

No Excuses

#12

Box Jump, Sit-Up, Dumbbell Swing

5 min: 1 Box Jump, 1 Sit-Up, 1 Dumbbell Swing, 2 Box Jump, 2 Sit-Up, 2 Dumbbell Swing, 3 Box Jump, 3 Sit-Up, 3 Dumbbell Swing, etc.... for 5 minutes

90 seconds rest

5 min: Repeat drill but try to improve original score

90 seconds rest

5 min: Repeat drill for best score!

CrossFit Box Jumps

Target	Cardiovascular conditioning, Glutes, Hamstrings and Quadriceps
Action	With two feet, jump onto a box 18-22 inches high, land softly with soft knees and entire foot. To exit bench, extend hips while before pushing off box or in mid-air. Gently land on the ground: toe, ball, heel. Repeat as quickly as possible.
Modification/Variation	Step-ups are no longer an option! Lowering the step or jumping onto the curb is optional.

Sit-Ups

Target	Abdominals, specifically rectus abdominis
Action	Support your head with your hands (avoid pulling on neck). Curl upper body off the floor, head, shoulders and ribcage.
Modification/Variation	If lifting the ribcage off floor is not possible, place fingers on the back of thighs to assist in sitting up. To decrease intensity, let shoulder blades just barely clear the floor until spine is curled to about a 45-degree angle.

20 Dumbbell Swings



Target	Glutes, Core, Quadriceps, Shoulders Added Benefit: Invokes great cardiovascular response
Action	Start in sumo squat stance holding dumbbell laterally between thighs. To begin the movement of the dumbbell, squat deeply pushing hips back until the dumbbell is well clear of groin. Stand up out of squat, thrust hips forward, and swing the dumbbell as high as possible. The momentum of the squat-thrust should carry the dumbbell skyward in order to limit the workload of the arms.
Modification/Variation	It is not necessary to lift dumbbell overhead to still gain conditioning benefits.