

Traveling WOD List – No Equipment Needed

Original compilation created by Eva T. at CrossFit Santa Cruz, amended & modified by PUSH511

25 pressing snatch balances each arm (no weight)	5 push-ups 5 squats
Mime 4x25 sumo deadlift high pulls, make them perfect. (Be sure the hips extend before the arms bend!)	5 sit-ups 6 or 20 rounds
5 push-ups with a 30 second plebs plank hold after every 5 reps, (a hold at the top of the push-up, arms extended and body tight like a plank!)	7 squats 7 burpees 7 rounds
10 rounds then 3x100m dash at 80% of max effort	10 push-ups 10 sit-ups 10 squats 10 rounds
Run with high knees for 15 seconds and drop into a push-up, get back up and run with high knees again for 15 seconds – 5 rounds. Each push-up counts as 1 round. Rest. Do 3 more rounds (Total 4 rounds)	10 sit-ups 10 burpees 10 rounds
Test yourself on a max set of push-ups. Tight body chest to floor, full extension! If you cannot do "mens style" do your push-ups from the knees. Finish with 100 squats	10 squats eyes closed 10 push-ups eyes closed 5 rounds
50 split jumps	10 push-ups 10 squats 10 rounds
250 jumping jacks	10 vertical jumps 10 push-ups 5 rounds
100 push-ups	10 walking lunges 10 push-ups 10 rounds
"L" sit off the floor – hold 10 seconds 10 rounds	10 vertical jumps 10 push-ups 10 sit-ups 4 rounds
50 burpees	20 squats 20 burpees 20 push-ups 3 rounds
100 burpees	
Burpee to the push up position 10 push ups, burpee out 5 rounds	
3 vertical jumps 3 squats 3 long jumps 5 rounds	

20 jumping jacks
20 burpees
20 air squats
3 rounds

21-15-9
Squats
Push-ups

10-9-8-7-6-5-4-3-2-1
Burpees
Sit-ups

100 jumping jacks
75 squats
50 push-ups
25 burpees

20 squats
10 rounds

50 squats
4 rounds – 2 min rest between rounds

25 jumping squats
4 rounds

100 squats
3 minute rest
100 squats

200 squats

100 squats

50 squats
5 rounds
Rest equal time it takes to do each set

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

50M sprint
10 push-ups
10 rounds

50M sprint
10 rounds

10-9-8-7-6-5-4-3-2-1 sit-ups
100M sprint between each set

1 minute run
1 minute squats
5 rounds

100M sprint
10 rounds

10 burpees
100M sprint
10 rounds

100M sprint
30 squats
8 rounds

100M sprint
100M walk
10 rounds

10 push-ups
100M sprint
10 rounds

200M run
10 squats
10 push-ups
5 rounds

10 handstand push-ups
200M run
3 rounds

200M sprint
25 push-ups
3 rounds

10 push-ups
10 hollow rocks
200M run
5 rounds

200M run
50 squats
3 rounds

400M sprint
Rest 2 minutes between rounds
5 rounds

50 sit-ups
400M run
3 rounds

400M run
50 squats
4 rounds

400M run
30 squats
30 second handstands
3 rounds

10 vertical jumps
400M run
5 rounds

20 sit-ups
20 push-ups
400M run
4 rounds

800M run
50 squats
3 rounds

1 mile run

1 mile run
10 push-ups every 1 minute

1 mile run
10 squats for every 1 minute ran

1 mile run
20 squats every 1 minute

1 mile run
50 squats

1 mile run
100 squats at midpoint

1 mile run
Lunge 30 steps every 1 minute

Tabata is 20 seconds work with 10 seconds of rest for 8 rounds

- Squats
- Squats with eyes closed
- Push-ups
- Squats & Push-ups
- Tuck jumps & Sit-ups

Squats bottom to bottom (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).....tabata squats

Handstand practice
25 tries at free handstands
1 mile run at 80% max effort

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.)

100M walk on your hands, even if it is only 2 meters at a time

10 second handstand
Jack-knife to vertical jump
25 rounds

30 second handstand
20 squats
5 rounds

30 second handstand hold
30 second squat hold
10 rounds

30 second handstand against a wall
30 second hold at bottom of squat
5 or 10 rounds

30 push-ups
30 second handstand or plebs plank
3 rounds

30 second handstand
30 second squat hold
30 second rest
8 rounds

30 second handstand
60 second squat hold at the bottom
5 rounds

10 handstand jackknife to vertical jump
10 handstand jackknife to tuck jump
10 handstand jackknife to straddle jump

Handstand to Jack-Knife to Vertical Jump
30 rounds

20 tuck jumps
3 rounds
30 second handstands
3 rounds

Spend a total of 3 minutes in a handstand

1 minute handstand
Hold bottom of squat 1 minute
5 rounds

30 second handstand
Hold bottom of squat 30 seconds
10 rounds

30 second handstand OR
5 handstand push-ups
400M run
4 rounds

5 handstand to jackknife to high jump
5 handstand to jackknife to tuck jump
5 handstand to jackknife to split jump
3 rounds...for form

30 second handstands
5 rounds
800M run
2 rounds
Do the handstands first. Rest and recover.
Do the runs with a rest between each
round that is the same time it took you to
run your first 800M run.

30 seconds plebs plank
30 seconds bottom squat
30 seconds hollow rock hold
10 rounds

100ft lunge before EACH set of
push-ups/sit-ups.
21 push-ups, 21 sit-ups
18 push-ups, 18 sit-ups
15, 12, 9 & 6
lunge, push-up, sit-up, lunge, push-up,
sit-up, lunge push-up, sit-up....

Traveling WOD List – Row & DB

3 Rounds of: Row 500M, 21 Burpees, Run 400M

Faux Jackie: 1000M Row, 50 Dumbbell Thrusters (2-20# men/2-15# women), 30 Handstand Push Ups

Handstand Helen: 3 rounds of: 400M Run, 21 Dumbbell Swings (55# men/35# women), 12 Handstand Push Ups

Hint: for the DB Swings, grab the head of the dumbbell, with the ring finger and middle finger from each hand around the shaft of the dumbbell where it meets the head, and the head of the dumbbell therefore resting in your fingers/partial palm of your hand.

10 minutes of: Single 400M run, then as many as possible of one-armed Overhead Squats with dumbbell (40# men/25# women) If you need to drop the weight or it touches any part of your head or shoulder then must Run 200M

5 Rounds of: 30 Dumbbell Swings (55# men/35# women), 30 Sit Ups, 30 Dumbbell Push Press (total weight: 45# men/35# women)

20 minutes of: 6 Pistols (one-legged squats – 3 per leg), 9 Sit Ups, 12 Deadlifts (120# men/80# women)

21 Deadlifts (2-75# DB's), 800M Run, 15 Deadlifts, 800M, 9 Deadlifts, 800M

2 Rounds of (listed is one round... repeat sequence again for 2 whole rounds. You will run a total of four 800M sprints):

- 12 reps of Right Arm (1) 35# DB Push Press

- 12 reps of Left Arm (1) 35# DB Deadlift

- Run 800m

- 12 reps of Left Arm (1) 35# DB Push Press

- 12 reps of Right Arm (1) 35#DB Deadlift

Run 800m

4 Rounds of: 100ft walking lunge carrying two 20# DB's, 30 box jumps, 20 weighted pull-ups (SUB Handstand Push-Ups, trying to touch head to ground)