

Fitness is Universal. Train wherever you go.

# TRAVEL WODS



<p><b>Modified Buy In/Warm up (A)</b>                  15x squats                  15x pushups                  15x situps                  15x supermans                  15x pull-ups (optional)                  15x dips (optional)</p>	<p><b>Warm up (B) - Jog 2 minutes</b>                  Sprint 30 seconds                  15x squats                  Sprint 30 seconds                  15x pushups                  Sprint 30 seconds                  15x situps</p>
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21-15-9 reps Walking lunges (each leg) Handstand push ups	50-40-30-20-10 Double unders (or 2x single unders) Sit ups
50 burpees for time	10x 50 meter sprint
7 rounds for time: 7x burpees 7x squats	10-9-8-7-6-5-4-3-2-1 Situps Pushups
3 rounds for time: 20x squats 20x burpees 20x pushups	3 rounds for time: 10x burpee broad jumps 10x push up 10x squat
100x walking lunges (total steps)	100 mountain climbers for time
As many rounds as possible in 20 min. of: 5x pushups 10x situp 15x squat	Tabata (20" work, 10" rest, x 8 rounds) Squats Pushups Sit ups
3 rounds for reps, 1 min each exercise Double unders Push ups Lunge jumps Sit ups (1 minute rest between rounds)	3 rounds for reps, 1 min each exercise: Burpees Double unders Walking lunges Clapping/plyo pushups (1 minute rest between rounds)
3 rounds for time: 400 meter run 50x squats	15 rounds for distance: Sprint 20" Rest 40"
5 rounds, 1 min rest between rounds: 400 meter sprints	10 rounds, 30" rest between rounds: 200 meter sprints
25 rounds for time: 1x Handstand (to...) 1x Pike (to...) 1x Vertical Jump (These 3 should look like all 1 motion)	For reps: Max pushups Max sit ups Max squats (No rest in between)
As many rounds as possible in 10 min. of: 5x HSPU 10x V-Up 15x Pistol (alternating)	5 rounds: 400 meter sprint forward 200 meter sprint backward
10 rounds 10 sec L-Sits off the floor	"Susan" 5 rounds for time: 200M Run 10x Squats 10x Push ups
100x Air squats for time	100x Jumping Lunges for time

## MORE TRAVEL WODS

10-9-8-7-6-5-4-3-2-1 Burpees Sit ups	10-9-8-7-6-5-4-3-2-1 Sit ups Push ups with a 50 m shuttle in between each round
10 rounds 30 second handstand hold 30 second bottom of the squat hold	5 rounds for time: 3x vertical jump 3x squat 3x broad jump
4 rounds for time: 25x jumping squats 10 sec rest	Tabata squats with eyes closed
5 rounds for time: 10x V-up 10x Tuck-up 10x Bfly situp 10 sec plank	5 rounds for time: 10x squat 10x jump squat 10x broad jump 10x tuck jump
2 rounds for time: 25x hollow rocks 25x superman	Set a distance (e.g. 200M) Cover distance doing Burpee/Broad Jumps
Tabata squats with eyes closed	Tabata push ups
Tabata sit ups	Tabata burpees
Walk AFAP on your hands	100 pistols for time
Set a distance (e.g. 200M) Cover distance in walking lunges	10 rounds for time: 10x burpees 100M run
"Annie" 50-40-30-20-10 DU Sit ups	For time: 50-40-30-20-10 Speed Rope Push Ups
Set a distance (e.g. 200M) 1-3 rounds for time: Bear Crawl there Crab Walk back	2 minutes of max effort (choose one): Sit ups Push ups Double unders
Invisible Fran 21-1-9 Air squats Push ups	5 rounds: 30 second handstand hold 60 second bottom of the squat hold
3 rounds: 60 sec prone plank 60 sec right side plank 60 sec left side plank	5 rounds for time: 10x hollow rocks 10x pushups 100mi sprint
Practice single arm and single leg planks for 30 seconds each	Practice the splits
200M run each way: Forward Backward Lateral Shuffle	3 rounds for time: 50 M Bear Crawl 15 burpees 15 squats
25-50x inch worm for mobility	10x alt wall walk/inch worm for mobility

