
THE CrossFit JOURNAL KIDS

Baggage Beasts

You've seen your bags heaved into the plane at the airport. Now Mikki Lee Martin has your kids slugging luggage for fitness.

By Mikki Lee Martin CrossFit Kids

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Danell Marks/CrossFit Kids

Set-Up

Divide the class into two teams. Teams can be named after airlines, such as Delta and United. Place two cones for start position and two cones 25 feet away from that point. Position a stack of plates at the start cone, and position a prowler at the end cone. Teams line up behind the start cones.

Equipment

- 2 prowler sleds
- "Baggage"
- 2 25-lb. bumper plates
- 2 15-lb. bumper plates
- 2 10-lb. bumper plates
- 2 10-14-lb. medicine balls
- 4 10-lb. sandbags

Rules of Play

On 3-2-1 ... go! teams form circles and begin passing the "baggage" taken from the start position around as fast as possible. Encourage kids to move fast and be carefree like real baggage handlers (beasts).

All baggage must cycle five times around the circle, and it's OK for items to be dropped. Only medicine balls and sandbags may be thrown, and players can be skipped to speed the process.

Once the five passing/throwing cycles have been completed, all items must be carried by the team to the end point in any manner and any amount. Then they have to load everything on the prowler and push it back to the start point.

Only two players may push the loaded prowler back to the start position. The remaining players sprint back, line up behind start cone and sit down.

