

# Crossfit Bodyweight Workouts

(All workouts require nothing more than a pullup bar, rings, or a jumprope.)

Edited by Shane Skowron. Version 1.0, 10/19/08

## Girls and Heroes WODs:

Official Crossfit named WODs and benchmarks.

### Angie

100 Pull-ups  
100 Push-ups  
100 Sit-ups  
100 Squats

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### Barbara

20 Pull-ups  
30 Push-ups  
40 Sit-ups  
50 Squats  
(Either 5 rounds for time, or 5 rounds with 3:00 rest between each round.)

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### Chelsea

Each min on the minute for 30 minutes  
5 Pull-ups  
10 Push-ups  
15 Squats

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### Cindy

As many rounds as possible in 20 minutes  
5 Pull-ups  
10 Push-ups  
15 Squats

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### Mary

As many rounds as possible in 20 minutes  
5 Handstand push-ups  
10 1-legged squats  
15 Pull-ups

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### JT

21-15-9 reps, for time:  
Handstand push-ups  
Ring dips  
Push-up

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### Annie

50-40-30-20-10 reps  
Double-unders  
Sit-ups

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**Nicole**

As many rounds as possible in 20 minutes

Run 400m

Max rep pullups

Note number of pullups each round.

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**Murph**

Run 1 mile

100 pullups

200 pushups

300 squats

Run 1 mile

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run.

If you've got a 20# vest or body armor, wear it.

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**Jason**

100 Squats

5 Muscle-ups

75 Squats

10 Muscle-ups

50 Squats

15 Muscle-ups

25 Squats

20 Muscle-ups

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**Griff**

Run 800m

Run 400m backward

Run 800m

Run 400m backward

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**Ryan**

5 rounds for time:

7 muscle-ups

21 burpees

Each burpee 12" above max reach

## Other CFHQ-Designed WODs:

These workouts have all appeared on the CFHQ site at least once.

### Death by Pullups

With a continuously running clock do one pull-up the first minute, two pull-ups the second minute, three pull-ups the third minute... continuing as long as you are able. Use as many sets each minute as needed.

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30 muscle-ups for time

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120 pullups and 120 dips for time

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### GI Jane

100 burpee-pullups for time

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As many rounds as possible in 20 minutes

15 pullups

30 pushups

45 squats

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Walking lunge 400m for time

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### Tabata Something Else

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises.

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50-40-30-20-10 reps for time:

Pullups

Ring Dips

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150 burpees for time

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For time, following the sequence of 15/1, 13/3, etc.

Handstand pushups: 15-13-11-9-7-5-3-1

L-pullups: 1-3-5-7-9-11-13-15

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3 rounds for time of:

Run 800m

50 Pull-ups

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50 burpees

Jump 12" above max reach each one.

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50 Sit-ups  
50 Double-unders  
50 Sit-ups  
Walking Lunge, 50 steps  
50 Sit-ups  
50 Burpees  
50 Sit-ups

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7 rounds for time of:  
10 One legged squats, alternating  
12 Ring dips  
15 Pull-ups

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Ten rounds for time of:  
12 Burpees  
12 Pull-ups

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Four rounds for time of:  
Run 400 ms  
50 Squats

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5 rounds for time of:  
15 L-Pullups  
30 Pushups  
45 Situps

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## **Affiliate and Athlete-Created WODs**

These WODs have been created by affiliates or by various Crossfitters. Credit is given where the source is known. If you lay claim to creating a WOD and want credit in a future version please contact me on the CF Boards.

