

## 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 Training Program

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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