

100 Travel CrossFit Workouts

April 26, 2011 [Dr. Lisa](#)

Often we have CrossFit Members that travel. It's important for everyone that travels to have quick workouts to go to with minimal equipment to ensure you will actually get to work out while out of town. Below is a wide variety of workouts...so now there is no excuse why you can't work out! Remember the easiest piece of equipment you can travel with is a jump rope!

Warmup

2 min Jump Rope or Jog
15-second Samson Stretch
15-second Waiter's Bow
10 Arm Circles Forward & Backward
10 Leg Swings Each Leg

Then:

10 Squats
10 Sit-ups
10 Pushups
3 Rounds

1.

Sprint 100 meters
Rest 1 minute
Repeat 10 times

2.

100 Single Unders (Jump Rope)
50 Squats
5 rounds for time

3.

AMRAP in 20 minutes:
-10 Burpees
-15 Squats
-20 Knees-to-chin (laying down)

4.

10 Rounds of:
-10 Broad Jump Burpees
-10 Jumping Lunges

5.

10 rounds of
- 10 burpees
- 10 situps

6.
5 Rounds
-15m Bear Crawl
-20 Push-ups
-15m Crab Walk
-20 Jump Squats
-15m Broad Jump Burpees
-20 Mountain Climbers

7.
3 rounds for time
-Run 1/2 mile
-50 squats

8.
10 Rounds for time
-10 push-ups
-10 sit ups
-10 squats

9.
200 squats for time

10.
"Susan"
5 rounds for time
- Run 200m
- 10 squats
- 10 push-ups

11.
3 rounds for time
- Sprint 200m
- 25-push ups

12.
Tabata Squats and Push-ups:
20 seconds on 10 seconds rest, 8 rounds each.
Count your lowest score.

13.

20 rounds for time
- 5 push-ups
- 5 squats
- 5 sit ups

14.
Invisible Fran:
21-15-9 for time
-Squats
-Push-ups

15.
6 rounds for time
- 10 push-ups
- 10 squats
- 10 sit ups

16.
5 rounds for time
- 100 Single unders Jump Rope
- 50 Squats

17.
“Annie”
Double-Unders (Jump Rope)
Sit-ups
50-40-30-20-10 Rep Rounds for Time

18.
5 Rounds for Time
- 3 vertical jumps
- 3 squats
- 3 long jumps

19.
100 Squats for Time

20.
10 Rounds for Time
- 10 Push-ups
- 10 Squats
- 10 Situps

21.

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

- Burpees
 - Sit ups.
-

22.

5 Rounds for Time

- Run 400 meters (1:30-2:30 mins)
 - 30 Squats
-

23.

250 jumping jacks For Time

24.

5 Rounds – Count Squats

- Run 1 minute
 - Squat for 1 minute
-

25.

Run 1 mile and do 10 push-ups every 1 minute.

26.

Handstand practice, 25 tries at free handstands, then a 1 mile run

27.

10 Rounds for Time

- 10 push-ups
 - 10 squats
-

28.

For Time

- 100 jumping jacks
 - 75 squats
 - 50 push ups
 - 25 burpees
-

29.

100 Push-ups for Time

30.

5 Rounds for Time

- 10 vertical jumps
 - run 400m
-

31.

10 Rounds for Time

- 10 Push-ups
 - 100m Sprint
-

32.

5 Rounds for Time

- Handstand 30 seconds
 - 20 squats
-

33.

4 Rounds for Time

- 10 vertical jumps
 - 10 push-ups
 - 10 sit ups
-

34.

- 2 minute max push ups
 - 1 minute break
 - 2 minutes max sit ups
 - 1 minute break
 - 2 minute max squats
-

35.

5 Rounds For Time

- 20 Lunge steps
 - 20 squats
 - 10 pushups
-

36.

100 Burpees for Time

37.

7 Rounds for Time

- 7 Squats
 - 7 Burpees
-

38.

10 Rounds for Time

- Sprint 100m
 - Walk 100m
-

39.

3 Rounds for Time

- 50 sit-ups
 - 400m run walk
-

40.

10 Rounds for Time

- 10 walking lunges
 - 10 push-ups
-

41.
10 Rounds for Time
- 10 burpees
- 100meter sprint

42.
4 Rounds for Time
- Run 400m
- 50 squats

43.
Run 1 mile and do 10 push-ups every 1 minute.

44.
5 Rounds for Time
- Ten vertical jumps (jump as high as you can, land and do it again)
- 10 push-ups

45.
3 Rounds for Time
- 20 jumping jacks
- 20 burpees
- 20 squats

46.
5 Rounds for Time
-30 second handstand against a wall,
- followed by a 30 second static hold at the bottom of the squat

47.
Run 1 mile for time.

48.
3 Rounds for Time
- Run 200m
- 50 squats

49.
25 reps for time
- Handstand 10 seconds jack-knife to vertical jump

50.

