

# CROSSFIT INVERSION

Can't make it to the gym or travelling out of town? Now you have NO EXCUSE to miss your WOD. Here is a list of 75 bodyweight-focused CrossFit WODs that you can do at home or on the road. NO EQUIPMENT needed (except a jump rope) GET SOME!

#1 3 Rounds For Time: Run 800m 50 Air Squats

#2 10 Rounds For Time: 10 Pushups 10 Sit ups 10 Squats

#3 For Time: 200 Air Squats

#4 5 Rounds For Time: Run 200m 10 Squats 10 Push Ups

#5 3 Rounds For Time: Run 200m 25 Pushups

#6 3 Rounds For Time: 10 Handstand Pushups Run 200m

#7 20 Rounds For Time: 5 Pushups 5 Squats 5 Situps

#8 10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set

#9 CrossFit(Durham(Travel(WODs Page(2 [www.crossfitdurham.com](http://www.crossfitdurham.com) 21-15-9 Air Squats Pushups

#10 Spend a total of 5 minutes in a handstand

#11 For Time: Run 1 mile

#12 6 Rounds For Time: 10 Pushups 10 Air Squats 10 Sit Ups

#13 5 Rounds For Time: 3 Tuck Jumps 3 Squats 3 Broad Jumps

#14 8 Rounds For Time: Handstand 30 seconds 10 Squats

#15 10 Rounds For Time: 10 Pushups Run 100M

#16 For Time: Run 1 mile, lunging 30 steps every minute

#17 5 Rounds For Time: Handstand 30 seconds 20 Air Squats

#18 For Time: 250 Air Squats

#19 4 Rounds For Time: 10 Tuck Jumps 10 Pushups 10 Situps

- #20 For Time: 100 Burpees
- #21 10 Rounds For Time: 10 Pushups 10 Squats 10 Tuck Jumps
- #22 5 Rounds For Time: Handstand 1 minute Hold bottom of the squat 1 minute
- #23 10 Rounds For Time: Sprint 100m Walk 100m
- #24 For Time: 100 Pushups
- #25 10-9-8-7-6-5-4-3-2-1 Rep Rounds For Time: Burpees Situps
- #26 3 Rounds: 50 Situps Run 400m
- #27 10 Rounds For Time: 10 Walking Lunges 10 Pushups
- #28 10 Rounds For Time: 10 Burpees Run 100m
- #29 4 Rounds For Time: Run 400m 50 Air Squats
- #30 10 Rounds For Time: 10 Pushups 10 Squats
- #31 Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.
- #32 For Time: Run 800m 100 Air Squats Run 800m
- #33 7 Rounds For Time: 7 Air Squats 7 Burpees
- #34 5 Rounds For Time: 50 Air Squats Rest the amount of time it took to complete the 50
- #35 For Time: Run 1 mile -- do 10 Pushups every minute
- #36 8 Rounds For Time: Run 100m 30 Air Squats
- #37 10 Rounds For Time: 10 Situps 10 Burpees
- #38 For Time: 250 Jumping Jacks
- #39 For Time: 100 Jumping Jacks 75 Air Squats 50 Pushups 25 Burpees
- #40 5 Rounds For Time: Run 1 minute Squat 1 minute
- #41 3 Rounds For Time: 10 Air Squats 10 Pushups 10 Situps
- #42 For Time: 50 Air Squats Rest for 2 minutes between rounds.
- #44 3 Rounds For Time: 20 Jumping Jacks 20 Burpees 20 Air Squats
- #45 10 Rounds For Time: Run 100 m 20 Air Squats
- #46 For Time: 100 Push-ups 100 Sit-ups 100 Squats
- #47 3 Rounds For Time: 30 Push-ups 40 Sit-ups 50 Squats
- #48 AMRAP in 20 minutes: 5 Pushups 10 Situps 15 Squats
- #49 21-15-9 Rep Rounds for Time: Walking Lunges (each leg) Handstand Push-ups

- #50 3 Rounds for Time: Run 400m 50 Squats 25 Pushups
- #51 For Time: Run 1000m 100 Air Squats 50 Pushups
- #52 Squats for time (pick a number between 100-500)
- #53 10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time: Burpees Pushups Situps
- #54 AMRAP in 20 minutes: 5 Handstand push-ups 10 Pistols
- #55 <sup>3</sup>Annie' 50-40-30-20-10 Rep Rounds for Time: Double-Unders Sit-ups
- #56 50-40-30-20-10 Rep Rounds for Time: Single Unders Pushups
- #57 For Time: Burpees (50-150 - pick a number and go for it!)
- #58 For Time: Run 800m 50 Squats 50 Situps
- #59 For Time: Run 1 mile 100 Push-ups 200 Squats Run 1 mile
- #60 21-15-9 Rep Rounds for Time: Handstand Push-ups Chair Dips Push-Ups
- #61 For Time: 21 Pushups 42 Squats 15 Pushups 30 Squats 9 Pushups 18 Squats
- #62 For Time: 400m Walking Lunges
- #63 For Time: Run 400 meters 50 Squats Run 400 meters 50 Push -ups Run 400 meters 50 Sit -ups Run 400 meters
- #64 For Time: 80 -60 -40 -20 Reps of Air Squats 40 -30 -20 -10 Reps of Situps 20 -15 -10 - 5 of Handstand Pushups
- #65 For Time: 50 Walking Lunges 800 m run 50 Walking Lunges
- #66 For Time: 30 Handstand Pushups 40 Jump squats 50 Situps 60 Squats 70 Double unders
- #67 AMRAP in 20 minutes: 10 Bench dips 10 Box jumps 10 Walking Lunges
- #68 For Time: 60 Pushups Run 400 m 40 Pushups Run 800 m 20 Pushups Run 1 mile
- #69 5 Rounds For Time: 100 Single Unders 50 Squats
- #70 For Time: 150 Double Unders
- #71 <sup>3</sup>1LFROH' AMRAP in 20 minutes of: Run 400 Max rep pull ups
- #72 For Time: 5K Run
- #73 3 rounds for time of: Run 800 m 50 Back Extensions 50 Situps
- #74 For Time: 2 Minutes Double Unders 2 Minutes Situps Rest 1 min 90 sec Double Unders 90 sec Situps Rest 1 min 60 sec Double Unders 60 sec Situps
- #75 For Time: 100 Air Squats 75 Situps 50 Box Jumps .75 V ups Run 400m