
THE CrossFit JOURNAL K I D S

Earn It

Mikki Martin offers up a workout with built-in play to motivate kids.

By Mikki Martin CrossFit Kids

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Staff / CrossFit Kids

A Kids trainer can take just about any highly valued activity and get young athletes to work very hard to earn the opportunity to do it. We have used 8-to-12-minute AMRAPs in this way, with one opportunity for the activity earned at the end of each round completed.

EARN IT

Run 100 meters

15 burpees

5 box jumps

Upon completion of each round:

- Earn a throw with water balloon to a target or bucket
- Earn a shot with Nerf machine gun to target
- Earn one minute on pogo stick
- Earn one minute on stilts

We have used these variations with great success.



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