

SPEEDX™

by BRICK SPORT PERFORMANCE

SpeedX by BRICK is a unique twist on traditional CrossFit. Based on CrossFit methodology, SpeedX is a mix of eight different workouts in a Tabata-format that demands 20 seconds of intense bursts with 10 seconds of rest in between. Eight rounds per station and a minute rest in between rounds equals the ultimate fitness and fat loss results.

SAMPLE SPEEDX WORKOUTS

"STOKES"

WARM UP	NO REST BETWEEN ROUNDS
200M RUN	
20 WALL BALLS	10-20 LB BALLS
200M RUN	
20 PUSH-UPS	
200M RUN	
10 WALL BALLS	
200M RUN	
15 PUSH-UPS	
WORK OUT	ALL STATIONS - AMRAP - 8 ROUNDS OF 20-SEC ON & 10-SEC REST. 1-MIN REST BETWEEN STATIONS
STATION 1	WALL BALLS
STATION 2	DUMBBELL PUSH-PRESS THRUSTERS
STATION 3	AIR SQUATS
STATION 4	PUSH-UPS
STATION 5	BOX JUMPS
STATION 6	PARALLETTE HOLDS
STATION 7	AB-MAT SIT-UPS
STATION 8	ROWING
COOL DOWN	STATIC STRETCHING & ROLL OUT

"PHILLIPS"

WARM UP	NO REST BETWEEN ROUNDS
ROW	2 MINUTES
JUMP ROPE	2 MINUTES
ROW	2 MINUTES
JUMP ROPE	2 MINUTES
ROW	2 MINUTES
JUMP ROPE	2 MINUTES
ROW	2 MINUTES
JUMP ROPE	2 MINUTES
WORK OUT	ALL STATIONS - AMRAP - 8 ROUNDS OF 20-SEC ON & 10-SEC REST. 1-MIN REST BETWEEN STATIONS
STATION 1	SANDBAG SQUAT CLEANS
STATION 2	BENCH BURPEES
STATION 3	ROWING
STATION 4	HEAVY KETTLE-BELL FARMERS CARRY
STATION 5	TOES TO BAR
STATION 6	HANDSTAND HOLD
STATION 7	SKI ERG
STATION 8	TRACTOR TIRE FLIPS
COOL DOWN	STATIC STRETCHING & ROLL OUT

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