

TRAVEL WOD's

1.

2 min max push-ups

1 min break

2 min max sit-ups

1 min break

2 min max squats

2.

Run 5 minutes turn around and go back in less than 5 minutes

21-15-9 reps for time of:

Vertical jumps (2 feet above your reach)

Push-ups

Run 5 minutes turn around and go back in less than 5 minutes

3.

5 rounds for time of:

20 Lunges (each leg)

15 Squats

10 Push-ups

4.

10 x 100m run sprint

Rest 30 seconds between efforts.

5.

10 rounds for time of:

10 Burpees

10 Sit-ups

6.

For time perform:

25 Squats

5 Push-ups

20 Squat

10 Push-ups

15 Squat

15 Push-ups

10 Squat

20 Push-ups

5 Squat

10 Push-ups

7.

Tabata (20 seconds of work, 10 seconds of rest for 8 rounds) for the following exercises:

Squat

Push-up

Sit-up

Double-unders

8.

Five rounds for time of:

30 Box jumps

10 Burpees

9.

Run 20 minutes, stopping every 2 min perform:

10 squats

10 push-ups

10.

As many rounds as possible in 20 minutes of:

5 Push-ups

10 Sit-ups

15 Squats

11.

Tabata Squats - 20 second of work and 10 seconds rest for 8 rounds (hold at the bottom of squat during rest) then...

Run 2 km

12.

As many rounds as possible in 10 minutes of:

3 Burpees

4 pushups

5 squats

13.

10 rounds for time of:

200m Run

10 Burpees

14.

5 rounds for time of:

400m Run

50 Squats

15.

10 rounds for time of:

10 push-ups

10 sit ups

10 squats

16.

8 rounds for time:

30 sec Handstand

10 Squats

17.

5 x 400M sprints.

18.

100 burpees for time.

19.

10-9-8-7-6-5-4-3-2-1 reps of:

Burpees

Sit-ups

20.

Every 90 seconds for 15 minutes perform the following:

40 Double-unders

15 Jumping Lunges

In the remainder of the 90 sec hold a Prone Ab Brace or rest