



# TRAVEL WODS

## **CFC Home & Travel Workouts •**

**Do 4 Rounds of All 5 Exercises Below**

**Quad Stretch + Fwd Lunge x5ea**

**o Leg Cradle + Squat x5ea**

**o Dips on Chair x5**

**o Dowel Rod Over & Back x10**

**o Push-ups x5**

**WOD #1 - 3 Rounds For Time: Run 800m 50 Squats**

**WOD #2 - 10 Rounds For Time: 10 Pushups 10 Sit ups 10 Squats**

**WOD #3 - 5 Rounds For Time: Run 200m 10 Squats 10 Push Ups**

**WOD #4 - 3 Rounds For Time: Run 200m 25 Pushups**

**WOD #5 - 20 Rounds For Time: 5 Pushups 5 Squats 5 Sit-ups**

**WOD #6 - 10-9-8-7-6-5-4-3-2-1 sets of Burpees w/ a 100-meter sprint between each set**

**WOD #7 - Run 1 mile For Time**

**WOD #8 - 10 Rounds For Time: 10 Pushups Run 100M**

**WOD #9 - For Time: Run 1 mile, lunging 30 steps every minute**

**WOD #10 - For Time: 100 Burpees**

**WOD #11 - 10 Rounds For Time: 10 Pushups 10 Squats 10 Tuck Jumps**

**WOD #12 - 10 Rounds For Time: Sprint 100m Walk 100m**

**WOD #13 - 10-9-8-7-6-5-4-3-2-1 Reps For Time: Burpees Sit-ups**

**WOD #14 - 3 Rounds: 50 Sit-ups Run 400m**

**WOD #15 - 10 Rounds For Time: 10 Walking Lunges 10 Pushups**

**WOD #16 - 4 Rounds For Time: Run 400m 15 Burpees**

**WOD #17 - 10 Rounds For Time: 10 Pushups 10 Squats**

**WOD #18 - As many Squats as possible for 20sec, Then a 10sec rest. For 8 rounds**

**WOD #19 - For Time: Run 800m 100 Squats Run 800m**

**WOD #20 - 7 Rounds For Time: 7 Air Squats 7 Burpees**

**WOD #21 - 5 Rounds For Time: 50 Squats Rest the amount of time it took to complete the 50**

**WOD #22 - For Time: Run 1 mile -- do 10 Pushups every minute**

**WOD #23 - 8 Rounds For Time: Run 100m 20 Lunges**

**WOD #24 - For Time: 500 Jumping Jacks**

**WOD #25 - For Time: 100 Jumping Jacks 75 Air Squats 50 Pushups 25 Burpees**

**WOD #26 - 5 Rounds For Time: Run 1 minute Squat 1 minute**

**WOD #27 - 3 Rounds For Time: 10 Air Squats 10 Pushups 10 Sit-ups**

**WOD #28 - For Time: 50 Air Squats Rest for 2 minutes between rounds.**

**WOD #29 - 3 Rounds For Time: 20 Jumping Jacks 20 Burpees 20 Air Squats**

**WOD #30 - 10 Rounds For Time: Run 100m 20 Air Squats**

**WOD #31 - For Time: 100 Push-ups 100 Sit-ups 100 Squats**

**WOD #32 - 3 Rounds For Time: 30 Push-ups 40 Sit-ups 50 Squats**

**WOD #33 - AMRAP in 20 minutes: 5 Pushups 10 Sit-ups 15 Squats**

**WOD #34 - For Time: Run 1000m 100 Air Squats 50 Pushups**

**WOD #35 - 10-9-8-7-6-5-4-3-2-1 Reps for Time: Burpees Pushups Sit-ups**