

Free CrossFit Beginner's Workout Plan (4 weeks)

This plan is designed to get you acquainted with CrossFit workouts without overwhelming you. We'll start slow, focusing on form, and functionality, and gradually increasing intensity. Each week, you'll engage in 3 workout days, ensuring adequate rest and recovery between sessions.

Week 1: Getting familiar

Day 1: Introduction to basic movements

- **Warm-up:** 5-minute brisk walk or light jog
- **Workout:** 3 rounds of
 - 10 air squats
 - 10 push-ups (knee modifications if needed)
 - 10 sit-ups
- **Cool down:** Stretching focusing on legs, arms, and back

Day 2: Cardio and strength basics

- **Warm-up:** Jump rope for 3 minutes
- **Workout:** 3 rounds of
 - 200-meter run (or 1-minute high knees if indoors)
 - 15 dumbbell deadlifts (lightweight)
- **Cool down:** Full-body stretches

Day 3: Mixing it up

- **Warm-up:** Dynamic stretches (leg swings, arm circles)
- **Workout:** AMRAP (As Many Rounds As Possible) in 12 minutes
 - 5 burpees
 - 10 kettlebell swings (lightweight)
 - 15 box step-ups
- **Cool down:** Yoga poses focusing on flexibility

Week 2: Building endurance and strength

This week, we aim to gently increase the intensity and volume of your workouts, focusing on improving your endurance and introducing slightly more challenging variations of the exercises you learned in Week 1.

Day 1: Enhancing basics

- **Warm-up:** 5-minute brisk walk or light jog, followed by dynamic stretches.
- **Workout:** 4 rounds of
 - 12 air squats
 - 12 push-ups (try reducing knee support if you used modifications before)
 - 15 sit-ups
- **Cool down:** Stretch focusing on legs, arms, and core.

Day 2: Cardio plus

- **Warm-up:** 4 minutes of jump rope, incorporating some double-unders if possible.
- **Workout:** 4 rounds of
 - 250-meter run (increase pace or duration slightly from Week 1)
 - 18 dumbbell deadlifts (add a bit more weight if you're comfortable)
- **Cool down:** Full body stretches, pay special attention to the back and hamstrings.

Day 3: Skills and drills

- **Warm-up:** Dynamic stretching with an emphasis on mobility.
- **Workout:** AMRAP in 15 minutes
 - 7 burpees (try to make these a bit more explosive)
 - 12 kettlebell swings (slightly heavier than Week 1, if manageable)
 - 20 box step-ups (increase the height of the step if possible)
- **Cool down:** Yoga poses for flexibility and balance, focusing on hips and shoulders.

Week 3: Introduction to compound movements

Now, we introduce compound movements. These exercises use multiple muscle groups at the same time, offering a comprehensive strength and endurance workout.

Day 1: Learning compound movements

- **Warm-up:** 10 minutes of light cycling or stationary biking, followed by dynamic stretches.

- **Workshop:** Practice the form for deadlifts, overhead presses, and squats using a PVC pipe or unloaded barbell.
 - Perform 5 sets of 5 reps for each, focusing strictly on form.
- **Cool down:** Stretching and foam rolling, with an emphasis on the lower back, shoulders, and legs.

Day 2: Compound movements workout

- **Warm-up:** A brief jog followed by dynamic stretches, focusing on areas that will be worked.
- **Workout:** 3 rounds of
 - 8 deadlifts (using a light barbell or dumbbells)
 - 8 overhead presses (start with light weights to ensure good form)
 - 10 squats (bodyweight to focus on form, or add light weights if comfortable)
- **Cool down:** Full-body stretch, with additional focus on the areas worked.

Day 3: Integrated circuit

- **Warm-up:** Jump rope for 5 minutes, mixing in some single-leg hops for variety.
- **Workout:** 3 rounds of
 - 10 burpees
 - 12 kettlebell swings (moderate weight)
 - 15 box jumps (or step-ups for a less intense option)
 - 8 dumbbell squats (integrate weights into your squats for added challenge)
- **Cool down:** A mix of yoga poses and foam rolling, concentrating on recovery.

Week 4: Consistency and improvement

This week, aim to refine the technique in the compound movements you've been practicing and challenge yourself with slightly increased intensity or volume. Focus on smooth transitions between exercises and maintaining a steady pace during AMRAPs or timed workouts.

Day 1: Compound movements and cardio mix

- **Warm-up:** 7 minutes of mixed cardio (jump rope, jogging, high knees).

- **Workout:** 4 rounds of
 - 10 deadlifts (slightly increase the weight from Week 3 if your form is solid)
 - 400-meter run (aim for a consistent pace, slightly faster than your comfort zone)
 - 10 overhead presses (increase weight only if you can maintain perfect form)
- **Cool down:** Stretching with a focus on the lower back, shoulders, and legs.

Day 2: Endurance and strength challenge

- **Warm-up:** Dynamic stretching, focusing on legs, arms, and core.
- **Workout:** 5 rounds of
 - 12 kettlebell swings (increase weight slightly if you're maintaining good form)
 - 15 box jumps (focus on landing softly and safely)
 - 12 dumbbell squats (moderate weight; ensure good posture throughout)
- **Cool down:** Yoga poses aimed at improving flexibility and balance, especially in the legs and back.

Day 3: AMRAP Finale

- **Warm-up:** 5-minute light jog followed by dynamic stretches.
- **Workout:** AMRAP in 20 minutes
 - 8 burpees (try to keep them explosive and fluid)
 - 10 kettlebell swings (keep the weight challenging but manageable)
 - 15 sit-ups (focus on form and full range of motion)
 - 12 push-ups (aim for full range without knee support if possible)
- **Cool down:** Comprehensive full-body stretching, focusing on all major muscle groups used during the week.

Safety tips

1. *Always prioritize correct form over lifting heavier weights or pushing for more reps. This will help prevent injuries and ensure long-term progress.*
2. *Adequate rest days are crucial for muscle recovery and growth. Ensure you're getting enough sleep and consider incorporating active recovery days.*
3. *Continue focusing on balanced nutrition to fuel your workouts and recovery. Hydration is also key, especially as workout intensity increases.*

