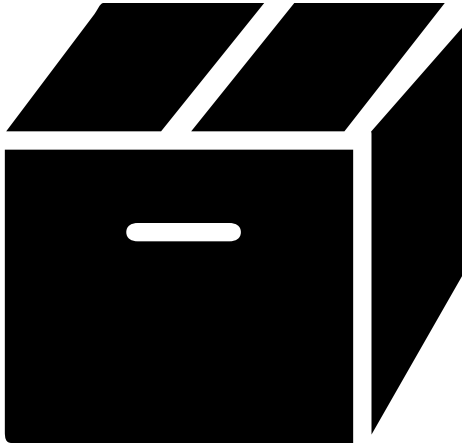
100 SQUAT + BOX JUMP  
OVERS FOR TIME

50-40-30-20-10  
RUSSIAN TWIST  
DIPS

AMRAP X 8  
100M RUN  
8 BOX JUMPS  
8 PUSH UPS  
8 PISTOLS

E30S X 5  
3 SPRAWL BOX JUMP

# 50 WORKOUTS WITH A BOX



AMRAP X 8  
3 BOX HSPUS  
6 MTN CLIMBERS  
9 SIT UPS

3-6-9-12  
BOX JUMPS  
SQUATS  
DIPS  
STEP UPS (PER SIDE)

AMRAP X 12  
200M RUN  
20 MTN CLIMBERS  
15 DIPS  
10 LUNGES

3X:  
20 COSSACK LUNGES  
20 DIPS  
20 PISTOLS

4X:  
400M RUN  
10 BOX JUMPS  
5/5 PISTOLS  
(OFF SIDE OF BOX)

1X  
400M-300M-200M-100M RUN  
10 BOX JUMPS  
10 PUSH UPS  
10 SIT UPS

50 BURPEE BOX JUMP  
OVERS FOR TIME

9-15-21  
BOX HSPUS  
200M RUN

5X:  
10 PUSH UPS  
10 LUNGES  
10 SIT UPS  
10 BOX JUMPS

50-30-10  
MTN CLIMBERS  
DIPS

# 50 WORKOUTS WITH A BOX

**3X:**  
800M RUN  
20 STEP UPS  
20 RUSSIAN TWIST  
20 LUNGES (FT UP)

**5X:**  
5 LATERAL BURPEE BOX  
JUMP  
10 SIT UPS  
200M RUN

**EMOM X 10**  
3 BOX JUMP  
3 PUSH UPS  
3 SIT UPS

**AMRAP X 12**  
400M RUN  
10 BURPEE  
10 SIT UPS  
10 SQUATS

**5X:**  
10/10 STEP UPS  
10 TUCK UPS  
(ON SIDE OF BOX)  
10 HSPUS (FEET ON BOX)

**10-20-30**  
PISTOLS  
DIPS

**AMRAP X 8**  
3 BOX JUMPS  
6 LUNGES  
9 PUSH UPS

**5X:**  
100M  
10 BOX JUMP  
(JUMP W/ 2 FT LAND W/1)  
10 LUNGES (FT UP)

**10-20-30-40-50**  
MTN CLIMBERS  
STEP OVERS

**50 BOX HSPUS FOR TIME**

