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

B) 5 Handstand push ups

A) 10 Sit ups

B) Pistols (one legged squats, each leg)

A) 15 Squats

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

B) Same, but rest in bottom position of the squat.

A) 10 seconds: rest

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

B) Lunges (each leg)

A) Push ups

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

13 8 Rounds:

100m sprint (as quickly as you can)

rest 1 minute

14 Tabata Run:

20 seconds: run as far as you can

10 seconds: rest

15 As quickly as you can, perform (for time):

800 Run

400 backwards Run

800 Run

400 backwards Run

16 As quickly as you can, perform (for time):

100 Jumping jacks

75 Squats

50 Push ups

25 Burpees

17 3 Rounds for time:

40m Walking Lunge

40 Squats

18 In 4 Minutes:

Perform 100 Squats. Then Walking Lunge as far as you can in the remainder of the 4 minutes.

19 In 6 Minutes, perform as many rounds as possible of:

40m Walking Lunge

40 Squats

20 In 10 Minutes, perform as many rounds as possible of:

A) 40m Walking Lunge

B) 3 Burpees

A) 30 Squats

B) 4 Push ups

A) 20 Push ups

B) 5 Squats

21 As quickly as you can, perform 50-40-30-20-10 repetitions of:

Rope Jumps

Squat

22 5 Rounds for time:

100 Rope jumps

50 Situps

23 "Annie". As quickly as you can, perform 50-40-30-20-10 repetitions of:

Double unders

Sit ups

24 3 Minutes handstand hold:

Take breaks as needed and hold yourself a total of 3 minutes in a handstand (against a wall, if necessary).

25 4 Rounds for time:

20m broad jump

50 Squats

26 As quickly as you can, perform 5-10-15-20-15-10-5 of:

Double Unders (unbroken), stop after each set; only proceed if you managed to complete the set without breaks

5 Rounds for time:

A) Handstand 30 seconds

B) Run as far as possible in one minute

A) 40 Squats

B) Perform as many squats as possible in one minute

28 "Nicole". In 20 Minutes, perform as many rounds as possible of:

400m Run

Max reps pull ups

29 7 Rounds for time of:

7 Squats

7 Burpees