With a continuously running clock do one muscle-up the first minute, two muscle-ups the second minute, three muscle-ups the third minute, as long as you can. Run 400m. Repeat ladder for deadhang pullups. Run 400m. Repeat ladder for kipping pullups. Run 400m.  
(Source: US Tactical / Navyseals.com)

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3 rounds for time of:

50 Push-ups  
50 Sit-ups  
50 Squats

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For time:

100 squats  
100 Pull-ups  
200 Push-ups  
300 Squats  
100 lunges

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### **Bodyweight Fran**

21-15-9 reps of:  
Pullups  
Burpees

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### **Segmented Bodyweight Fran**

21-15-9 reps of:  
Pullups  
Pushups  
Squat jumps to 12" above max reach  
(Source: Shane Skowron)

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50-35-20 rep rounds of:

Handstand push-ups  
Pull-ups

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Repeat for 15 minutes:

20 seconds of pullups  
20 seconds of situps  
20 seconds of squats

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For time:

100 Pull-ups  
200 Push-ups  
300 Squats  
50 Sit-ups

---

Complete as many rounds in 20 minutes as you can of:

25 Pull-ups  
50 Push-ups  
75 Squats

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Complete as many rounds in 20 minutes as you can of:

25 handstand push-ups  
50 One legged squats, alternating  
75 Pull-ups

---

Complete as many rounds in twenty minutes as you can of:

10 L pull-ups  
20 Squats

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100-75-50-25 reps:

Situps  
Flutterkicks (4 count)  
Leg levers  
(Source: US Tactical / navyseals.com)

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Cummulative L-hold for total of 5:00. Use bar, rings, or floor.

Stop timer when you drop out of position. Record total time it takes to get 5:00.  
(Source: US Tactical / navyseals.com)

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100 situps  
100 flutterkicks (4 count)  
100 leg levers  
(Source: US Tactical / navyseals.com)

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With a continuously running clock do one Handstand push-up the first minute, two pull-ups the second minute, three Handstand push-ups the third minute and four pull-ups the fourth minute continuing in this pattern as long as you are able. If your pace falls behind the count, continue to alternate exercises while recording reps for a total of twenty minutes.

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Handstand pushups 5x5

Maximize range of motion by using blocks. Treat this as a ME strength workout.

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### **Running Tabata Something Else**

For time:

Tabata pullups, 1 round  
Run 1 mile  
Tabata pushups, 1 round  
Run 1 mile  
Tabata situps, 1 round  
Run 1 mile  
Tabata squats, 1 round  
Run 1 mile

(Source: US Tactical / navyseals.com)

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10-20-30 reps of:  
Squat  
Handstand push-ups  
Squat  
Pull-ups

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**Running with Angie**

100 pullups  
Run 1 mile  
100 pushups  
Run 1 mile  
100 situps  
Run 1 mile  
100 squats  
Run 1 mile  
(Source: US Tactical / navyseals.com)

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With a continuously running clock do one Ring dip the first minute, two Ring dip the second minute, three Ring dip the third minute...continuing as long as you are able. Use as many sets each minute as needed.

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**Murph Tribute**

Run 1 mile  
50 pullups  
100 pushups  
150 situps  
200 squats  
Run 1 mile  
50 pullups  
100 pushups  
150 situps  
200 squats  
Run 1 mile

For time, no partitioning.  
(Source: US Tactical / navyseals.com)

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For time:  
50 Ring dips  
100 Squats  
50 Ring dips  
100 Squats  
50 Ring dips

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21-15-9 for time of:  
Handstand push-ups  
Inverted Pull-ups

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Five rounds for time of:  
50 walking lunges  
15 Handstand push-ups

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**Deck of Cards (core-centric)**

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck.

Hearts - Burpees  
Diamonds - Mountain Climbers (4-ct)  
Spades - Flutterkicks (4-ct)  
Clubs - Situps  
Jokers - Run 400m  
(Source: US Tactical / navyseals.com)

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**Deck of Cards (original)**

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck.

Hearts - Pushups  
Diamonds - Pullups  
Spades - Situps  
Clubs - Squats  
Jokers - Run 1 mile  
(Source: US Tactical / navyseals.com)

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Five rounds for time of:  
21 pull-ups  
21 Ring dips

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21-15-9 reps of:  
Ring Pushups  
Ring dips

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Five rounds for time of:  
30 Handstand push-ups  
30 Pull-ups

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5 rounds:  
Max ring dips in 1:00  
Rest 1:00  
Max ring pushups in 1:00  
Rest 1:00  
(Source: US Tactical / navyseals.com)

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For time:  
100 squats  
20 Handstand push-ups  
30 pull-ups

