

If you are traveling – or if for any other reason, you cannot come in to CCF to do your workout – here is a list of about 30 workouts that you can do with very little to no equipment. See, there is no such thing as an excuse not to work out. In case you need more, a quick search on the Internet for CrossFit workouts will provide you with more results than you could ask for. **If needed, scale these workouts to suit your fitness level and abilities** (e.g. for a beginner, workout 1 may be 25 Push ups, 25 Sit ups and 25 Squats, instead of 100 each). **Enjoy!**

- 1 **As quickly as you can, perform (for time):**
100 Push ups
100 Sit ups
100 Squats
- 2 **3 Rounds for time:**
30 Push ups
40 Sit ups
50 Squats
- 3 **10 Rounds for time:**
10 Push ups
10 Sit ups
10 Squats
- 4 **In 15 Minutes, perform as many rounds as possible of:**
A) 5 Push ups
A) 10 Sit ups
A) 15 Squats
B) 5 Handstand push ups
B) Pistols (one legged squats, each leg)
- 5 **As quickly as you can, perform (for time):**
A) 100-300 Squats (pick a number before you start)
B) 100-400m Walking Lunge (pick a number before you start)
C) 50-150 Burpees (pick a number before you start)
D) 50-100m Handstand walk (pick a number before you start)
- 6 **As quickly as you can, perform 10-9-8-7-6-5-4-3-2-1 repetitions of:**
Push ups
Sit ups
Squats
- 7 **Tabata Squats. Perform 8 rounds of:**
A) 20 seconds: as many squats as possible
A) 10 seconds: rest
B) Same, but rest in bottom position of the squat.
C) Same, but keep you eyes closed during the workout.
- 8 **Get as many repetitions as possible:**
2 minutes push ups
1 minute rest
2 minutes sit ups
1 minute rest
2 minutes squat
1 minute rest
- 9 **As quickly as you can, perform 21-15-9 repetitions of:**
A) Squats
A) Push ups
B) Lunges (each leg)
B) Handstand push ups
- 10 **4 Rounds for time of:**
400m Run
30-50 Squats (pick a number before you start)
- 11 **As quickly as you can, perform (for time):**
1,600m Run. Every minute, stop and perform 10 squats.
- 12 **As quickly as you can, perform (for time):**
400m Run
50 Squats
400m Run
50 Push ups
400m Run
50 Sit ups

