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100 + You Go I Go Partner Workouts

If you love competition you are going to love putting your friends to the challenge in these unique You Go I Go Partner Workouts. Find your teammate and prepare to battle other 2 person teams with these specifically designed partner workouts. Play a single round or go best of 3 for those who just can't get enough fitness. We want to know who the champs are!

100 + You Go I Go Workouts was also built with this in mind; to be able to bond with that special someone in your life or your best friend. Workout with your man. Workout with your woman. Train side by side with the people who are important to you in your life! What better way to bond than over a bunch of sweat!

Have any great battles? We want to see them! Tag us @amrapplusone and post your final scores!

100 + You Go I Go Partner Workouts (2 person teams)

1. 15 Min AMRAP: (Partner A completes a full RD before Partner B goes)

- 200M run
- 15 RKBS (70/53#) (Partner A completes a full RD before Partner B goes)

2. 15 Min AMRAP: (Partner A completes a full RD before Partner B goes)

- 200M Row
- 5 Over/Unders (PVC hanging off 24" box...jump over, crawl under)

3. 15 Min AMRAP:

- 15/12 Bike Cals
- 7 burpees (Partner A completes a full RD before Partner B goes)

4. 15 Min AMRAP: (Partner A completes a full RD before Partner B goes)

- 3 Power Snatch (115/75)
- 6 Lateral Burpees
- 9 Air Squats

5. 15 Min AMRAP: (Partner A completes a full RD before Partner B goes)

- 5/3 Bar Mus
- 10 DLs (185/125#), 30 DUs

6. 15 Min AMRAP: (Partner A completes a full RD before Partner B goes)

- 5 Thrusters (135/95#)
- 10 T2B
- 15 Lateral Jumps over Barbell

7. 15 Min AMRAP:

- Partner A runs a 400m
- Partner B starts with AMRAP – 10 HSPUs, 20 Burpee Box Overs, 30 KBS (70/53#)
- Partner A picks up where Partner B leaves off in the AMRAP, Partner B runs a 400m (so no rest)

8. 15 Min AMRAP:

- Partner A does 30/25 Bike Cals
- Partner B starts with AMRAP – 20 Overhead Walking Lunges (95/65#), 20 push-ups, 20 KB Deadlift (2 KBs, 70/53#)
- Partner A picks up where Partner B leaves off in the AMRAP, Partner B bikes (so no rest)

9. 15 Min AMRAP:

- Partner A Rows 500m
- Partner B starts with AMRAP – 10 Burpees, 20 alt DB Snatch (55/35#), 30 Sprinter Sit-Ups
- Partner A picks up where Partner B leaves off in the AMRAP, Partner B rows a 500m (so no rest)

10. 18 Min AMRAP:

- Partner A performs a 200m Farmer's Carry (53/35# KBs)
- Partner B stays up in a plank (of ANY kind...elbow, push-up, side elbow plank, side straight arm plank) while Partner A works.
- Partner B HAS TO STAY UP while Partner A works...the team must communicate and work together – failure to stay up in the plank results in 5 burpees per offense. To be done at the end of the WOD (Gyms may need to get creative on how they measure the 200m carry so the teammates can stay in sight of each other)

11. Chipper for time: (Partner A and B split work evenly, however they want)

- 200 DUs
- 100 Wall Balls (20/14)
- 80 alternating DB Snatch (55/35#)
- 60 T2B, 40 Burpee Box Jump Overs
- 20 Wall Walks

12. Chipper for time:

- Buy in – 2000m row (Partners switch at the top of every minute) T
- Then: 100 DBL KBS (53/35#) (Partner A and B split work evenly, however they want)
- 80 GHD Sit-ups
- 60 Hang Power Cleans (135/95#)
- 40 Burpee Pull-Ups
- 20 Strict HSPUs (Partner A and B split work evenly, however they want)

13. Chipper for time: (Partner A and B split work evenly, however they want)

- 100 Row Cals
- 100m Overhead Plate Carry (performed together, each holding a plate 45/25#)
- 80 Burpees over the ERG
- 100m Overhead Plate Carry (performed together, each holding a plate 45/25#)
- 60 pull-ups, 100m Overhead Plate Carry together
- 40 Box Jumps (24/20")
- 100m Overhead Plate Carry together

