**NO EQUIPMENT, NO PROBLEM**

Run 1/2 mile 50 air squats – 3 rounds.

10 push-ups 10 sit ups 10 squats – 10 rounds.

200 air squats for time.

Run 200m 20 squats 10 push ups 5 rounds.

Sprint 200m and do 25 push ups, 3 rounds.

10 Handstand push ups and a 200m run 3 rounds.

Tabata squats and tabata pushups.

5 push ups 5 squats 5 sit ups, 20 rounds.

Walk 100 meters on your hands, even if it is 2 meters at a time.

50-40-30-20-10 sets of sit-ups and a 400 meter sprint between each set.

Invisible Fran…21-15-9 of air 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.

Run 1 mile for time.

10 push ups 10 air squats and 10 sit ups, 6 rounds for time.

3 vertical jumps 3 squats 3 long jumps – 5 rounds.

Handstand 30 seconds and 10 squats, 8 rounds.

10 push-ups 100M dash 10x.

Tabata squats.

5x 400M sprints rest 2 mins between each.

10 X 100 m dash rest 30s between each.

Run 1 mile, lunging 30 steps every 1 minute.

handstand 30 seconds and 20 air squats, 5 rounds.

4x 25 jumping squats rest 1 minute between sets

10 air squats every 1 minute of your 1 mile run.

100 burpees for time.

Run 1 mile for time.

10 push-ups 10 squats 10 sit ups 10 rounds.

10 squat jumps, run 400 meters, 5 rounds.

spend a total of 3 minutes in a handstand.

150 air squats for time.

Handstand 1 minute, hold bottom of the squat for 1 minute, 5 rounds.

Sprint 100 meters, Walk 100 meters, 10 rounds.

100 push ups for time.

10-9-8-7-6-5-4-3-2-1 Burpies and Lunge Jumps(each leg) .

50 squats, 400 meter run. 3 rounds.

10 walking lunges(each leg), 10 push-ups, 10 rounds.

100 lunge jumps for time.

4 rounds of Handstand for 30 seconds or 5 handstand push ups…400 meter run.

10 burpees, 100meter sprint 10x 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 400 meters, 50 air squats. 4rounds.

handstand 30 seconds, to squat hold 30 seconds. 10 rounds.

Ten squat jumps, 10 push-ups 5 rounds.

10 push-ups, 10 squats, 10 rounds.

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

Run 1 mile with 100 air squats at midpoint, for time.

7 squats, 7 burpees, seven rounds, for time.

Tabatta squat (20on:10offx8) then immediately Run 1 mile for time.

Plank, bottom of squat, hollow rock hold, 30 seconds each for 10 rounds.

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. Then 3x 100m dash @ 80%.

Handstand practice, 25 tries at free handstands, then a 1 mile run at 80%.

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.

sprint 100m 30 squats…8 rounds.

20 sit ups and 10 burpees…10 rounds-for time.

250 jumping jacks…for time.

100 jumping jacks, 75 air squats, 50 push ups, 25 burpies. For time.

Tabata Push-ups.

Run 1 minute, squat 1 minute 5 rounds.

30 air squats,30 push up, 30 sit ups. 3 rounds for time

10 push-ups, 10 hollow rocks, run 200 meters….5 rounds.

Do Tabata 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)

20 sit ups with support under the lumbar spine, 20 push ups, run 400m, 4 rounds.

Handstands, 30 second hold, 30 second static squat, 30 second rest, 8 rounds.

sprint 50 meters, 10 push ups. 10 rounds.

50 air squats, 4 rounds. rest for 2 minutes between rounds.

20 jumping jacks, 20 burpees, 20 air squats…3 rounds

Run 100 meters and do 20 air squats. 10 rounds.

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.

100 air squats 3 min. rest, 100 air 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…….repeat 5x. Each pushup counts as 1 rep. Rest. Do 3 more rounds.

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

Travel WODS

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