



STRONG|FIT|PROFICIENT

Below are some WODs you can do while travelling or when you can't make it to the gym (remember, there are NO EXCUSES!):

- **3 rounds:** Run 1/2 mile 50 air squats
- **10 rounds:** 10 push-ups 10 sit ups 10 squats
- **For time:** 200 air squats
- **“Susan” – 5 rounds** Run 200m 10 squats 10 push ups
- **3 rounds for time:** Sprint 200m 25 push ups
- **3 rounds for time:** 10 Handstand push ups 200m run
- **Tabata – 4 minutes each exercise – 20 seconds work, 10 seconds rest for 8 rounds** Squats Push ups
- **20 rounds for time:** 5 push ups 5 squats 5 sit ups
- **For time:** Walk 100m on your hands, even if it is 2 meters at a time.
- **For time:** 10-9-8-7-6-5-4-3-2-1 sets of sit-ups 100m sprint
- **For time:** “Invisible Fran” – 21-15-9 of: Air squats Push ups
- **Handstand/Headstand:** 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.
- **6 rounds for time:** 10 push ups 10 air squats 10 sit ups
- **5 rounds for time:** 3 vertical jumps 3 squats 3 long jumps
- **8 rounds for time:** Handstand 30 seconds 10 squats
- **10 rounds for time:** 10 push- ups 100M dash
- **5 rounds, each for time:** 400M sprints
- **10 rounds, each for time:** 100 m dash
- **For time:** Run 1 mile, lunging 30 steps every 1 minute
- **5 rounds for time:** Handstand 30 seconds 20 air squats
- **For time:** 10 handstand jackknife to vertical jump 10 handstand jackknife to tuck jump 10 handstand jackknife to straddle jump
- **4 rounds, each for time:** 25 jumping squats
- **4 rounds for time:** 10 vertical jumps 10 push ups 10 sit ups
- **For time:** 10 air squats every 1 minute of your 1 mile run
- **For time:** 100 burpees
- **For time:** Run 1 mile
- **10 rounds for time:** 10 push- ups 10 squats 10 sit ups 10 rounds



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- **5 rounds for time:** 10 vertical jumps run 400m
- **Handstand:** spend a total of 3 minutes in a handstand
- **For time:** 100 air squats
- **5 rounds:** Handstand 1 minute Hold bottom of the squat for 1 minute
- **10 rounds, for time:** Sprint 100m Walk 100m
- **For time:** 100 push ups
- **For time:** 10-9-8-7-6-5-4-3-2-1 Burpees Sit ups
- **3 rounds for time:** 50 sit-ups 400m run or sprint or walk
- **10 rounds for time:** 10 walking lunges 10 push-ups
- **For time:** 50 split jumps
- **4 rounds for time:** Handstand for 30 seconds or 5 handstand push ups 400m run
- **10 rounds for time:** 10 burpees 100m sprint
- **L Sit:** "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!!!)
- **4 rounds for time:** run 400m 50 air squats
- **10 rounds:** Handstand 30 seconds Squat hold 30 seconds
- **5 rounds for time:** Ten vertical jumps (jump as high as you can, land and do it again) 10 push-ups
- **20 rounds for time:** 1 burpee 10 air squats
- **3 rounds for time:** Run 1/2 mile 50 air squats
- **For time:** Run 1 mile with 100 air squats at midpoint
- **7 round for time:** 7 squats 7 burpees
- **5 rounds for time:** Burpee to the push up position, Do 10 push ups Burpee out
- **For time:** Run 1 mile, plus 50 squats
- **10 rounds – 30 seconds each:** Plebs plank Bottom of squat Hollow rock hold Use the transition times as your rest periods...they should be as brief as possible.
- **10 rounds – 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. Then 3x 100m dash @ 80%.
- **Handstand practice:** 25 tries at free handstands, then a 1 mile run at 80%.
- **25 reps for time:** Handstand 10 seconds jack-knife to vertical jump