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For time:  
100 squats  
9 Handstand push-ups  
200 squats  
15 Handstand push-ups  
100 squats  
21 Handstand push-ups

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Seven rounds of:  
Max reps Dips  
Max reps Pull-ups

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100 L-Pull-ups for time

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For time:  
100 Squats  
40 Pull-ups  
80 Squats  
32 Pull-ups  
60 Squats  
24 Pull-ups  
40 Squats  
16 Pull-ups  
20 Squats  
8 Pull-ups

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For time:  
80 squats  
10 Handstand push-ups  
60 squats  
20 Handstand push-ups  
40 squats  
30 Handstand push-ups  
20 squats

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Ten rounds for time of:  
10 Pull-ups  
20 Push-ups  
30 Squats

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Four rounds for time of:  
50 Squats  
5 Muscle-ups

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Complete as many rounds in 20 minutes as you can of:  
7 Handstand push-ups  
12 L-Pull-ups

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For time:  
50 Squats  
50 pull-ups  
50 steps Walking Lunge  
50 Knees to elbows  
5 Handstand push-ups  
50 situps  
5 Handstand push-ups  
50 squats  
50 pull-ups

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For time:  
100 Squats  
30 Muscle-ups  
100 Squats

---

Four rounds for time of:  
25 Lunges  
50 Squats

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For time:  
100 squats  
25 Sit-ups  
100 squats  
25 situps  
100 squats  
25 Knees to elbows  
100 squats  
25 Handstand push-ups

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Three rounds for time of:  
100 Squats  
50 Ring Dips  
30 L-Pull-ups

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Five rounds for time of:  
5 Handstand push-ups  
5 Muscle-ups

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2 rounds for time of:  
35 squats  
35 knees to elbows  
35 squats  
35 Sit-ups  
35 Lunges  
35 squats

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21-18-15-12-9-6-3 for time of:  
Squats  
L-Pullups  
Knees-to-elbows

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Seven rounds for time of:

35 squats  
25 push-ups  
15 pull-ups

---

Five rounds for time of:

10 dips  
15 Pull-ups  
20 Handstand push-ups

---

Five rounds for time of:

100 squats  
20 Lunges  
35 push-ups

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Give 30 minutes to handstand and hand walking practice.

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Three rounds for time of:

100 squats  
25 L-pull-ups  
30 Handstand push-ups

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Three rounds for time of:

7 Muscle-ups  
100 squats

---

Five rounds for time of:

50 Squats  
30 Handstand push-ups

---

Three rounds for time of:

100 squats  
20 ring pushups  
12 Pull-ups

---

Five rounds for time of:

50 squats  
15 ring pushups

---

Three rounds for time of:

50 Squats  
30 Pull-ups  
40 Push-ups  
50 Squats

---

10-9-8-7-6-5-4-3-2-1

Pull-ups

Ring pushups

Handstand push-ups

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5 rounds for time of:

9 Handstand push-ups

9 Pull-ups

---

2 rounds for time of:

21 Lunges

21 Pull-ups

21 Squats

21 Ring Dips

21 Handstand push-ups

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As many rounds as possible in 20 minutes:

10 False grip ring pull-ups (rings to chest)

10 Ring dips (go as deep as possible)

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Five rounds for time of:

50 Squats

21 Ring dips

21 Handstand push-ups

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For time:

21 pull-ups

50 squats

21 Knees to elbows

18 pull-ups

50 squats

18 Knees to elbows

15 pull-ups

50 squats

15 Knees to elbows

12 pull-ups

50 squats

12 Knees to elbows

---

7 rounds for time of:

20 Ring dips

20 Pull-ups

20 Lunges

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For time:

- 25 Squats
  - 25 Sit-ups
  - 25 Lunges
  - 25 Handstand push-ups
  - 25 Pushups
  - 25 Knees to elbows
  - 25 Dips
  - 25 Pull-ups
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As many rounds as possible in 20 minutes of:

- 10 Pull-ups
  - 10 Ring Dips
  - 10 Walking lunges
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**Bad Snake**

