

THE ULTIMATE 4 WEEK CROSSFIT PROGRAM TO LEVEL UP YOUR FITNESS

CARDIO	STRENGTH TRAINING	MOBILITY EXERCISE
10 SQUAT JUMPS	15 KB SWINGS X 2	20 CALF RAISES X 2
15-SEC MT. CLIMBER	10 DB THRUSTERS X 2	15-SEC DEAD HANG X 2
15 PUSHUPS	15 BB BACK SQUATS X 2	15-SEC BEND FORWARD X 2
10 SITUPS	15 BB BENCH PRESSES X 2	15-SEC UPWARD FACING DOG X 2
30-SEC JUMP JACKS	10 RING ROWS X 2	15 GLUTE-HAM RAISES X 2

Crossfit Strength Bias Program

Anthony Tridico



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