

# Crossfit Peachtree Travel WOD's

## Travel Workout Collection

Basic Workouts – No equipment necessary.

The only requirement is proper workout attire and sometimes a jump rope. **DO THEM WITH INTENSITY FOR TIME!!!**

### Warm up

15-second Samson Stretch

10 Wall Squats

10 Sit-ups

10 Bend and Reach

10 Pushups

3 Rounds

1

100 Push-ups

100 Sit-ups

100 Squats

1 Round for Time

2

30 Push-ups

40 Sit-ups

50 Squats

3-5 Rounds for Time

3

5 Pushups

10 Situps

15 Squats

Max Rounds in 20 minutes

4

Lunges (each leg)

Handstand Push-ups

21-15-9 Rep Rounds for Time

5

Run 400 meters (or any sprint distance – 1:30–2:30 min long)  
50 squats  
25 pushups  
3 Rounds for Time

6  
Run 1000 meters (about 3–5 minutes)  
100 squats  
50 Pushups  
1 Round for Time

7  
Squats for time (pick a number between 100–500)  
1 Round for Time

8  
Burpees  
Pushups  
Situps  
10–9–8–7–6–5–4–3–2–1 Rep Rounds for Time

9  
5 Handstand push-ups  
10 Pistols  
Max Rounds in 20 minutes

10  
Run 400 meters (1:30–2:30 mins)  
30 Squats  
5 Rounds for Time

11  
Double–Unders (jump rope)  
Sit-ups  
50–40–30–20–10 Rep Rounds for Time

12  
Single unders  
Pushups  
50–40–30–20–10 Rep Rounds for Time

13

Burpees (50–150 – pick a number and go for it!)  
1 Round for Time

14  
Run 800 meters (Run about 5 mins)  
50 Squats  
50 Sit-ups  
3 Rounds for Time

15  
Run 1 mile  
100 Push-ups  
200 Squats  
Run 1 mile  
1 Round for Time

16  
Handstand Push-ups  
Chair Dips  
Push-Ups  
21–15–9 Rep Rounds for Time

17  
21 Pushups  
42 Squats  
15 Pushups  
30 Squats  
9 Pushups  
18 Squats  
1 Round for Time

18  
Walking Lunges – pick a distance (100–400 meters) and go for it.  
No quitting!  
1 Round for Time

19  
10 Turkish Get-ups (1 or 3 gallon jug of water)  
20 Double-Unders  
30 Walking Lunges  
40 Push-ups  
30 Squats

20 Leg lifts  
10 Box Burpees  
2 Rounds for Time

20  
Run 400 meters  
50 Squats  
Run 400 meters  
50 Push-ups  
Run 400 meters  
50 Sit-ups  
Run 400 meters  
1 Round for Time