- 100 Rope Jumps
  - 21 Knee to elbows
  - 50 Push ups
  - 15 L-Pull ups
  - 100 Rope Jumps
  - 15 Knee to elbows
  - 35 Push ups
  - 12 L-Pull ups
  - 100 Rope Jumps
  - 12 Knee to elbows
  - 20 Push ups
  - 9 L-Pull ups
  - (Source: Ian Carver)
- 

**Seppuku**

- 10 rounds:
  - 10 L-pull ups
  - 10 Ring push-ups
  - 10 Knee to Elbows
  - (Source: Ian Carver)
- 

**20 pieces of Angie**

- 20 rounds:
  - 5 pullups
  - 5 pushups
  - 5 situps
  - 5 squats
  - (Source: Crossfit PC)
-

### **Burning Rings of Fire**

10 Ring Push-ups  
10 Archer Push-ups (5 each side)  
10 Ring Flyes  
10 Wide Grip Ring Push-ups  
10 Single-leg Ring Push-ups (5 each led)  
10 Pseudo-planche Ring Push-ups  
10 Jackknife Ring Push-ups  
10 Dive Bomber Ring Push-ups  
10 Elevated Ring Push-ups  
10 Ring Push-ups  
(Source: Chad McBroom)

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For time:

25 Handstand push-ups  
25 squats  
25 Pull-ups  
25 One legged squats  
25 Muscle-ups

---

3 rounds for time of:

100 squats  
50 ring dips

---

For time:

100 Squats  
21 Handstand Pushups  
30 pull-ups  
100 Squats  
30 pull-ups  
21 Handstand Pushups  
100 Squats

---

Five rounds for time of:

20 Squats  
20 Pushups  
20 Pull-ups

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50-40-30-20-10 reps

Pullups

Squat jumps

(Source: Shane Skowron)

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50 burpees

75 flutterkicks (4-count)

100 pushups

150 situps

(Source: specialtactics.com)

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Run 1 mile  
30 pullups (chest to bar)  
60 pushups  
(Source: specialtactics.com)

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2 rounds:  
Max Pushups 2:00  
Max Situps 2:00  
Max flutterkicks 2:00  
Max squats 2:00  
(Source: specialtactics.com)

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For time:  
100 Squats  
20 Handstand Pushups  
30 Pull-ups  
100 Squats  
30 Pull-ups  
20 Handstand Pushups  
100 Squats

---

15 rounds for max reps:  
Pull-ups, 30 seconds on / 30 seconds off

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For total time:  
Run 10 minutes max effort  
200 squats  
Run 10 minutes max effort  
(Source: Shane Skowron)

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For time:  
50 Squats  
50 Jumping pull-ups  
50 steps Walking Lunge  
50 Knees to elbows  
50 Handstand Pushups  
50 Situps  
50 Dips  
50 Squats  
50 Pushups

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Run 1 mile  
21 L-Pullups  
Run 1 mile  
21 Bar muscle-ups  
Run 1 mile  
21 Ring muscle-ups  
(Source: Shane Skowron)

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4 rounds:  
50 walking lunges  
50 squats  
Run 400m  
(Source: Shane Skowron)

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4 rounds:  
5 muscle-ups  
50 straight-leg lifts on rings  
(Source: Shane Skowron)

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5 rounds:  
10 burpees  
20 box/bench jumps  
30 pushups  
40 squats  
50 lunges  
(Source: navyseals.com forums)

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100 bodyblasters (burpee-pullups-knees-to-elbows) for time  
(Source: Shane Skowron)

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#### **Playing with Pushups**

Run 100m  
20 Push-ups  
5 Burpees  
15 Clap Push-ups  
5 Burpees  
10 Chest-Slap Push-ups  
5 Burpees  
5 Fingertip Push-ups  
Run 100m  
15 Push-ups  
5 Burpees  
10 Clap Push-ups  
5 Burpees  
10 Chest-Slap Push-ups  
5 Burpees  
5 Fingertip Push-ups  
Run 100m  
10 Push-ups  
5 Burpees  
10 Clap Push-ups  
5 Burpees  
10 Chest-Slap Push-ups  
5 Burpees  
5 Fingertip Push-ups  
(Source: John Beielser)

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**Balboa**

4 rounds for time of:

