

OFFICIAL CROSSFIT WARM-UP

3 rounds of 10-15 reps of
Samson Stretch (do the Samson Stretch *once* each round for 15-30 seconds)
Overhead Squat with PVC
Sit-up
Back-extension (Good Morning)
Pull-up
Dip

Note that for a workout that's dip or pullup-centric, you might want to do something else in the warmup.

http://library.crossfit.com/free/pdf/08_03_Better_warmup.pdf

WARM UP A

Row 500M before and after
3 Rounds of:
10 Push-ups
10 Pull-ups
10 Sit-ups
10 Air Squats

WARM UP B

Run 400 meters before and after
3 rounds of:
10 OHS with PVC
10 Knees to Elbows
10 Ring push-ups
Jump rope 100 single jumps

WARM UP C

Run 800M before, Row 500 meters after
3 Rounds of:
5 Ring Dips
10 Medball cleans 20lbs/10lbs
10 Pull-ups
5 Dumbbell split jerks

WARM UP D

100 butt kicks x2
100 high knees x2
Practice double-unders 5 minutes
3 Rounds of:
10 Wallballs 20lbs/10lbs
10 Sit-ups
10 Box jumps

WARM UP E

3 Rounds of:
10 Kettlebell swings 35lbs/25lbs
5 muscle-up progressions
Row 500M
1 Rope ascent
Then run 400 meters

BURGENER BAR WARM-UP

Down and up
Elbows high and outside
Muscle snatch
Snatch land
Snatch drop
Hang power snatch

http://library.crossfit.com/free/pdf/53_06_Burgener_Warmup.pdf