

# Travel/Home WODs

Are you traveling or has something come up and you are unable to make it to CrossFit?

Fear no more... here are a list of WODs that you can complete on the road or at home. However, don't keep doing the same WODs when you can't make it in. Switch it up – at least wait a month or two to repeat a Travel/Home WOD.

Choose from the list below or click on the following link: [Bodyweight WODs](#)

## ~No More Excuses~

\*Run 1/2 mile, 50 squats – 3 rounds for time.

\*10 push-ups, 10 sit-ups, 10 squats – 10 rounds for time.

\*200 squats for time.

\*"Susan": Run 200m, 10 squats, 10 push-ups – 5 rounds for time.

\*Sprint 200m and do 25 push-ups – 3 rounds for time.

\*10 Handstand push-ups and a 200m run – 3 rounds for time.

\*Tabata Squats and Push-ups: 20 seconds on 10 seconds rest, 8 rounds each. Count your lowest score.

\*5 push-ups, 5 squats 5 sit ups – 20 rounds for time.

\*Walk 100m on your hands... even if it is 2ms at a time.

\*10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100m sprint between each set, i.e. 10 sit-ups, 100m sprint, 9 sit-ups, 100m sprint, all the way to 1 sit-up, 100m sprint!

\*Invisible Fran: 21-15-9 of squats and push-ups for time.

\*Spend a total of 5 minutes in a handstand, or headstand. If you are using the headstand do not stay over a minute at a time.

\*10 push-ups, 10 squats, 10 sit-ups – 6 rounds for time.

\*Do one squat and take one breath, (you can breath all you want while you do the squat or squats) do 2 and take 2 breaths etc... up to 10, and then come back down to one.

\*3 vertical jumps, 3 squats, 3 long jumps – 5 rounds for time.

\*Handstand 30 seconds and 10 squats – 8 rounds for time.

\*10 push-ups, 100M dash – 10 rounds for time.

\*Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds. Count your lowest score.

\*5 x 400M sprints.

\*10 X 100 m dash.

\*25 pressing snatch balances each arm. No weight.

\*Run 1 mile, lunging 30 steps every 1 minute.

\*Handstand 30 seconds and 20 squats – 5 rounds for time.

\*10 handstand jackknife to vertical jump, 10 handstand jackknife to tuck jump, 10 handstand jackknife to straddle jump.

\*100 squats for time.

\*4 x 25 jumping squats

\*10 vertical jumps, 10 push ups, 10 sit ups – 4 rounds for time.

\*10 squats every 1 minute of your 1 mile run.

\*10 vertical jumps, run 400m – 5 rounds for time.

\*Spend a total of 3 minutes in a handstand.

\*Handstand 1 minute, hold bottom of the squat for 1 minute – 5 rounds for time.

\*Sprint 100m, Walk 100m – 10 rounds for time.

\*100 push ups for time.

\*10-9-8-7-6-5-4-3-2-1 burpees and sit ups.

\*50 sit-ups, 400m run or sprint or walk – 3 rounds for time.

\*10 walking lunges, 10 push-ups – 10 rounds for time.

\*50 split jumps for time.

\*Handstand for 30 seconds or 5 handstand push ups, 400m run – 4 rounds for time.

\*10 burpees, 100meter sprint – 10 rounds for time.

\*L-sit off the floor. 10 rounds of 10 seconds. If you can't do it sit with your legs straight out and try to lift your heels of the ground for 10 seconds instead!!!

\*Run 400m, 50 squats – 4 rounds for time.

\*Handstand 30 seconds, to squat hold 30 seconds – 10 rounds for time.

\*Ten vertical jumps ( jump as high as you can, land and do it again), 10 push-ups – 5 rounds for time.

\*10 push-ups, 10 squats, 10 rounds for time.

\*Handstand to Jack-Knife to vertical jump – 30 reps for time.

\*Run 1 mile with 100 squats at midpoint (1/2 mile mark)– for time.

\*7 squats, 7 burpees – 7 rounds for time.

