



PRESENTED BY



TAKE FLIGHT WOD GUIDE 2021

Friday 1/1

Baseline Test

Record time to complete and modifications used

All: ½ mile Run/Walk or 500m Row

Beginner: 20 reps,

Intermediate/Advanced: 40 reps

Air Squats

Push-ups

Sit-ups

Pull-ups*

(*alternatives: Jumping pull-ups, ring rows, tricep dips)

Saturday 1/2

All: 15 sec on 45 sec off for 15 min

Pace yourself and do the same distance or reps for each

movement consistently

Run/Walk/Row

Push-ups

Air Squats

Intermediate/Advanced

Add a weighted ruck 10/20

Sunday 1/3

EMOM 10 mins

Pull-ups

Beginner: 10

Intermediate: 15

Advanced: 20

Alternative movements:

Jumping Pull ups

Ring Rows

Tricep Dips

Bent Over row

Monday 1/4

Active Rest

Go do something fun that does not feel like exercise

Tuesday 1/5

5 rounds

1 min of tempo squats

1 min rest

Beginner: 2113

(2 counts down, 1 count hold, 1 count up, 3 counts at the top)

Intermediate/Advanced: 3111

Add weight if desired

Wednesday 1/6

Run/walk/row for 20 mins

Beginner: Run or walk/row at a brisk pace for 1 min, rest, slow down, for 2 min and repeat

Intermediate: Alternate Run 1 minute, walk 1minute

Advanced: Run for 20 minutes

Thursday 1/7

EMOM 10 minutes

Air Squats

Push-ups

Sit-ups

Pull-ups

Beginner: 2 reps of each, rest for remainder of minute

Intermediate: 4

Advanced: 8

Cut reps if you have less than 15 seconds of rest after movements are completed

Friday 1/8

Complete rest day

Read a book, cook a healthy meal, or chat with loved ones.

Saturday 1/9

5 rounds

10 1 1/2 Air squats(with control; all the way down, 1/2 up, back down, then up)

30 sec Plank Hold

-then-

5 rounds

10 Plank shoulder taps

30 sec wall sits

Sunday 1/10

Row/run/walk briskly for 5 mins straight with a consistent pace,rest as long as needed then repeat

Beginner: 2x

Intermediate: 4-5x

Advanced: 6-10x

Monday 1/11

Tabata
20 seconds work/10 seconds rest, 4 rounds for each set, rest 1 min before going to the next set
Jumping Jacks/Sit-ups
Push-ups/ Squat jumps
Mountain Climbers/Tricep dips -then-
Finish it with a flutter kick medley, two sets without rest
Flutter Kick/ open close/over under/ both legs up and down

Tuesday 1/12

Active rest
Try some yoga or do something fun with others!

Wednesday 1/13

Run/walk ¼ mile or Row 250m.
Rest for an equal amount of time and then repeat.
Beginner: 2x
Intermediate: 4-6x
Advanced: 10x

Thursday 1/14

10 min AMRAP
Beginner/Intermediate/Advanced
2/5/10 Air Squats
2/5/10 Push-ups
2/5/10 Sit-ups
1/3/6 Pull-ups
Beginner: minimum 15 sec rest between rounds
Intermediate/Advanced: rest optional

Friday 1/15

15 sec on 45 sec off,
Alternate between sit-ups and pull-ups each minute for 12 minutes. Maintain a consistent rep count for each exercise.

Saturday 1/16

Complete Rest
Reach out to an old friend, do something for your community, or get creative.

Sunday 1/17

30 sec on 30 sec off for 20 min
Pace yourself and do the same distance or reps for each movement consistently
Run/Walk/Row
Air Squats
Push-ups
Sit-ups
Intermediate/Advanced:
Add a weighted ruck 10/20 lb

Monday 1/18

Goal today is low intensity, longer duration.
Go for a run, walk or row for 20 minutes. Set a challenging pace you can hold for the whole time.

Tuesday 1/19

10 min EMOM
Complete "perfect form" push-ups and then rest for the remainder of the minute.
Start with the hardest level you can do then modify as your form begins to fail.
Beginner: 5
Intermediate: 10
Advanced: 15-20
Perfect form= hips and shoulders move together, elbows close to your sides.

Wednesday 1/20

Active rest
Have a dance party, play tag, go for a bike ride.

Thursday 1/21

1 min on 1 min off
Max effort run/walk or row pace for 1 min, easy recovery pace for 1 min
Repeat Beginner: 4x
Intermediate: 6x
Advanced: 8-10x
-then-
Cool down easy walk for 2 mins

Friday 1/22

Tabata
20 seconds work/10 seconds rest, 4 rounds for each set, rest 1 min before going to the next set
Skaters/Hand release push-ups
Lunges/ Bent over row*
Air Squats/Shoulder 2 overhead*
-then-
Finish it with 1 max effort plank hold until form fails
**use a weighted backpack for some resistance*

Saturday 1/23

5 rounds
1 min of tempo squats
1 min rest
Beginner: 3112 tempo
(3 counts down, 1 count hold, 1 count up, 2 counts at the top)
Intermediate/Advanced: 3311
Add weight if desired
-then-
5 rounds
30 sec max effort push-ups
1 min rest

Sunday 1/24

Complete Rest
Organize your closet, do some meal prep, or clean out your email inbox

Monday 1/25

4 rounds for time
200m run/walk, 125m row
Air Squats
Push-ups
Sit-ups
Pull-ups
Beginner: 5 reps each round
Intermediate/Advanced: 10 reps each round

Tuesday 1/26

2 min on 1 min off
Max effort run/walk or row pace for 2 min, easy recovery pace for 1 min. Repeat.
Beginner: 4x
Intermediate: 6x
Advanced: 8-10x
-then- cool down easy walk for 2 mins

Wednesday 1/27

Active Rest
Go do something fun like a scavenger hunt, battlefield hike, or a ropes course.

Thursday 1/28

EMOM 20 minutes (4 Rounds)
0-1: 30 sec High Knees
1-2: 10 Push-ups
2-3: 10 Jumping Squats
3-4: 10 High Pulls*
4-5: Rest
Intermediate: 20reps
Advanced: 30 reps
**use a weighted backpack*

Friday 1/29

400m run/walk or 250m row
-then-
30 sec on 30 sec off
Air Squats
Push-ups
Sit-ups
Pull-ups
Beginner: 4 rounds **Intermediate:** 6 rounds **Advanced:** 8-10 rounds
-then-
400m run/walk or 250m row

Saturday 1/30

Rest Day before Test Day
Try some stretching or yoga today
Drink water and get some rest

Sunday 1/31

Baseline Test
Record time to complete and modifications used
All: ½ mile Run/Walk or 500m Row
Beginner: 20 reps,
Intermediate/Advanced: 40 reps
Air Squats
Push-ups
Sit-ups
Pull-ups*
*(*alternatives: Jumping pull-ups, ring rows, tricep dips)*