14. Chipper for time: “Partner Murph”

- 1600m run (together), 100 Pull-Ups, 200 Push-Ups, 300 Air Squats, 1600m run (together); all other work split evenly

15. Chipper for time: “Partner Morrison”

- 100-80-60-40-20: Wall Balls (20/14), Box Jumps (24/20”), KBS (53/35#) (Partner’s split work evenly, however they want)

16. Chipper for time: “Partner Tommy V”

- 60 thrusters (115/75#) (Partner’s split work evenly, however they want)
- 12 Rope Climbs
- 40 Thrusters (115/75#)
- 10 Rope Climbs
- 20 Thrusters (115/75#)
- 8 Rope Climbs

17. Chipper for time: Partners split work evenly, they run together

- 50 OHS (115/75#)
- 400m Run
- 50 C2B Pull-Ups
- 400m Run
- 50 HPC
- 400m Run
- 50 Lateral Burpees

18. Chipper for time: 2 RDS – Rest 3 minutes between RDS, partners split work evenly

- 50 Deadlifts (275/185#)
- 40 HSPUs
- 30 Bar Facing Burpees

19. Chipper for time: Partners split work evenly

- 80 Partner Wall Balls (20/14...Partner A throws ball, partner B catches and throws back. That's ONE...each partner is doing 80 wall balls total)
- 60 Synchro Burpees
- 40 Sit-Ups passes with wall ball ((20/14...Partner A throws ball, partner B catches and throws back. That's ONE. Each partner is doing 40 sit-ups)
- 20 Synchro Wall Walks

20. Chipper for time: Partners split work evenly

- 1600m Run (alternate every 400m, so 2x400m sprints each)
- 100 Pistols
- 100 RKBS (70/53#)
- 1600m Run (alternate every 400m, so 2x400m sprints each)

21. 10 RDS for time (YGIG per RD):

- 10 UNBROKEN wall balls (20/14)
- 5 Burpees

22. 10 RDS for time (YGIG per RD):

- 50m Run
- 10 Box Jump Overs (24/20")

22. 10 RDS for time (YGIG per RD):

- 3 HPC (115/75#)
- 5 Front Squat (115/75#)
- 7 S2OH (115/75#)

23. 10 RDS for time (YGIG per RD):

- 250m Row
- 10 RKBS (70/53#)

24. 10 RDS for time (YGIG per RD):

- 5 Pull-Ups
- 10/7 Push-ups
- 30 DUs

25. 10 RDS for time (YGIG per RD):

- 10 DB Thrusters
- 10 Box Jumps (30/24")

26. 10 RDS for time (YGIG per RD):

- 6 DB Power Cleans (45/25#)
- 12 Reverse Lunges

27. 10 RDS for time (YGIG per RD):

- 5-10-15 shuttle run
- 10 burpees

28. 7 RDS for time (YGIG per RD): “Partner DT” (each partner does 7 RDS)

- 5 DL (155/105#)
- 7 HPC (155/105#)
- 9 S2OH (155/105#)

29. 8 RDS for time (YGIG per RD):

- 15 DBL KB Front Squat (53/35#)
- 100m Sprint

30. 8 RDS for time (YGIG per RD):

- 40 DUs
- 2 Rope Climbs
- *Partner A Works on RD while Partner B holds plate overhead (45/25#); Partner A can only work when partner B has the plate overhead



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31. 20 Min AMRAP: (YGIG per movement)

- 30 Power Snatches (135/95#)
- 60 T2B
- 120 DUs
- 30 Power Cleans (135/95#)
- 60 T2B
- 120 DUs
- @ the 20 min mark, perform max reps synchro burpees for 5 minutes

32. 20 Min AMRAP: (YGIG per movement)

- 40 alt DB Snatch (55/35#)
- 40 Burpees
- 200 DUs
- 40 DB Thrusters (55/35#)
- 40 Burpees
- @ the 20 min mark, perform 800m run together

33. 20 Min AMRAP: (YGIG per movement)

- 30 Thrusters (135/85#)
- 80 Row Cals (break up however they want)
- 30 Bar Over Burpees
- 80 Row Cals
- @ the 20 min mark, perform max reps weighted partner sit-ups (use med ball 20/14)

34. 15 Min AMRAP: (YGIIG per movement)