100 Jump Ropes

Run 400 meters

10 Bodyblasters (burpee-pullup-knees-to-elbows)

(Source: Chad McBroom)

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**Crouching Tiger**

50 Squats

25 Push-ups

50 Pistols

25 Fingertip Push-ups

50 Side Lunges

25 Knuckle Push-ups

50 Walking Lunges

25 Diamond Push-ups

(Source: Chad McBroom)

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**Fractured Runny Angie**

Run 400 meters

25 Pull-ups

25 Push-ups

25 Sit-ups

25 Squats

(Source: Crossfit PC)

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Run 5k for time, but every 5:00 do 50 pushups and 50 squats.

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20-16-12-8-4 reps of:

One-arm pushups

One-legged squats

(Source: navyseals.com forums)

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50 flutterkicks

50 situps

Run 400m

100 flutterkicks

100 situps

Run 400m

(Source: US Tactical / navyseals.com)

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4 rounds for time of:

50 pushups

50 situps

50 4ct flutterkicks

(Source: US Tactical / navyseals.com)

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## Running workouts

[All are supposed to be maximum effort unless otherwise noted]

Pick a distance for time: 1.5mi, 2 mi, 5k, 8k, 10k, 15k, 13.1 mi

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Pick a time for max distance: 20min, 30min, 40min, 60min, 90min

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1 round Tabata uphill sprints (20:10 x 8) or on treadmill 12% grade  
(Source: crossfitendurance.com)

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Four rounds:  
5:00 max distance  
3:00 recovery  
(Source: crossfitendurance.com)

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Run 3 x 5k with 10:00-15:00 recoveries  
(Source: crossfitendurance.com)

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1200m uphill sprint  
Rest 1:00  
1200m downhill jog  
Rest 1:00  
Repeat  
(Source: crossfitendurance.com)

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1:00 sprint / 1:00 rest  
1:00 sprint / 0:50 rest  
1:00 sprint / 0:40 rest  
1:00 sprint / 0:30 rest  
1:00 sprint / 0:20 rest  
1:00 sprint / 0:10 rest  
1:00 sprint / 0:20 rest  
1:00 sprint / 0:30 rest  
1:00 sprint / 0:40 rest  
1:00 sprint / 0:50 rest  
1:00 sprint / 1:00 rest  
(Source:crossfitendurance.com)

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10x100m with 2:00 rests

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8x200m with 2:00 rests

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4x400m with 5:00 rests

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8 rounds of:  
80 seconds sprint / 40 seconds recovery  
(Source: crossfitendurance.com)

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3 rounds  
1:00 sprint / 1:00 recovery  
2:00 sprint / 2:00 recovery  
3:00 sprint / 3:00 recovery  
(Source: crossfitendurance.com)

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3:00 sprint / 3:00 recovery  
2:00 sprint / 2:00 recovery  
1:00 sprint / 1:00 recovery  
2:00 sprint / 2:00 recovery  
3:00 sprint / 3:00 recovery  
(Source: crossfitendurance.com)

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4x800m with 2:00 rests

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10k for time. Run second half faster than the first.

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3 rounds:  
100m sprint / Rest same amount of time you finished the sprint  
200m sprint / Rest same amount of time you finished the sprint  
300m sprint / Rest same amount of time you finished the sprint  
(Source: crossfitendurance.com)

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3 rounds of:  
200m sprint / Rest same amount of time you finished the sprint  
400m sprint / Rest same amount of time you finished the sprint  
600m sprint / Rest same amount of time you finished the sprint  
(Source: crossfitendurance.com)

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10 rounds of:  
1:00 sprint / 1:00 recovery  
(Source: crossfitendurance.com)

---

8 rounds of:  
10 seconds sprint / 5 seconds recovery  
(Source: crossfitendurance.com)

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0:45 sprint, 0:45 recover  
1:30 sprint, 1:30 recover  
3:00 sprint, 3:00 recover  
6:00 sprint, 6:00 recover  
3:00 sprint, 3:00 recover  
1:30 sprint, 1:30 recover  
0:45 sprint, 0:45 recover  
(Source: crossfitendurance.com)