



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