- \*10 x 30 second handstand to 30 second bottom of the squat hold.
- \*Burpee to the push up position, do 10 push ups, burpee out – 5 rounds for time.
- \*Run 1 mile, plus 50 squats – For time.
- \*100 burpees for time.
- \*5 squats, 5 push-ups, 5 sit-ups – 20 rounds for time.
- \*Plebs plank, bottom of squat, hollow rock hold, 30 seconds each for 10 rounds for time. Use the transition times as your rest periods...they should be as brief as possible.
- \*5 push-ups with a 30 second plebs plank(a hold at the top of the push-up, arms extended and body tight like a plank!) at the end of each 5 reps, 10 rounds for time. Then 3x 100m dash @ 80%.
- \*Handstand practice, 25 tries at free handstands, then a 1 mile run at 80%.
- \*Mime 4 x 25 sumo deadlift high pulls, make them perfect. Be sure the hips extend before the arms bend!
- \*50 squats x 5. Rest equal amounts as it took to do each 50.
- \*Run 1 mile and do 10 push-ups every 1 minute.
- \*Sprint 100m, 30 squats – 8 rounds for time.
- \*30 push-ups, 30 second handstand or Plebs Plank – 3 rounds for time.
- \*10 sit-ups and 10 burpees...10 rounds-for time.
- \*Handstand hold, 30 seconds, squat hold 30 seconds – 10 rounds for time.
- \*250 jumping jacks – for time.
- \*100 jumping jacks, 75 squats, 50 push-ups, 25 burpees – For time.
- \*Tabata Push-ups: 20 seconds on 10 seconds rest, 8 rounds. Count your lowest score.

\*30 second handstand against a wall, followed by a 30 second static hold at the bottom of the squat – 5 rounds for time.

\*With eyes closed do 10 squats, open eyes..do 10 push ups eyes closed – 5 rounds for time.

\*Run 1 minute, squat 1 minute – 5 rounds for reps.

\*Run 1 mile for time.

\*Squat x 10, push-up x 10, sit-up x 10 – 3 rounds for time.

\*10 push-ups, 10 hollow rocks, run 200m – 5 rounds for time.

\*Tabata Squats with eyes closed: 20 seconds on 10 seconds rest, 8 rounds. Count your lowest score.

\*Bottom to Bottom Tabata Squats (rest at the bottom of the squat instead of standing without support on your hands or butt and make the bottom good, straight back, butt back).

\*20 sit-ups with support under the lumbar spine (exp: roll up a towel), 20 push-ups, run 400m – 4 rounds for time.

\*Handstands, 30 second hold, 30 second static squat, 30 second rest – 8 rounds for time.

\*Sprint 50m, 10 push ups – 10 rounds for time.

\*50 squats, 4 rounds for time. Rest for 2 minutes between rounds.

\*3 x 20 tuck jumps. 3x 30 second handstands.

\*400m run/sprint, 30 squats – 3 rounds for time.

\*20 jumping jacks, 20 burpees, 20 squats – 3 rounds for time.

\*Warm up. Run 100m and do 20 squats – 10 rounds for time.

\*Handstand 5 x 30 seconds. Run 800m – 2 rounds for time. Do the handstands first. Rest and recover and do the runs with a rest in between that is as long as it took you to run your first 800.

\*100 squats, 3 min. rest, 100 squats.

\*Run with high knees for 15 seconds and drop into a pushup, get back up and run with high knees again for 15 seconds – 5 rounds. Each pushup counts as 1 rep. Rest. Do 3 more rounds for time.

\*10 x 50m sprint.

\*Test yourself on a max set of push ups, tight body chest to the floor, full extension!

If you cannot do push-ups from your toes, do your push-ups from the knees. After that do 100 squats for time.

\*Tabata Tuck jumps and Sit-ups: 20 seconds on 10 seconds rest, 8 rounds each. Count your lowest score.

\*Run 400m, 30 squat, hand stand hold 30 seconds – 3 rounds for time.

\*5 handstand to jacknife to high jump, 5 handstand to jacknife to tuck jump, 5 handstand to jacknife to split jump – 3 rounds for form

\*50 burpees for time.

\*Run 1 mile, stopping every minute to do 20 squats.

\*30 second handstand, 60 second squat hold (at the bottom of the squat) – 5 rounds for time.

\*Run 200m, 50 squats – 3 rounds for time.

\*20 squats, 20 Burpees, 20 Push-Ups – 3 rounds for time