



# 75 BODY WEIGHT WORKOUTS



# 75 Body Weight / Travel Workouts

Can't make it to the gym or travelling 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) GET SOME!**

#1	3 Rounds For Time: Run 800m 50 Air Squats	#8	10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set
#2	10 Rounds For Time: 10 Pushups 10 Sit ups 10 Squats	#9	21-15-9 Air Squats Pushups
#3	For Time: 200 Air Squats	#10	Spend a total of 5 minutes in a handstand
#4	5 Rounds For Time: Run 200m 10 Squats 10 Push Ups	#11	For Time: Run 1 mile
#5	3 Rounds For Time: Run 200m 25 Pushups	#12	6 Rounds For Time: 10 Pushups 10 Air Squats 10 Sit Ups
#6	3 Rounds For Time: 10 Handstand Pushups Run 200m	#13	5 Rounds For Time: 3 Tuck Jumps 3 Squats 3 Broad Jumps
#7	20 Rounds For Time: 5 Pushups 5 Squats 5 Situps	#14	8 Rounds For Time: Handstand 30 seconds 10 Squats

#15	10 Rounds For Time: 10 Pushups Run 100M	#24	For Time: 100 Pushups
#16	For Time: Run 1 mile, lunging 30 steps every minute	#25	10-9-8-7-6-5-4-3-2-1 Rep Rounds For Time: Burpees Situps
#17	5 Rounds For Time: Handstand 30 seconds 20 Air Squats	#26	3 Rounds: 50 Situps Run 400m
#18	For Time: 250 Air Squats	#27	10 Rounds For Time: 10 Walking Lunges 10 Pushup
#19	4 Rounds For Time: 10 Tuck Jumps 10 Pushups 10 Situps	#28	10 Rounds For Time: 10 Burpees Run 100m
#20	For Time: 100 Burpees	#29	4 Rounds For Time: Run 400m 50 Air Squats
#21	10 Rounds For Time: 10 Pushups 10 Squats 10 Tuck Jumps	#30	10 Rounds For Time: 10 Pushups 10 Squats
#22	5 Rounds For Time: Handstand 1 minute Hold bottom of the squat 1 minute	#31	Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.
#23	10 Rounds For Time: Sprint 100m Walk 100m	#32	For Time: Run 800m 100 Air Squats Run 800m

#33	7 Rounds For Time: 7 Air Squats 7 Burpees	#42	For Time: 50 Air Squats Rest for 2 minutes between rounds.
#34	5 Rounds For Time: 50 Air Squats Rest the amount of time it took to complete the 50	#43	For Time: 50 Air Squats Rest for 2 minutes between rounds.
#35	For Time: Run 1 mile -- do 10 Pushups every minute	#44	3 Rounds For Time: 20 Jumping Jacks 20 Burpees 20 Air Squats
#36	8 Rounds For Time: Run 100m 30 Air Squats	#45	10 Rounds For Time: Run 100m 20 Air Squat
#37	10 Rounds For Time: 10 Situps 10 Burpees	#46	For Time: 100 Push-ups 100 Sit-ups 100 Squats
#38	For Time: 250 Jumping Jacks	#47	3 Rounds For Time: 30 Push-ups 40 Sit-ups 50 Squats
#39	For Time: 100 Jumping Jacks 75 Air Squats 50 Pushups 25 Burpees	#48	AMRAP in 20 minutes: 5 Pushups 10 Situps 15 Squats
#40	5 Rounds For Time: Run 1 minute Squat 1 minute	#49	21-15-9 Rep Rounds for Time: Walking Lunges (each leg) Handstand Push-ups
#41	3 Rounds For Time: 10 Air Squats 10 Pushups 10 Situps	#50	3 Rounds for Time: Run 400m 50 Squats 25 Pushups

#51	For Time: Run 1000m 100 Air Squats 50 Pushups	#59	For Time: Run 1 mile 100 Push-ups 200 Squats Run 1 mile
#52	Squats for time (pick a number between 100-500)	#60	21-15-9 Rep Rounds for Time: Handstand Push-ups Chair Dips Push-Ups
#53	10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time: Burpees Pushups Situps	#61	For Time: 21 Pushups 42 Squats 15 Pushups 30 Squats 9 Pushups 18 Squats
#54	AMRAP in 20 minutes: 5 Handstand push-ups 10 Pistols	#62	For Time: 400m Walking Lunges
#55	Annie 50-40-30-20-10 Rep Rounds for Time: Double-Unders Sit-ups	#63	For Time: Run 400 meters 50 Squats Run 400 meters 50 Push-ups Run 400 meters 50 Sit-ups Run 400 meters
#56	50-40-30-20-10 Rep Rounds for Time: Single Unders Pushups	#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
#57	For Time: Burpees (50-150 - pick a number and go for it!)	#65	For Time: 50 Walking Lunges 800m run 50 Walking Lunges
#58	For Time: Run 800m 50 Squats 50 Situps	#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	#72	For Time: 100 Air Squats 75 Situps 50 Box Jumps  Run 400m
#68	For Time: 60 Pushups Run 400m 40 Pushups Run 800m 20 Pushups Run 1 mile	#73	3 rounds for time of: Run 800m 50 Back Extensions 50 Situps
#69	5 Rounds For Time: 100 Single Unders 50 Squats	#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
#70	For Time: 150 Double Unders	#75	For Time: 100 Air Squats 75 Situps 50 Box Jumps  Run 400
#71	AMRAP in 20 minutes of: Run 400 Max rep pull ups		