

===== Warm-up =====

Choose one of the following:

- 1) Jump rope alternating with 50 hops, 50 steps, 50 hops and 3 min practice of double-unders.
- 2) 5 min. run
- 3) 10 min. walk.

Bring a 6 foot length of rope and use it for shoulder mobility

20 squats, 20 candlestick extensions (if you have a matt or soft surface to roll on, substitute, sit-ups if not), 20 push-ups, 20 arch rocks and 20 hollow rocks, 10 burpees and 10 samson lunges (10 on each leg).

Notes:

* Arch Rocks - Lie on your stomach in an arch with your heels squeezed together and arms by your ears. Rock back and forth.

* Candlestick extensions - Roll back into a candlestick with your arms by your ears. Lower your toes to the floor, then extend your toes to the ceiling. This also has the advantage of stretching your glutes, hamstrings and lower back in the process.

* Hollow Rocks - Lie on your back in a hollow position with your arms by your ears. Rock back and forth. Your lower back should be curved so that the rocking motion is smooth.

More info here: <http://www.drillsandskills.com>

Practice one, or more, of the following for 5 minutes:

Arch: In an arch a gymnasts hips are pushed forward, chest is open. Lie on your stomach with your arms by your ears. Lift your heels while keeping your legs straight, and lift your arms while keeping your arms straight.

Bridge: A bridge is attained by lying on your back. Place your hands on the floor by your ears and bend your legs. Push your hips towards the ceiling and arch back. Ideally a bridge should have straight legs and shoulders pushed out over the hands.

Handstand: A proper handstand is extended towards the ceiling, shoulders are open, body is hollow.

More info and pictures here: <http://www.drillsandskills.com/positions>

If you have been going really hard, I would suggest stopping here and doing some stretching. If you need a little extra stress relief, continue on...

===== Body weight only =====

10-9-8-7-6-5-4-3-2-1 Jump Squats and Plyo Pushups

10 Squat Jumps Followed by 10 Plyo Pushups, 10 sec rest and then 9/9 and so on...until you get to 5's then there is no rest. Plyo push-up are push-ups where you get you hands off the ground (clapping is optimal, but beware the face ;-)).

All you need is 20 yds to run:

5 rounds for time (i.e. no rest):

Sprint 20 yds, drop and do 10 pushups

Sprint 20 yds, Bear crawl 20 yds

Crab walk (sideways bear crawl) back 20 yds

10 explosive squats (like the burpee jump but go waaayyyy deep)

rest 1 minute between rounds

Substitute 20 high knees, yes each leg) running in place for running or jump rope.

Bodyweight squats - 1 minute

Pushups - 30 seconds

Front plank - 30 seconds

Walking lunges - 1 min (use DBs if possible)

Pull-ups (if available) - 30 seconds on the bar, no letting go

Choice of Mountain Climbers or Bear Walk 30 seconds

Rest 1 minute, repeat 3 times

This is an interval workout, so go as hard as you can!

1 x 800 Meter Run - 2 min rest

2 x 8 Clavicle-High Pull-ups or burpees - 1 min rest between sets of pull-ups or burpees

3 x 400 Meter Run - 2 min rest between runs

4 x 16 Clapping Push-ups - 1 min rest between sets of push-ups

5 x 200 Meter Run - 30 sec rest between runs

===== DBs and minimal gym equipment =====

21-18-15-12-9-6 and 3 rep rounds for time of:

Dumbbell hang squat clean to a thruster

Pull-ups

This one is particularly evil use a 15 lb DB to start. Check out

[http://www.performancemenu.com/exercises/index.php?](http://www.performancemenu.com/exercises/index.php?show=exercise§ionID=2&exerciseID=68)

[show=exercise§ionID=2&exerciseID=68](http://www.performancemenu.com/exercises/index.php?show=exercise§ionID=2&exerciseID=68) for a good movie showing the hang squat clean. The thruster means just press the DBs overhead. You can also do this as intervals without the pull-up bar, just do it with heavier weights (25 lbs) and rest 2 minutes between rounds.

30 DB Clean and Jerks or DB Snatch for time (15 each arm for snatch): All DB

exercises shown here: [http://www.performancemenu.com/exercises/index.php?](http://www.performancemenu.com/exercises/index.php?show=section§ionID=4)

[show=section§ionID=4](http://www.performancemenu.com/exercises/index.php?show=section§ionID=4)

Do this as heavy as you can in 5 minutes or less. A good place to start is 40 lb. for men and 25 lb. for women)

Finally, an old favorite:

Five rounds of:

5 Dumbbell deadlifts

5 Dumbbell hang cleans

5 Dumbbell push presses

5 Dumbbell squats

Increase the load each round. Rest as necessary between rounds.

Use in a gym if you have access to dumbbells. You can also alter this work out to not increase the weight but keep the time constant. For instance, do all 4 movements in 2 minutes then only take 1 minute rest. Do this for 5 rounds. Keep the weight at a medium level like 20 or 25 lbs.

===== Bodyweight workouts by Eva T =====

<http://crossfitnega.com/travel-workouts/>

These are a bunch of great bodyweight WODs by Eva T. Some samples include:

- * Run 1/2 mile 50 air squats – 3 rounds.
- * 10 push-ups 10 sit ups 10 squats – 10 rounds.
- * 200 air squats for time.
- * “Susan” Run 200m 10 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.

===== Bodyweight workouts by Shane Skowron =====

===== (<http://sstrains.blogspot.com/>) =====

<http://www.board.crossfit.com/showthread.php?t=50739>

Some additional, and very valuable, notes from Shane himself:

Well fortunately I have access to equipment and I own some, so I don't have to rely on this that much. But if I didn't have anything, I would make sure to maintain the *constantly varied* part of CrossFit. It's tough to do when all you're doing is bodyweight WODs, but it's certainly possible.

It's very easy to take my list and pick random WODs and come up with really **bad** programming.

Consider these two splits:

Mon: Cindy

Tue: Angie
Wed: Death by Pullups
Thur: Rest
Fri: 150 burpees
Sat: Ryan
Sun: Murph

Mon: Run 10k
Tue: Cindy
Wed: Jumping pistols 5x5 (each leg)
Thur: Rest
Fri: Annie
Sat: 30 muscle-ups
Sun: 6-10x 100m sprints with full recoveries

See the difference? In the first split, all you're doing is long metcons, way too many pullups and pushups. Not enough strength, not enough speed, not enough recovery. The WODs are all mostly oxidative in the range of 15-40 minutes. They're all great WODs, but in that setup, they're not.

In the second split, you've got a strength workout (pistols), a speed/power workout (sprints), a monostructural endurance (10k), strength endurance (30 MU), and work capacity (Annie and Cindy). The times range from 10-20 seconds in the case of the sprints and up to 40-60 minutes in the case of 10k run. You may be workout similar muscle groups back to back, but you're still giving them enough time to recover. In my opinion, that's a much better split for overall Crossfit-defined fitness.

So I wouldn't recommend picking WODs randomly, but giving consideration to the above.

===== end Bodyweight workouts by Shane Skowron =====

Hope this isn't too overwhelming. :-)

Let me know which of these are good and/or let me know if you came up with some that I should include on this list.

Have a safe trip!