



BODYWEIGHT WORKOUTS - NO EQUIPMENT NEEDED

ENTRAINEMENTS POIDS DE CORPS UNIQUEMENT

#1

8 Rounds For Time:
Handstand 30 seconds
Plank 30s
10 Sit Ups

#2

3 Rounds For Time:
Run 800m
50 Air Squats

#3

10 Rounds For Time:
10 Pushups
10 Mountain climbers (two count)
10 Tuck Jumps

#4

10-9-8-7-6-5-4-3-2-1
Burpees
Situps

#5

10 Rounds For Time:
Sprint 100m
Walk 100m

#6

For Time:
250 Air Squats

#7

For Time:

Run 1 mile -- do 10 Pushups every minute

#8

Annie

50-40-30-20-10

Double-Unders

Sit-ups

#9

For Time:

400m Walking Lunges

10#

3 Rounds For Time:

10 Handstand Pushups

Run 400m

11#

For Time:

100 Burpees

12#

For Time:

Run 1 mile

100 Push-ups

200 Squats

300 Double Unders

Run 1 mile

13#

AMRAP 12min

15 Box Jumps

30 Flutter Kicks

30s Plank Hold

15 Sit Ups

14#

5 Rounds For Time:

Handstand 1 minute

Hold bottom of the squat 1 minute

(accumulate time)

Special Treat:

The Prison WOD

20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Burpees

(Do one set on one side of your bed, bear crawl to the other side and perform the next set of burpees)