

THE ULTIMATE STRENGTH AND ENDURANCE WORKOUT PROGRAM

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PROGRAM OVERVIEW

- **Duration** – 12 Weeks (you can continue if you see the results)
- **What it can improve** – This routine will enhance your VO2 max, strengthen muscles, bones, and joints, increase your lifting ability, promote weight loss, improve athletic performance, and may help you achieve a sturdy and shredded physique.
- **Kind of exercises you'll do** – This program includes [various Crossfit exercises](#), including bodyweight and weighted. These exercises will be done at high intensity with little rest between them.
- **Who should do it?** Anyone who wants to promote their athleticism, bolsters muscle, and [build lean mass and shredded physique](#) can follow this schedule.
- **Workout Level** – This training regime is for intermediate fitness enthusiast who have been working out for a while. Beginners can also give it a try after making some adjustments.
- **Target Gender** – Males and Females
- **Frequency** – You'll train three times weekly (alternate days) during this regime.
- **Duration/session** – One session will take 30 minutes to one hour to complete. The duration will increase as you progress further.
- **Who should avoid it** – People with cardiovascular issues, injuries, and obesity should avoid this program. It is also not suitable for bodybuilders.
- **Note:** Please use this schedule as an example and adjust it according to your fitness level and goal. Consult with a professional around you if you have a specific goal.

SCHEDULE

Instructions

- Start your training with [five to 10 minutes of dynamic exercises](#).
- Replace challenging exercises with suitable ones and make appropriate changes to match this program to your current fitness level.
- Increase the intensity and load as you progress further.
- Perform each exercise as quickly as possible but without compromising the form.
- Challenge yourself to a limit but do not push yourself too hard. It's always good to consider your limit.

Week 1 to 3

Monday

- 20 Air Squats
- 10 One-arm Kettlebell Swings/side
- 30-sec Mountain Climber
- 10 Thrusters
- 20 Pushups
- 10 Bent-over Rows
- 15 Situps
- 10 Jumping Lunges
- Do as many rounds as possible in 30 minutes

Wednesday

- 10 Burpees
- 10 Hang Cleans
- 10 Box Jumps
- 10 Pendlay Rows
- 20 Situps
- 15 Zercher Squats
- 30-sec High Knees
- 10 Kipping Pullups
- Aim to complete rounds in as little time as possible.

Friday

- 10 Step-ups/leg
- 30-sec Mountain Climbers
- 10 Landmine Oblique Twists/side
- 15 Pushups
- 10 Barbell Cleans
- 10 Jumping Lunges on each side
- 10 Barbell Thruster
- 15-sec Battle Rope
- Repeat three times.

Week 4 to 6

Monday

- 10 Lunge with Front Kicks/leg
- 20 [American Kettlebell Swing](#)
- 30-sec High Knees
- 10 Kipping Pullups
- 10 Box Jumps
- 10 Squat to Press
- 10 Pendlay Rows
- 10 Burpees
- 20 Situps
- 30-sec Weighted Farmers Walk
- Complete three rounds in as little time as possible.

Wednesday

- 10 Dumbbell Surrenders on each side
- 10 Power Cleans
- 10 Kneeling Squat Jumps
- 10 Conventional Deadlifts
- 20 Arm Changing Kettlebell Swings (10/side)
- 50 Double Unders
- 20 Hanging Knee Raises
- 15 Barbell Back Squats
- 10 High Pulls

- 10 Dumbbell Front Squats to Presses
- Shoot for three rounds.

Friday

- 10 Squat Jumps
- 30-sec Mountain Climbers
- 10 Dumbbell Power Makers
- 20 Situps
- 15 Bent-over Barbell Rows
- 10 [Grappler Pushups](#)
- 20 Power Cleans
- 10 Landmine Oblique Twist
- 10 Squat to Overhead Press
- 10 Knee Tap Pushups
- Repeat three times.

Week 7-9

Monday

- 10 Bar Over Burpees
- 20 Box Jumps
- 10 Barbell Split Cleans
- 10 Pushups to Renegade Rows
- 20 Situps
- 10 Kipping Pullups
- 10 Barbell Thrusters
- 50 Double Unders
- 10 Pendlay Rows
- 1-min Plank
- Perform as many rounds as possible within one hour.

Wednesday

- 10 Lateral Box Jumps/side
- 20 Pushups
- 10 Barbell High Pulls
- 30-sec Mountain Climber
- 10 Clean and Press

- 10 Bar Facing Burpees
- 20 American Kettlebell Swings
- 20 Zercher Squats
- 20 Landmine Oblique Twists (10/side)
- 30-sec Farmer's Walk with Heavy Load
- Repeat as many times as possible in one hour.

Friday

- 30-Second Mountain Climbing
- 10 Dumbbell Power Makers
- 10 Conventional Deadlifts
- 20 Pushups
- 20 Situps
- 10 Kipping Pushups
- 20 Dumbbell Clusters (10/side)
- 10 Stepups
- 20 Hanging Knee Raises
- 1-min Plank
- Do as many rounds as possible in one hour.

Week 10-12

Monday

- 10 [Dumbbell Pushups to Renegade Rows](#)
- 10 Dumbbell Step-Ups
- 10 [Clean and Press](#)
- 10 Bar Facing Burpees
- 10 Kipping Pullups
- 10 Dumbbell Surrenders
- 20 Arm Changing KB Swings (10/side)
- 20 Hanging Knee Raises
- 15 Pendlay Rows
- 20 Squat Jumps
- Perform as many rounds as possible.

Wednesday

- 10 Over The Box Jumps

- 30-sec Mountain Climbing
- 10 Clean and Jerks
- 10 Barbell Thrusters
- 10 Dumbbell Power Makers
- 20 Situps
- 100 Double Unders
- 10 Bar Facing Burpees
- 20 Box Jumps
- 10 Split Cleans
- Do as many rounds as possible.

Friday

- 10 Bar Facing Burpees
- 10 Kipping Pullups
- 10 Dumbbell Surrenders
- 20 Arm Changing KB Swings (10/side)
- 20 Pushups
- 20 Hanging Knee Raises
- 10 Dumbbell Step-Ups
- 10 Clean and Press
- 15 Pendlay Rows
- 20 Situps
- 30-sec Farmer's Walk with Heavy Load
- 1-min Plank
- Repeat as many times as possible.

Helpful Resources

- [The 100 Best CrossFit WOD List](#)
- [Complete List of CrossFit Exercises](#)
- [50 Best Crossfit WODs for Beginners with PDF](#)
- [Bodyweight CrossFit Workouts \(An Ultimate Guide with PDF\)](#)
- [30 Best Dumbbell CrossFit Exercises](#)
- [14 Best Crossfit Kettlebell Workouts](#)

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