

COACH CONDO'S

# 7 DAYS OF WODS

**NO EQUIPMENT**



# DAY ONE

## "GO GO GO"

### 21 MINUTE AMRAP

7 PUSH UPS

7 AIR SQUATS

7 SIT UPS

14 BURPEES



## DAY TWO

# "BIG CHIPPER"

100M RUN

50 PRISONER SQUATS

200M RUN

40 HAND RELEASE PUSH UPS

300M RUN

30 SIT UPS

400M RUN

20 ALTERNATING REVERSE LUNGES

500M RUN



## DAY THREE

# "DEATH BY BURPEE"

"DEATH BY BURPEES" IS A BY-THE-MINUTE INTERVAL CHALLENGE. IN THE FIRST MINUTE, YOU COMPLETE ONE BURPEE. IN THE SECOND MINUTE, YOU DO TWO. THIRD MINUTE, THREE... UNTIL YOU CANNOT COMPLETE THE REQUIRED BURPEE AMOUNT IN A MINUTE.

TO BE COUNTED, THE BURPEE MUST TOUCH YOUR CHEST TO THE GROUND, AND THE LEAP IN THE AIR MUST CLEAR AT LEAST 6 INCHES. WHEN YOU HAVE MET YOUR HIGHEST POTENTIAL, THE WORKOUT IS OVER!



## DAY FOUR

# "UP DOWN UP DOWN"

12 MINUTE EMOM

9 AIR SQUATS

6 JUMP SQUATS

3 BURPEES



## DAY FIVE

# "ZACHARY TELLIER"

### FOR TIME

10 BURPEES

-

10 BURPEES  
25 PUSH-UPS

-

10 BURPEES  
25 PUSH-UPS  
50 LUNGES

-

10 BURPEES  
25 PUSH-UPS  
50 LUNGES  
100 SIT-UPS

-

10 BURPEES  
25 PUSH-UPS  
50 LUNGES  
100 SIT-UPS  
150 AIR SQUATS

## DAY SIX

# "BEACH READY"

10-9-8-7-6-5-4-3-2-1

HAND RELEASE PUSH UPS

JUMP SQUATS

UP DOWNS

V UPS



## DAY SEVEN

# "THE CHASER"

### 20 MINUTE EMOM

MINUTE 1 - 15 PUSH UPS

MINUTE 2 - 10 BURPEES

MINUTE 3 - 15 PRISONER SQUATS

MINUTE 4 - 20 ALT REVERSE LUNGES

