

# 2 WEEK BEGINNER PROGRAM

BY MICHAEL ASHCROFT OF CROSSFIT VICTORIA

**A fortnight worth of basic gymnastic/metcon CrossFit programming to use when you can't make it into the gym. No equipment required. Just you and some space.**

Just because you can't make it into the gym doesn't mean you can't put together a potent workout that you can complete right in your own living room. Your own body weight and gravity are all the equipment you need to throw together a short, intense and challenging workout.

For those of you who aren't sure what to do or are too uncreative enough to come up with your own programming, I've taken the hard work out of all of this and put together a fortnight worth of 3-on-1-off programming, that requires nothing more than you and a stopwatch.

This type of program is perfect for people who might not be able to make it to the gym for a couple of weeks (holidays or work commitments) or for those who might only be able to make it to the gym a couple of nights per week and are looking to accomplish a few more sessions each week by doing something from home.

Now you have no excuses!

## Day 1

3 rounds for time of:  
10 burpees  
20 squats  
30 situps

## Day 2

Tabata intervals (8 rounds of 20 secs work/10 secs rest) of the following:  
Pushups  
Situps  
Squats

## Day 3

5 rounds for time of:  
10 tuck jumps  
15 back extensions

## Day 4

Rest. Practice something you suck at - like handstands or cartwheels.

## Day 5

2 rounds of:  
Run 400m  
50 lunges (25 each leg)

## Day 6

100 pushups for time.

## Day 7

4 rounds for time of:  
15 burpees  
25 squats  
35 situps

## Day 8

Rest. Again, practice something you're crap at doing.

## Day 9

Get yourself outdoors on this one. Go and find a local park or somewhere else you can stretch your legs. Grass is preferable.

3 rounds for time of:

Sprint 50m  
10 burpees  
Sprint 50m  
10 situps  
Sprint 50m  
10 squats

If you take any break during the sets of 10, sprint 400m as incentive not to do it next time.

## Day 10

3 rounds for time of:  
20 tuck jumps  
30 situps

## Day 11

100 burpees for time.  
If you whined when you read that, do 150 burpees instead.

## Day 12

Rest. Read something insightful that makes you think.

## Day 13

5 rounds for time of:  
20 burpees  
15 squats  
10 situps

## Day 14

You're almost through two weeks worth!  
Run 5km for time. Enjoy it. Well...try to anyway.

## Day 15

Last day! A special treat.  
Tabata intervals (see Day 2) of:  
Burpees  
Situps  
Squats  
Pushups

## Day 16

Rest!!!

### Quality First!

Above all else, focus on good form! Make each rep worthwhile. It may take you longer to finish, but by completing reps without full range of motion, you're only cheating yourself.

### Time Yourself!

Always use a stopwatch! Not only does racing against the clock add some pressure to your workout, its the only way to gauge your work capacity. Time and record each workout.

### MIKE'S BLOG

Find more useful tips for fitness at Mike's Blog:

<http://michaelashcroft.net/blog>