



TRAVEL WOD'S

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 HEW WODS THAT YOU CAN DO AT HOME OR ON THE ROAD. NO EQUIPMENT NEEDED (EXCEPT A JUMP ROPE)... GET SOME!

WOD #1

3 Rounds For Time:

Run 800m
50 Air Squats

WOD #2

10 Rounds For Time:

10 Pushups
10 Sit ups
10 Squats

WOD #3

For Time:

200 Air Squats

WOD #4

5 Rounds For Time:

Run 200m
10 Squats
10 Push Ups

WOD #5

3 Rounds For Time:

Run 200m
25 Pushups

WOD #6

3 Rounds For Time:

10 Handstand Pushups
Run 200m

WOD #7

20 Rounds For Time:

5 Pushups
5 Squats
5 Situps

WOD #8

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

WOD #9

21-15-9
Air Squats
Pushups

WOD #10

Spend a total of 5 minutes in a
handstand

WOD #11

For Time:
Run 1 mile

WOD #12

6 Rounds For Time:

10 Pushups
10 Air Squats
10 Sit Ups

WOD #13

5 Rounds For Time:

3 Tuck Jumps
3 Squats
3 Broad Jumps

WOD #14

8 Rounds For Time:
Handstand 30 seconds
10 Squats

WOD #15

10 Rounds For Time:

10 Pushups
Run 100M

WOD #16

For Time:

Run 1 mile, lunging 30 steps
every minute

WOD #17

5 Rounds For Time:
Handstand 30 seconds
20 Air Squats

WOD #18

For Time:

250 Air Squats

WOD #19

4 Rounds For Time:

10 Tuck Jumps

10 Pushups

10 Situps

WOD #20

For Time:

100 Burpees

WOD #21

10 Rounds For Time:

10 Pushups

10 Squats

10 Tuck Jumps

WOD #22

5 Rounds For Time:

Handstand 1 minute

Hold bottom of the squat 1
minute

WOD #23

10 Rounds For Time:

Sprint 100m

Walk 100m

WOD #24

For Time:

100 Pushups

WOD #25

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

Rounds For Time:

Burpees

Situps

WOD #26

3 Rounds:

50 Situps

Run 400m

WOD #27

10 Rounds For Time:

10 Walking Lunges

10 Pushups

WOD #28

10 Rounds For Time:

10 Burpees

Run 100m

WOD #29

4 Rounds For Time:

Run 400m

50 Air Squats

WOD #30

10 Rounds For Time:

10 Pushups

10 Squats

WOD #31

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

WOD #32

For Time:

Run 800m

100 Air Squats

Run 800m

WOD #33

7 Rounds For Time:

7 Air Squats

7 Burpees

WOD #34

5 Rounds For Time:

50 Air Squats

Rest the amount of time it took
to complete the 50

WOD #35

For Time:

Run 1 mile -- do 10 Pushups
every minute

WOD #36

8 Rounds For Time:

Run 100m

30 Air Squats

WOD #37

10 Rounds For Time:

10 Situps

10 Burpees

WOD #38

For Time:

250 Jumping Jacks

WOD #39

For Time:

100 Jumping Jacks

75 Air Squats

50 Pushups

25 Burpees

WOD #40

5 Rounds For Time:

Run 1 minute

Squat 1 minute

WOD #41

3 Rounds For Time:

10 Air Squats

10 Pushups

10 Situps

WOD #42

For Time:

50 Air Squats

Rest for 2 minutes between
rounds.

WOD #43

3 Rounds For Time:

20 Jumping Jacks
20 Burpees
20 Air Squats

WOD #44

10 Rounds For Time:

Run 100m
20 Air Squats

WOD #45

For Time:

100 Push-ups
100 Sit-ups
100 Squats

WOD #46

3 Rounds For Time:

30 Push-ups
40 Sit-ups
50 Squats

WOD #47

AMRAP in 20 minutes:

5 Pushups
10 Situps
15 Squats

WOD #48

21-15-9 Rep Rounds for Time:

Walking Lunges (each leg)
Handstand Push-ups

WOD #49

3 Rounds for Time:

Run 400m
50 Squats
25 Pushups

WOD #50

For Time:

Run 1000m
100 Air Squats
50 Pushups

WOD #51

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

WOD #52

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

Rounds for Time:

Burpees
Pushups
Situps

WOD #54

AMRAP in 20 minutes:

5 Handstand push-ups
10 Pistols

WOD #55

"Annie"

50-40-30-20-10 Rep

Rounds for Time:

Double-Unders
Sit-ups

WOD #56

50-40-30-20-10 Rep

Rounds for Time:

Single Unders
Pushups

WOD #57

For Time:

Burpees (50-150 - pick a number
and go for it!)

WOD #58

For Time:

Run 800m
50 Squats
50 Situps

WOD #59

For Time:

Run 1 mile
100 Push-ups
200 Squats
Run 1 mile

WOD #60

21-15-9 Rep

Rounds for Time:

Handstand Push-ups
Chair Dips
Push-Ups

WOD #61

For Time:

21 Pushups
42 Squats
15 Pushups
30 Squats
9 Pushups
18 Squats

WOD #62

For Time:

400m Walking Lunges

WOD #63

For Time:

Run 400 meters
50 Squats
Run 400 meters
50 Push-ups
Run 400 meters
50 Sit-ups
Run 400 meters

WOD #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

WOD #65

For Time:

50 Walking Lunges
800m run
50 Walking Lunges

WOD #66

For Time:

30 Handstand Pushups
40 Jump squats
50 Situps
60 Squats
70 Double unders

WOD #67

AMRAP in 20 minutes:

10 Bench dips
10 Box jumps
10 Walking Lunges

WOD #68

For Time:

60 Pushups
Run 400m
40 Pushups
Run 800m
20 Pushups
Run 1 mile

WOD #69

5 Rounds For Time:

100 Single Unders
50 Squats

WOD #70

For Time:

150 Double Unders

WOD #71

"Nicole"

AMRAP in 20 minutes of:

Run 400
Max rep pull ups

WOD #72

For Time:

100 Air Squats
75 Situps
50 Box Jumps
25 KTE's
Run 400m

WOD #73

"Michael"

3 rounds for time of:

Run 800m
50 Back Extensions
50 Situps

WOD #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

WOD #75

For Time:

100 Air Squats
75 Situps
50 Box Jumps
25 KTE's
Run 400m