

75 WODS YOU CAN DO ANYWHERE!

Can't make it to the gym or traveling out of town? Now you have NO EXCUSE to miss your WOD. Here is a list of 75 bodyweight-focused CrossFit WODs that you can do at home or on the road. NO EQUIPMENT needed (except a jump rope) GO FOR IT!

#1
3 Rounds For Time:
Run 800m
50 Air Squats

#2
10 Rounds For Time:
10 Pushups
10 Sit ups
10 Squats

#3
For Time:
200 Air Squats

#4
5 Rounds For Time:
Run 200m
10 Squats
10 Push Ups

#5
3 Rounds For Time:
Run 200m
25 Pushups

#6
3 Rounds For Time:
10 Handstand Pushups
Run 200m

#7
20 Rounds For Time:
5 Pushups
5 Squats
5 Situps

#8
10-9-8-7-6-5-4-3-2-1
sets of sit-ups and a 100 meter sprint between each set

#9
21-15-9
Air Squats
Pushups

#10
Spend a total of 5 minutes in a handstand

#11
For Time:
Run 1 mile

#12
6 Rounds For Time:
10 Pushups
10 Air Squats
10 Sit Ups

#13
5 Rounds For Time:
3 Tuck Jumps
3 Squats
3 Broad Jumps

#14
8 Rounds For Time:
Handstand 30 seconds
10 Squats

#15
10 Rounds For Time:
10 Pushups
Run 100M

#16
For Time:
Run 1 mile, lunging 30 steps every minute

#17
5 Rounds For Time:
Handstand 30 seconds
20 Air Squats

#18
For Time:
250 Air Squats

#19
4 Rounds For Time:
10 Tuck Jumps
10 Pushups
10 Situps

#20 For Time:
100 Burpees

#21
10 Rounds For Time:
10 Pushups
10 Squats
10 Tuck Jumps

#22
5 Rounds For Time:
Handstand 1 minute
Hold bottom of the squat 1 minute

#23
10 Rounds For Time:
Sprint 100m
Walk 100m

#24 For Time:
100 Pushups

#25
10-9-8-7-6-5-4-3-2-1
Rep Rounds For Time:
Burpees Situps

#26
3 Rounds:
50 Situps
Run 400m

#27
10 Rounds For Time:
10 Walking Lunges
10 Pushups

#28
10 Rounds For Time:
10 Burpees
Run 100m

#29
4 Rounds For Time:
Run 400m
50 Air Squats

#30
10 Rounds For Time:
10 Pushups
10 Squats

#31
Tabata Squats:
20 seconds on 10 seconds rest, 8 rounds.

#32
For Time:
Run 800m
100 Air Squats
Run 800m

#33
7 Rounds For Time:
7 Air Squats
7 Burpees

#34
5 Rounds For Time:
50 Air Squats
Rest the amount of time it took to complete the 50

#35
For Time:
Run 1 mile -- do 10 Pushups every minute

#36
8 Rounds For Time:
Run 100m
30 Air Squats

#37
10 Rounds For Time:
10 Situps
10 Burpees

#38
For Time:
250 Jumping Jacks

#39 For Time:
100 Jumping Jacks
75 Air Squats
50 Pushups
25 Burpees

#40 5 Rounds For Time:
Run 1 minute
Squat 1 minute

#41
3 Rounds For Time:
10 Air Squats
10 Pushups
10 Situps

#42
5 rounds For Time:
50 Air Squats
Rest for 2 minutes between rounds.

#43
Tabata Push Ups (work 20sec, rest 10sec for 8 rounds)
Tabata Sit Ups (work 20sec, rest 10sec for 8 rounds)

#44
3 Rounds For Time:
20 Jumping Jacks
20 Burpees
20 Air Squats

#45
10 Rounds For Time:
Run 100 m
20 Air Squats

#46 For Time:
100 Push-ups
100 Sit-ups
100 Squats

#47
3 Rounds For Time:
30 Push-ups
40 Sit-ups
50 Squats

#48
AMRAP in 20 minutes:
5 Pushups
10 Situps
15 Squats

#49
21-15-9
Rep Rounds for Time:
Walking Lunges (each leg)
Handstand Push-ups

#50
3 Rounds for Time:
Run 400m
50 Squats
25 Pushups

#51 For Time:
Run 1000m
100 Air Squats
50 Pushups

#52
Squats for time (pick a number between 100-500)

#53
10-9-8-7-6-5-4-3-2-1
Rep Rounds for Time:
Burpees
Pushups
Situps

#54
AMRAP in 20 minutes:
5 Handstand push-ups
10 Pistols

#55
Annie
50-40-30-20-10
Rep Rounds for Time:
Double-Unders
Sit-ups

#56

50-40-30-20-10
Rep Rounds for Time:
Single Unders
Pushups

#57
For Time:
Burpees (50-150 - pick a number and go for it!)

#58
For Time:
Run 800m
50 Squats
50 Situps

#59
For Time:
Run 1 mile
100 Push-ups
200 Squats
Run 1 mile

#60
21-15-9
Rep Rounds for Time:
Handstand Push-ups
Chair Dips
Push-Ups

#61
For Time:
21 Pushups
42 Squats
15 Pushups
30 Squats
9 Pushups
18 Squats

#62
For Time:
400m Walking Lunges

#63 For Time:
Run 400 meters
50 Squats
Run 400 meters
50 Push -ups
Run 400 meters
50 Sit -ups
Run 400 meters

#64
For Time:
80 -60 -40 -20
Reps of Air Squats
40 -30 -20 -10
Reps of Situps
20 -15 -10 - 5

of Handstand Pushups

#65
For Time:
50 Walking Lunges
800 m run
50 Walking Lunges

#66
For Time:
30 Handstand Pushups
40 Jump squats
50 Situps
60 Squats
70 Double unders

#67
AMRAP in 20 minutes:
10 Bench dips
10 Box jumps
10 Walking Lunges

#68
For Time:
60 Pushups
Run 400 m
40 Pushups
Run 800 m
20 Pushups
Run 1 mile

#69
5 Rounds For Time:
100 Single Unders
50 Squats

#70
For Time:
150 Double Unders

#71
AMRAP in 20 minutes of:
Run 400
Max rep pull ups

#72
For Time:
100 Air Squats
75 Situps
50 Box Jumps
Run 400 m

#73
'Michael'
3 rounds for time of:
Run 800 m
50 Back Extensions
50 Situps

#74
For Time:
2 Minutes Double Unders
2 Minutes Situps
Rest 1 min
90 sec Double Unders
90 sec Situps
Rest 1 min
60 sec Double Unders
60 sec Situps

#75
For Time:
100 Air Squats
75 Situps
50 Box Jumps
Run 400m

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Have an AllStar day!

Included in the list of "11 Best CrossFit Gyms in America" by Self Magazine July/Aug. 2016





