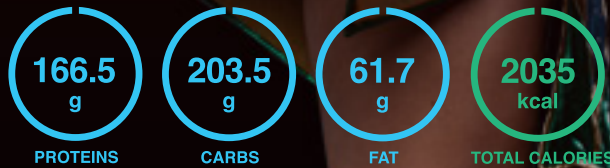




Cris Cyborg
criscyborg.com

 **THE BETTER HUMAN APP**

Daily Workouts



betterhumanapp.com

Workout ①

Warm Up:

100m run

Bear crawl 30 feet

3xs

Workout:

EMOM – 20 min 5 m sprints - 7 perfect pushups

Directions:

Every Minute On The Minute (emom), do sprints between two 5m points (10m total), then do 7 perfect pushups.

Advanced:

EMOM – 20 min 5 m sprints - 10 perfect pushups

Workout ②

Warm Up:

200 single jump rope
20 air squats
20 pushups

Workout:

Run 200m
Rest = work
3xs

Directions:

Run 200m. You're allowed to rest as long as it took you to run 200m.

Advanced:

Run (sprint) 200m
Rest = work
5xs



Workout ③

Warm Up:

Pull up ladder

1-2-3-4-5-4-3-2-1

10 situps between pullup rounds

Workout:

2x -

800 m run

100 air squats

(rest is 6 min)

Directions:

Run 800 followed immediately by 100 airsquats, rest 6 min and do it all again. Score both individual times and overall time.

Advanced:

3xs

800 m run

150 air squats

Workout 4

Warm Up:
800m casual run

Workout:

Death by single/double unders

Directions:

Using a JUMP ROPE, do either 10 single skips or 5 double skips (you jump once and the rope passes under your feet twice) at the start of the minute... Every minute you add 10s or 5d until you cannot perform required skip work.

Advanced:

Double unders

Workout 5

Warm Up:

5 pushups
10 situps
15 air squats
3xs

Workout:

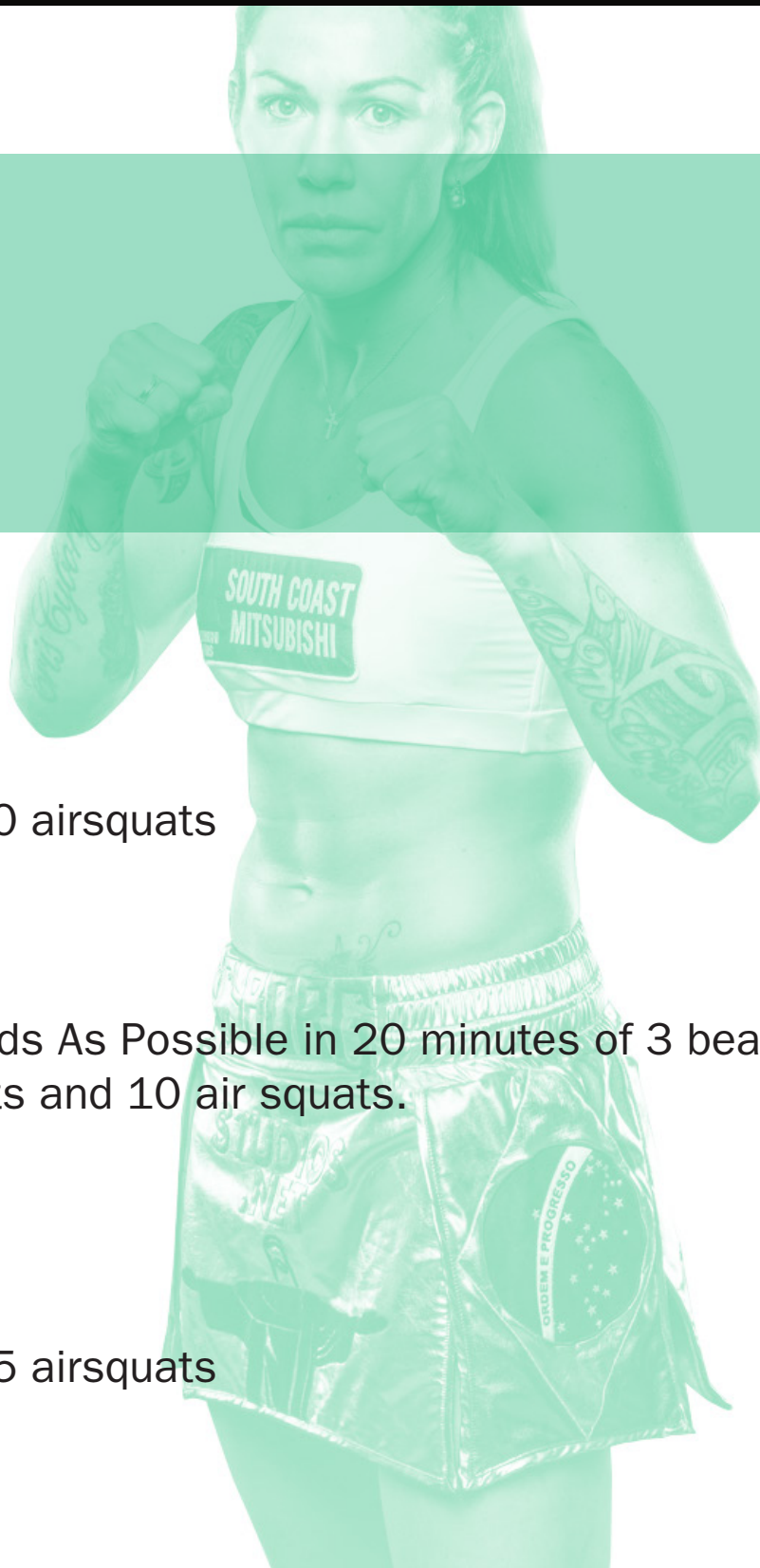
Amrap 20 -
3 bear crawls / 10 airsquats

Directions:

Do As Many Rounds As Possible in 20 minutes of 3 bear crawls between 5m points and 10 air squats.

Advanced:

3xs
Amrap 20 -
4 bear crawls / 15 airsquats



Workout ⑥

Warm Up:

5-10-15-20 burpees

Each set to be done unbroken

Workout:

For time

100KB swings for time - must be unbroken (American)

Directions:

Using a KB that you can do all reps without stopping swinging, do 100 reps unbroken (American means that the KB must go overhead not stop at eye level – this requires a higher power output from the hips).

Advanced:

For time

200m sprint

100KB swings for time - must be unbroken (American)

200m sprint

Workout 7

Warm Up:

10 minutes - your choice

Workout:

For time

Death by 10 meters

Directions:

Between to points 5m apart, do one sprint (10m) at minute one. At the start of each new minute, add another 10m. Do this until you are not able to complete the required distance/partial rounds count for last round.

Advanced:

Strive to get 20+ rnds.

Workout 8

Warm Up:

100m run
50 single unders
2xs

Workout:

1 min max pushups - 2 min rest - 90 sec max jump rope (single or double) - 3 min rest - 2 Min max burpees then do it all again trying to beat previous score

Directions:

Workout is self explanatory.

Advanced:

1 min max CLAPPING pushups - 2 min rest - 90 sec max jump rope must be double unders - 3 min rest - 2 Min max burpees w/ tuck jump to finish movement then do it all again trying to beat previous score

Workout 9

Warm Up:

5 burpees
3 pullups
5xs

Workout:

For time
2000 single unders

Directions:

2000 single jump rope skips – Try to do in manageable sets.

Advanced:

1000 double unders