- 30 DLs (275/185#)
- 30 Bar Facing Burpees
- 30 Wall Balls (25/20)
- 30 T2B
- 30 Bar Facing Burpees

35. Buy in: 400m Partner Carry (any style)

- For time: 3 RDS
- 30 C&J (135/95#)
- 30 Box Jumps (30/24")
- 30 Burpees to target

36. Buy in: 100/80 bike cals (switch every 10 cal)

- For time: 3 RDS
- 100 BW Walking Lunges
- 100 KBS (53/35#)
- 150 DUs

37. Buy in: 400m Plate Run (45/25#...switch off every 100m meters)

- For time: 4 RDS
- 30 Pull-Ups
- 40 Wall Balls (20/14)
- 50 Box Jump Overs (24/20")

38. For time:

- 50 T2B (Partner A works, Partner B hangs on bar)
- 50 Burpee Box Jump Overs (24/20") (Partner A works, Partner B holds elbow plank)
- 50 Deadlifts (225/165#) (Partner A works, Partner B holds one KB in each hand)
- 50 Wall Balls (20/14) (Partner A works, Partner B holds a wall sit)

39. Buy in: 1 Mile Run (together)

- 2 minutes rest
- 5 RDS for time: (FULL ROUND YGIG)
- 3 T2B
- 6 Burpee Pull-Ups
- 9 Air Squats

40. 20 Min AMRAP: Partner A runs a 200m while Partner B starts the AMRAP (Partner A picks up where B left off, then B run)

- 10 Power Snatch (135/95#)
- 20 T2B
- 30 Wall Balls (20/14)
- 40 Pull-Ups

41. 20 Min AMRAP: YGIG per MOVEMENT

- 15/10 Calorie Row
- 10 Burpees
- 10 Wall Balls (25/20#)
- 200m Run

42. 20 Min AMRAP:

- 400m Run (together)
- 20 Wall Ball tosses over pull-up bar (20/14#) (or regular partner wall balls if this isn't logistically possible; each throw is one, so each partner is doing only 10 Wall Balls)
- 20 Synchro Burpees
- 20 alternating Box Jumps (24/20") (each partner is only doing 10 box jumps each)

43. 20 Min AMRAP: Partner A does cardio movement and Partner B holds plank (any kind...elbow, push-up position, side planks but they can't come down! 2 burpee penalty per break) They switch, YGIG style per movement.

- 15/10 Bike Cals
- 15/10 Row Cals
- 200m Run



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44. 20 Min AMRAP: (Chipper style, break up the work evenly however they want)

- 30 C&J (155/105#)
- 30 Wall Balls (25/20#)
- 30 RKBS (70/53#)
- 30 GHD Sit-Ups

45. 20 Min AMRAP: Partners split up the movement evenly, however they want. BOTH do the carry at the same time

- 20 Pull-Ups
- 100 m Single Arm OH KB carry (53/35#) (50m down R arm, 50m back L arm)
- 30 Front Squats (95/65#)
- 100m Single Arm OH KB carry (53/35#)
- 40 Box Jumps (24/20#)
- 100m Single Arm OH KB carry (53/35#)

46. For time: YGIG per RD, for 10 RDS

- 100m Run, 2 Slam Balls (20/15)
- 100m Run, 4 Slam Balls
- 100m Run, 6 Slam Balls....etc, up to 20 Slam Balls

47. For time: YGIG per RD, for 10 RDS

- 15/10 Cal Row, 1 Burpee over ERG
- 15/10 Cal Row, 2 Burpees over ERG
- 15/10 Cal Row, 3 Burpees over ERG...up to 10 Burpees

48. For time:

- 10/8 Cal Assault Bike, 2 DBL RKBS (53/35#)
- 10/8 Cal Assault Bike, 4 DBL RKBS (53/35#)
- 10/8 Cal Assault Bike, 6 DBL RKBS (53/35#)...etc up to 20 DBL RKBS

49. Chipper For Time:

- 1200m Run (YGIG 200m intervals)
- 60 Front Squats (135/95#)
- 12 Wall Walks
- 800m Run (YGIG 200m intervals)
- 40 Front Squats (135/95#)
- 10 Wall Walks
- 400m Run (YGIG 200m interval)
- 20 Front Squats (135#/95#)
- 8 Wall Walks

50. 5 RDS for time: (YGIG per RD, each partner completes 5 RDS)

