Crossfit øvelser:

Box Jumps

Box Jump Overs

DU: Double Under

SU: Single Under

Handstand Walk

Wall Balls shots

Burpees

Airsquats

Back Squats

Goblet Squats

Kettlebell Swings

Kettlebell Dødløft

Push up (Release)

Ring Row

Pull Ups

Lunges

Mountain Climbers

Løb

Back Extensions

Robe Climb

Kettlebell press

Kettlebell clean and press