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- **For Time:** 4x 25 sumo deadlift high pulls, make them perfect. Be sure the hips extend before the arms bend!
- **5 rounds, each for time:** 50 air squats x 5. Rest equal amounts as it took to do each 50
- Run 1 mile and do 10 push-ups every 1 minute
- **8 rounds for time:** Sprint 100m 30 squats
- **3 rounds, for time:** 30 push ups 30 second handstand or Plebs Plank
- **10 rounds for time:** 10 sit ups 10 burpees
- **10 rounds:** Handstand hold, 30 seconds, Squat hold 30 seconds
- **For time:** 250 jumping jacks
- **For time:** 100 jumping jacks 75 air squats 50 push ups 25 burpees
- **5 rounds:** 30 second handstand against a wall 30 second static hold at the bottom of the squat
- **5 rounds for time:** 10 air squats with eyes closed open eyes 10 push ups eyes closed
- **5 rounds:** Run 1 minute Squat 1 minute
- **5 rounds for time:** 10 push- ups 10 hollow rocks Run 200m
- Do Tabata Squats with eyes closed
- 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)
- **4 rounds for time:** 20 sit ups with support under the lumbar spine 20 push ups Run 400m
- **8 rounds:** Handstands, 30 second hold 30 second static squat 30 second rest
- **10 rounds for time:** Sprint 50m 10 push ups
- **4 rounds:** 50 air squats rest for 2 minutes between rounds
- **3 rounds:** 20 tuck jumps 30 second handstands
- **3 rounds for time:** 400m run/sprint 30 air squats
- **3 rounds for time:** 20 jumping jacks 20 burpees 20 air squats
- Handstand 5x 30 seconds. Run: 2x 800 meters 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.
- Test yourself on a max set of push ups...tight body chest to the floor...full extension! If you cannot do them on toes do your pushups from the knees. After that do 100 air squats for time



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- **10 rounds:** 50m sprint
- **Tabata** – 4 minutes at each exercise – 20 seconds on 10 second rest for 8 rounds of: Tuck jumps Sit ups
- **3 rounds for time:** Run 400m Air squat 30 hand stand 30 seconds
- **5 rounds for time:** 30 second handstand 60 second squat hold (at the bottom of the squat)
- **3 rounds for time:** Run 200 meters 50 squats
- **3 rounds for time:** 20 Air squats 20 Burpees 20 Push-Ups
- **For time:** 10-9-8-7-6-5-4-3-2-1 Air squat Push up
- **5 rounds for time:** 100M dash 10 air squats Rest 2 minutes between rounds
- **For time:** 1 mile run 20 lunges at every minute
- **5 rounds:** run 200m 20 air squats
- **20 rounds:** 1 burpee 10 air squats
- **21-15-9:** Push ups Hollow rocks Jump squats
- **For time:** 50 push ups 50 squats 50 hollow rocks
- **For time:** 10-9-8-7-6-5-4-3-2- 1: push up jumping squat
- **5 rounds for time:** 30 second handstand 30 air squats
- **5 rounds for time:** run 800m 30 squats 30 push-ups
- **5 rounds for time:** 10 push ups 10 squats run 200m
- **10 rounds for time:** 10 push ups 10 sit ups 10 squats
- **4 rounds for time:** Run 400m 20 burpees
- **For time:** 100 air squats 50 push ups 1 mile run
- **21-15-9 for time:** Jump squats Handstand push ups
- **For time:** 100 air squats 1 mile run
- **5 rounds for time:** 20 squats 20 push-ups 20 sit ups
- **21-15-9 for time:** Sit ups Push ups Air squats
- **10 Minute WOD:** Run for 10 minutes stopping to do 20 air squats each minute
- **4 rounds for time:** 20 pull ups 20 push ups
- **“PR DAY”:** Pick any two metabolic or gymnastic events and go for a personal record!
- **5 rounds for time:** 5 handstand push ups 10 burpees