

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

#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

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

#44

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

#45

10 Rounds For Time:
Run 100m
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
800m 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 400m

40 Pushups

Run 800m

20 Pushups

Run 1 mile

#69

5 Rounds For Time:

100 Single Unders

50 Squats

#70

For Time:

150 Double Unders

#71

“Nicole”

AMRAP in 20 minutes of:

Run 400

Max rep pull ups

#72

For Time:

100 Air Squats

75 Situps

50 Box Jumps

25 KTE's

Run 400m

#73

“Michael”

3 rounds for time of:

Run 800m

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

25 KTE's

Run 400m