- 5 DLs (315/225#)
- 10 T2B
- 30 DUs

60. For time:

- 800m run (together)
- 200 OH Lunges (75/5#) Partner A works, Partner B planks (for the rest of the movements as well)
- 150 Ring Rows
- 100 RKBS (70/53#)

61. EMOM for 12: Min 1 - Partner A Rows Max Cals, Min 1 - Partner B Max KBS (53/35#), then they switch (6 RDS of each for each partner) (scored by total combined cals and reps)

62. EMOM for 12: Min 1 - Partner A Max Bike Cals, Min 2 - Partner B Max Burpees to Plate, then they switch (6RDS of each for each partner) (45#) (scored by total combined cals and reps)

63. EMOM for 14: Min 1 – 12 Thrusters (95/65#) + bar facing burpees for remainder of the minute, Min 2 – Rest (One partner working on the minute, for 7 RDS each); scored by total combined burpee reps

64. EMOM for 14: Min 1 – 15 T2B + med ball cleans for the remaining minute, Min 2 – Rest (One partner working on the minute, for 7 RDs each); scored by total combined med ball clean reps

65. EMOM for 12: Min 1 – 12/8 Bike Cals + remaining time Ring MUs, Min 2 – Rest; (One partner working on the minute for 6 RDS each); scored by total combined MU reps

66. EMOM for 15: Min 1 – Partner A Max Wall Balls (20/14); Min 1 – Partner B Max Box Jumps (24/20”), then they switch for Min 2, then Min 3 is a rest interval (scored by combined total reps)

67. EMOM for 15: Min 1 – Partner A 150 (100m- scaled) Sprint; Min 1 – Partner B 20 KBS (53/35#), then they switch for Min 2, then Min 3 is a rest interval

68. EMOM for 15: Min 1 – Max Partner Wall Ball throws (20/14), Min 2 – Max Synchro Burpees, Min 3 – rest interval

69. EMOM for 15: Min 1 – Partner A Max Burpee Box Jump Overs (24/20”) Min 1 – Partner B 15/12 Row Cals, then they switch for Min 2, then Min 3 is a rest interval (scored by max box jumps)

70. EMOM for 15: Min 1 – Partner A Max Bike Cals, Min 1 – Partner B Max HSPU; then they switch for Min 2, then Min 3 is a rest interval (scored by max HSPUs)

71. For time:

- 42-36-30-24-18-12-8: Deadlifts (225/155#), Burpees Over the Bar (break up evenly)

72. For time:

- 80-60-40-20: Power Cleans (155/105#), Sprinter Sit-Ups (break up evenly)

73. For time:

- 27-21-15-12-9-6: Front Squats (135/85#), HSPUs (break up as evenly as possible lol)

74. For time:

- 42-30-18: Deadlifts (275/185#), Push-Ups, Box Jumps (24/20") (break up evenly)

75. For time:

- 21-15-9: Synchro T2B, Synchro Burpees, 400m run (together) after each RD (end with a 400m)

76. For time:

- 21-18-15-12-9: Assault Bike Cals, KBS (53/35#); Partner A does 21 bike cals (SPRINT), Partner B does bike cals (SPRINT), Partner A does 21 KBS (unbroken is the goal), Partner B does 21 KBS swings...then they move on to 18, 15, 12, etc in that fashion

77. For time:

- Buy-in: 800m run (together)
- 100-80-60-40-20: DUs, KBS (53/35#), Air Squats

78. For time:

- 100 Bike Cals (switch at the top of every minute)
- FRAN: 21-15-9 (95/65#); Partner A does 21 Thrusters, Partner B does 21 Thrusters, then Partner A does 21 Pull-Ups, then Partner B....same style for 15 and 9 reps

79. For time:

- 42-30-18: Deadlifts (225/155#), Burpees
- Buy out: 150 hollow rocks

80. For time:

- 80-60-40: alt DB Snatch (55/35#), GHD Sit-Ups
- 400m run TOGETHER after each RD

81. For time:

- 50 DUs per partner
- 300 Air Squat (break up evenly)
- 50 DUs per partner
- 200 Push-Ups (break up evenly)
- 50 DUs per partner
- 100 Pull-Ups (break up evenly)

