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### **Crossfit Partner Workouts Home The**

Probably the best way to tackle this

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WOD is to give certain exercises to the partner with the best ability in each. If you're good at push-ups, for example, and your partner is an air squat beast, you can take most of the pushups. Your partner can do more of the air squats and be fresh for the 2nd round of box jumps.

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## **6 Cool CrossFit Partner Workouts To Spice Up Your WODs**

Our Top 13 CrossFit Partner Workouts. Below are 13 partner WODs in no particular order: 1 - Upper Body Pump. 20 minute EMOM Partner WOD. 10 Air Squats; 3 Handstand Push-ups; We kick off with a classic CrossFit WOD. You and your partner carry out alternate

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exercises every minute for 20 minutes.

### **CrossFit Partner WODs: Adding Some Fun To Your Workouts ...**

Both partners must complete a 1000m row before starting the rest of the workout. WOD 4: Chipper WHAT: For Time: Complete: 30 pull-ups, 50 wall balls, 50 sit-ups, 100 kettlebell swings.



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## **The Best CrossFit WODs to do With a Partner | Men's Journal**

30 Burpees. Partners will alternate movements, with only one partner working at any one time. Thus, Partner A will run 400 meters, Partner B will perform 30 Box Jumps, Partner A will perform 30 Burpees, and Partner B will

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run 400 meters - and so on for 30 minutes. Photo from CrossFit.

### **6 Creative No-Equipment CrossFit Partner Workouts ...**

6 Bar Muscle-Ups. 15 foot Handstand Walk. Directly into, 4 Alternating Rounds of (2 each): 12 Chest-to-Bar Pull-Ups. 45 foot Dumbbell Overhead Walking Lunges

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(50/35 lb) 20/16 calorie Row. Time Cap: 24 minutes. Add to... Partner/Team, Training Think Tank ...

### **368 Partner/Team Workouts (WODs)**

Workout #8 (Dumbbells + Pull-Up Bar)  
As many rounds as possible (AMRAP) in 15 minutes: 5 Man-Makers. 10 Burpee Pull-Ups. Workout #9 (Dumbbells +

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Bodyweight) WOD by Jason Khalipa. Every minute on the minute (EMOM) for 15 minutes perform the below movements: Single-Arm DB Snatches (5 Right/5 Left) 10 Air Squats. 10 Push-Ups. 10 Tabata CrossFit ...

### **15 CrossFit Workouts for Any Hotel Gym - Fittest Travel**

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5 Rounds for Time: :30 Seconds

Handstand. 20 Air Squats. Spend some time honing your CrossFit handstand holds. Wrap Up: Whether you're stuck at home, traveling on the road, or just can't make it to a gym, this list gives you plenty of options.

**20 CrossFit Workouts You Can Do at**

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## **Home - WOD Fever**

Home CrossFit Workouts: These fat-burning, muscle-building WODs will leave you feeling exhausted and accomplished at the same time—without leaving home.

## **10 CrossFit Workouts You Can Do at Home - Men's Journal**

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Try these 15 CrossFit WODs—workouts, for those uninitiated—at home to get fit without extra equipment or spending extra time in the gym.

### **15 CrossFit Workouts You Can Do At Home with Limited Equipment**

“The needs of our olympic athletes and grandparents differ by degree, not kind.”

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That is to say, everyone needs to perform an intelligently selected variety of functional movements at a level of intensity appropriate for that individual.

### **Workouts - CrossFit | Home**

While you do wall ball reps, your partner will work through 15 kettlebell swings, 10 burpees, and 5 barbell ground-to-



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overheads (to do these, pick a loaded barbell up from the ground and press it...

### **Partner WODs That'll Take Your CrossFit Game to the Next Level**

Time to round up your Crossfit loved ones, choose one of these punishing partner WODs then go through the pain

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together all in the name of fitness!  
BRUTAL PARTNER WORKOUT FROM  
PHILIP THUN BISGAARD 100 - 90 - 80 -  
70 - 60 - 50 - 40 - 30 - 20 - 10

## **7 Tough Partner WODs for Crossfitters - BOXROX**

12 pull-ups. Jackie. If you want a relentless workout with minimal room for

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strategy or planning, Jackie is the perfect test of all-out endurance and power. A 1,000-meter row is enough to take out most people at full pelt, but throw in 50 thrusters and 30 pull-ups and you're looking at some major fatigue afterwards.

**The 21 best CrossFit workouts: Can**

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## **you handle these Elite ...**

In 2017 over 385,000 people participated in the CrossFit Open, which ended with Workout 17.5, a 10-round couplet of thrusters and double-unders. Fast-forward four months to Saturday night at the Games and the remaining 74 athletes took on 17.5 again — this time at a heavier weight.

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## **CrossFit | Home**

30. Labour of Legs (Quality Crossfit Workouts Without Weights for Legs) 3 rounds for time: 60-second wall sit. 25 air squats. 20 alternating lunges. 10 pistol squats (5 each leg) 30-second mountain climbers. 31. Brutal Burpees (Simple Yet Painful Crossfit Home Wods!)

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1 round of: 100 burpees. 60-second rest at 50 reps. 32. Non-stop Push Ups ...

### **75 Crossfit Travel WODs: No Equipment Crossfit WODs (+PDF ...**

PARTNER WOD 5. For time. Alternate every 5 reps. 100 thrusters; 100 pull ups; 100 burpees; Work together to help each other achieve success. PARTNER

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WOD 6. Partners must run together, break up reps as required. Run 800m; 70 hand release push ups; Run 400m; 70 power cleans; Run 200m; 70 bar facing burpees; For Her, for Him

### **10 Hard-Hitting Partner Workouts for Power Couples | BOXROX**

Crow Hill CrossFit is the premier CrossFit

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affiliate of Crown Heights, Brooklyn. We believe in the long term development of our athletes in an inclusive and supportive community.

## **Crow Hill CrossFit**

In order from easiest to hardest (Approximately) 1) 5 Minute AMRAP (as many reps/rounds as possible in 5



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minutes) 10 air squats, 10 push-ups, 10 sit-ups. 2) 21-15-9 of air squats and push-ups (21 reps of each then 15 reps of each then 9 of each) 3) 50 Burpees for time. 4) Run a half-mile, 20 burpees - 3 rounds.

### **20 Awesome Crossfit Workouts You Can Do At Home**

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For Time (with a Partner): 50 Walking Lunges; 40 Pull-Ups; 100 Box Jumps (20 in); 40 Double-Unders; 50 Ring Dips; 40 Knees-to-Elbows; 60 Kettlebell Swings (2/1.5 pood); 60 Sit-Ups; 40 Dumbbell Hang Squat Cleans (35/25 lb); 50 Back Extensions; 60 Wall Ball Shots (20/14 lb); 6 Rope Climbs (15 ft) Partner WOD.

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