

CrossFit Léman – Home FBB Week 1

WARMUP 1
UPPER BODY

2-3 SETS
Yoga push ups x 10
Prone snow angels x 10
Scapular push ups x 10

WARM UP 2
LOWER BODY

2-3 SETS
Lateral (Band) walk x 25 sec
Glute bridge X 15 (pause 1 sec at the top)
Wall sit x 30 sec

WEEK 1

DAY 1
WARMUP 1

A1 : floor presses 15 each side
A2 : renegade row 15 each side
Repeat for 3 sets with 1:00 pause between

B1 :Tempo Push-ups 22X1 x 8
B2 : Bench Dips x 15
Repeat for 2 sets with 1:00 pause between

C:
30 second Hollow Hold Flutter Kicks
30 sec plank
15 sec side plank right
15 sec side plank left
Repeat for 3 sets, each time you stop : 5 down ups

DAY 2

WARM UP 2

A1 : 15 Db glute bridge 2320
A2 : 10 Db step ups in chair slow and controlled (change db hand each 5 reps)
Repeat 3 sets with 1:00 pause between sets

B1 : 10 Single leg Db Romanian Deadlift for each side
B2 : 15 Db front rack reverse lunges for each side
Repeat 2 sets with 45 sec pause between sets

C :
15 Rounds
1 Wall walk
2 DB Turkish getups
3 Pike handstand push ups