82. Two RDs for time:

- 2K Row (switch every 500m)
- 50 Burpees (split work evenly)
- Rest 2 minutes in between RDS

83. 3 RDs for time: (Split work evenly)

- 30 Wall Balls (25/20)
- 30 C2B Pull-Ups
- 30 Box Jump Overs (24/20")
- **Rest 1 Min in b/w RDS**

84. 2x8 Min AMRAPs, *2 Min Rest in b/w RDS*

- AMRAP 1: 5 “Clusters” (squat clean thrusters) (115/75#) 7 Bar-Facing Burpees (YGIG per RD)
- AMRAP 2: 8 Front Rack Lunges (115/75#), 7 Bar-Facing Burpees (YGIG per RD)

85. 2X7 Min AMRAPs: **2 minutes rest b/w AMRAPs**

- ONE: 10 DL, 5 S2OH (155/105#)
- TWO: 10 Bar Over Burpees, 5 Power Cleans (155/105#)

86. For time:

- 50 K2E: Partner A working while Partner B hanging
- 50 Burpees: Partner A working while Partner B holding plank
- 50 Pull-Ups: Partner A working while Partner B hanging
- 50 Box Jumps: Partner A working while Partner B holding plank



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87. For time:

- 1600m Run: YGIG 200m Sprints
- 200 Air Squats
- 100 Push-Ups
- 800m Run: YGIG 200m Sprints
- 100 Air Squats
- 50 Push-Ups
- 400m Run
- 50 Air Squats
- 25 Push-Ups

88. For time:

- 800m Partner Med Ball Run (20/14) (Switch as needed)
- 40 Push Press (95/65#)
- 40 Front Squat (95/65#)
- 40 Partner Med Ball Sit-Ups (20/14)
- 600m Partner Med Ball Run (20/14) (Switch as needed)
- 30 Push Press
- 30 Front Squat
- 30 Partner Med Ball Sit-Ups
- 400m Med Ball Run (20/14)
- 20 Push Press
- 20 Front Squat
- 30 Partner Med-Ball Sit-Ups

89. For time:

- 100 Thrusters (95/65#)
- 100 Pull-Ups
- 100 Burpees
- **alternate every 10 reps***

90. For time:

- 20 Min AMRAP: Buy-In 800m run, 75 T2B, 200 alt DB Snatch (55/35#), 100 Box Jump Overs (24/20")
- Max Burpees

91. 12 Min AMRAP:

- Partner A 50m Farmer's Carry (53/35#), Partner B Max Burpees while Partner A works

92. 7 RDS, YGIG per movement:

- 7 Burpees
- 7 OHS (135/95#)
- 7 T2B
- 7 DL (135/95#)
- 7 KBS (53/35#)
- 7 Pull-Ups
- 7 DB Thrusters (45/25#)

93. AMRAP 18 Min:

- 40 Back Squat (135/95#) <~~~split up evenly
- 800m Run (together)
- 30 Back Squat (135/95#)
- 600m Run (together)
- 20 Back Squat (135/95#)
- 400m Run (together)

94. For time: 10-8-6-4-2 Back Squat (75-80%), 100m Run

- Partner A performs 10 back squats, 100m Run; Partner B does the same, then Partner 8 does 8 back squats, 100m run, etc.

95. Chipper For time:

- 100/80 Calorie Row
- 100/80 Ring (regular - scaled) push-ups
- 100 Goblet Squats (53/35#)
- 100 KBS (53/35#)
- 100 Ab Mat Sit-Ups



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96. For max reps: **Rest 1 Min b/w RDS**

- 5 Min Max Burpees Over the Barbell (split work evenly)
- 1 Min Rest
- 5 Min Max C&J (135/95#)
- 1 Min Rest
- 5 Min Max Wall Balls (20/14)
- 1 Min Rest
- 5 Min Max Row Cals

97. For time:

- For time: 400m Bear Crawl Buy-In
- 3 RDS for time: 50 Row Cals, 50 burpees over ERG, 50 Sprinter Sit-Ups (split up evenly)

98. For time: (Split work evenly)

- 100 Walking Lunges
- 50 Pull-Ups
- 100 Box Jumps
- 50 Push-Ups
- 100 Hang Squat Cleans (95/65#)
- 50 Partner Med Ball Sit-Ups (EACH partner does 50 sit-ups)

