



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



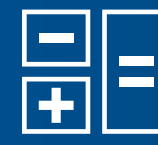
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## 5 CROSS TRAINING WORKOUTS FOR GENERAL CONDITIONING

The following 5 cross training daily workout routines that contain a variety of exercises aimed at improving your overall conditioning.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-crossfit-wods-general-conditioning>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Kettle Bells, Other

**Author:** Thomas Schultz

### Workout #1: The Olympian

Exercise	Sets	Reps
Hang Clean to Push Press	1	8
<a href="#">Push Ups</a>	1	10
<a href="#">Pull Ups</a>	1	10
Burpees	1	10
Sprint	1	50 meters
Perform this circuit for 8 rounds.		

### Workout #2: Brutalistic

Exercise	Sets	Reps
Tire Flips	1	6
<a href="#">Bodyweight Squats</a>	1	30
<a href="#">Clapping Push Ups</a>	1	20
Prowler Push	1	100 Feet
<a href="#">Leg Raises</a>	1	20
<a href="#">Jump Squats</a>	1	15
Perform this circuit for 5 rounds.		

### Workout #3: The Miler

Exercise	Sets	Reps
Sprint	1	400 Meters
<a href="#">Deadlifts</a>	1	10
Box Jumps (24 - 30 Inches)	1	6
<a href="#">Decline Push Ups</a>	1	30
<a href="#">Kettlebell Swings</a>	1	40
Perform this circuit for 4 rounds.		

### Workout #4: Sky High

Exercise	Sets	Reps
Overhead Squats	1	10
Burpees	1	10
<a href="#">Push Ups</a>	1	10
Hang Clean	1	10
<a href="#">Row Machine</a>	1	200 Meters
Perform this circuit for 8 rounds.		

### Workout #5: The Beat Down

Exercise	Sets	Reps
Push Jerk	1	8
Bodyweight Deadlifts	1	10
Fast Run	1	200 Meters
Thruster	1	10
<a href="#">Sit Ups</a>	1	30
Hand Stand Push Ups	1	5
Perform this circuit for 5 rounds.		