
THE **CrossFit** JOURNAL **KIDS**

A Christmas Lump of Coal

Gift-wrapped rocks make poor presents, but they're perfect for a CrossFit Kids workout, and you can re-gift them in a special game as well.

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Workout: Box O' Rocks

7 rounds of:

5 burpees

5 push presses with presents (5-10 lb.)

Equipment

- Gift-wrapped boxes filled with rocks, safely packed and cushioned
- Cones

Set-Up

Place half as many presents as there are kids about 10 feet away from a starting line marked with cones.

WOD

1. On "Go!" the athletes must perform 5 burpees before racing for a present, which they must use to perform 5 push presses.
2. The athletes who arrive last will not have a present to use for push presses; instead, these athletes must continue doing burpees until a present becomes available.
3. Repeat until all rounds are complete.



Game: Polar Bear Express

Equipment

- Gift-wrapped boxes that were used in the workout
- Cones

Set-Up

1. Use the cones to set up a 10-meter track with presents placed at the far end.
2. Divide class into two teams.

Game Play

1. The first two kids on each team must use a polar-bear crawl to get to the presents. Once there, they pick up a gift and run back to the start line.
2. The next person in line then runs the present back to the far cone and crawls back to the start line.
3. Play continues until every team member has gone there and back.
4. The entire team must sit down as soon as last athlete returns to the line.