99. For time:

- Buy-In: 400m Run with Partner
- 5 RDS for time: 10 Goble Squats (53/35#), 10 KBS, Kettlebell SDHP (YGIG each ROUND)
- Buy-Out: 400m Run with Partner

100. For time:

- 2K row Buy-In (split up however they want)
- 20 RDs for time (YGIG per RD, so 10 each): 5 T2B, 10 Air Squats, 15 KBS (53/35#)

101. Congrats you've finished the entire program! You and your friends must be jacked! To see some more of our programs click the link below:



Glossary with Videos

(Alphabetical Order)

Alt = alternating

AMRAP = as many rounds/reps as possible

Buy-in = exercise/movement(s) performed one time through
BEFORE the workout

Buy-out = exercise/movement(s) performed one time AFTER
the workout

BW = BodyWeight

Cash-out = see “buy-out”

C & J = Clean and Jerk =

https://www.youtube.com/results?search_query=crossfit+power+clean+and+jerk

CTB = Chest To Bar = C2B =

https://www.youtube.com/results?search_query=crossfit+chest+to+bar

DB(s) = DumbBell(s)

DBL = Double

DL = Deadlifts =

https://www.youtube.com/results?search_query=crossfit+deadlifts

DU(s) = Double Under(s) =

https://www.youtube.com/results?search_query=crossfit+double+unders

EMOM = each minute on the minute

ERG = Ergometer (aka the part of the rower the seat slides on)

G2OH = ground to overhead (aka snatch, power snatch, clean and jerk, etc) =

https://www.youtube.com/results?search_query=crossfit+ground+to+overhead

GHD = Glute-Ham Developer

HPC = Hang Power Clean =

https://www.youtube.com/results?search_query=crossfit+hang+power+clean

HPS = Hang Power Snatch =

https://www.youtube.com/results?search_query=crossfit+hang+power+snatch

HSPU = Hand Stand Push Ups =

https://www.youtube.com/results?search_query=crossfit+hand+stand+push+ups

I.T.R = Individually Timed Round

K2E = Knees To Elbow =

https://www.youtube.com/results?search_query=crossfit+knees+to+elbow

KBS = Kettle Bell Swing =

https://www.youtube.com/results?search_query=crossfit+kettlebell+swings

RKBS = Russian Kettle Bell Swing =

https://www.youtube.com/results?search_query=crossfit+russian+kettlebell+swings

MONO-STRUCTURAL = single form of metabolic conditioning such as biking, rowing, running, etc.

MU = Muscle Ups =

https://www.youtube.com/results?search_query=crossfit+Muscle+ups

N2W = Nose To Wall, as in “N2W facing handstand”

OH = OverHead

OHS = Over Head Squat =

https://www.youtube.com/results?search_query=crossfit+overhead+squat

ON/OFF = x amount of seconds of work, y amount of seconds of rest

OTM = On The Minute

OTxM = on the seconds/minutes where “x” can be any amount of time

RD(s) = Round(s)

ROM: Range Of Motion

Ring Dips =

https://www.youtube.com/results?search_query=crossfit+ring+dips

RR: Ring Row =

https://www.youtube.com/results?search_query=crossfit+ring+row

S2OH = Shoulder To Overhead =

https://www.youtube.com/results?search_query=crossfit+shoulder+to+overhead

SUITCASE DL = with dumbbells or kettlebells held on the outside of the leg, one in each hand =

https://www.youtube.com/results?search_query=crossfit+suitcase+deadlift

SU(s) = Single Under(s) =

https://www.youtube.com/results?search_query=crossfit+single+unders

TIME TRIAL = typically near a 100% effort of a mono-structural distance

TTB = Toes To Bar = T2B =

https://www.youtube.com/results?search_query=crossfit+toes+to+bar

TOWEL OVER RIG = small towel looped over a bar on the rig to drill grip strength for rope climbs

TUCK-SIT = core movement where you lie prone, then tuck up onto the tail bone, upper and lower body moving to both positions simultaneously =

https://www.youtube.com/results?search_query=crossfit+tuck+sit

V-SIT = see above, except legs are locked out and straight

WB = Wall Balls =

https://www.youtube.com/results?search_query=crossfit+wall+balls

Weight designations = i.e. (55/35) = 55lbs for men, 35lbs for women

YGIG = You Go I Go (partner style workout)