50-40-30-20-10 Rep Rounds for Time

- Single unders (Jump Rope)

- Pushups

51.

AMRAP in 10 minutes

- 3 Burpees

- 4 pushups

- 5 squats

52.

10 rounds

- 30 second squat jump

- 30 second rest

53.

4 rounds for time

- 1/2 mile run

- 50 squats

54.

3 Rounds For Time

- 20 tuck jumps

- 30 second handstands.

55.

8 Rounds for Time

- Sprint 100m

- 30 squats

56.

Handstand practice, 25 tries at free handstands, then a 1 mile run

57.

20 Rounds for Time

- 5 squats

- 5 push-ups

- 5 sit ups

58.

For Time

Run 1 mile with 100 squats at midpoint

59.

10 Rounds for Time

- 10 sit ups
 - 10 burpees
-

60.

Bottom to bottom tabata squats

8 Rounds

20 second of work and 10 seconds of a squat hold

Run 1 mile

61.

10 Rounds

- Handstand hold, 30 seconds,
 - Squat hold 30 seconds
-

62.

4 Rounds for Time

- 20 sit ups
 - 20 push-ups
 - 400m Run
-

63.

100 squats

3 min. rest

100 squats

64.

3 Rounds for Time

- Run 200m
 - 50 squats
-

65.

5 Rounds for Time

- With eyes closed do 10 squats, open eyes..
 - Do 10 push ups eyes closed
-

66.

10 Rounds for Time

- Run 100m
 - 20 squats
-

67.

Test yourself on a max set of push ups, tight body chest to the floor, full extension!

68.

Tabata Tuck jumps and Sit-ups:

*20 seconds on 10 seconds rest, 8 rounds each.
Count your lowest score.*

69.

Run 1 mile, stopping every minute to do 20 squats.

70.

3 Rounds for Time

- 20 Squats*
 - 20 Burpees*
 - 20 Push-Ups*
-

71.

For Time

- 25 squats*
 - 5 push-ups*
 - 20 squat*
 - 10 push-ups*
 - 15 squat*
 - 15 push-ups*
 - 10 squat*
 - 20 push-ups*
 - 5 squat*
 - 25 push-ups*
-

72.

5 Rounds for Time

- 50 Step-ups or Box Jumps*
 - 10 Burpees*
-

73.

Tabata Squats with eyes closed:

*20 seconds on 10 seconds rest, 8 rounds.
Count your lowest score.*

74.

4 Rounds for Time

- 50 squats*
- Rest for 2 minutes between rounds.*
-

75.

5 Rounds for Time

- 20 Lunge Steps*
- 20 Squats*

- 10 Push-ups

76.

40-30-20-10

- Walking lunges

- Push-ups

77.

Run 20 minutes stop every 2 minutes and do 10 squats and 10 pushups

78.

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

21-15-9

- Vertical jumps (As High as Possible)

- Pushups

Repeat the run...5 min out less than 5 back.

79.

Tabata Tuck jumps and Sit-ups:

20 seconds on 10 seconds rest, 8 rounds each.

Count your lowest score.

80.

1 Round for Time

- 100 Push-ups

- 100 Sit-ups

- 100 Squats

81.

5 Rounds for Time

- 30 Push-ups

- 40 Sit-ups

- 50 Squats

82.

Max Rounds in 20 minutes

- 5 Pushups

- 10 Situps

- 15 Squats

83.

21-15-9 Rep Rounds for Time

- Lunges (each leg)
 - Handstand Push-ups
-

84.

3 Rounds for Time

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

85.

10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time

- Burpees
 - Pushups
 - Situps
-

86.

5 Rounds for Time

- Run 400 meters (1:30-2:30 mins)
 - 30 Squats
-

87.

3 Rounds for Time

- Run 800 meters (Run about 5 mins)
 - 50 Squats
 - 50 Sit-ups
-

88.

1 Round for Time

- Run 1 mile
 - 100 Push-ups
 - 200 Squats
 - Run 1 mile
-

89.

21-15-9 Rep Rounds for Time

- Handstand Push-ups
 - Chair Dips
 - Push-Ups
-

90.

1 Round for Time

- 21 Pushups

- 42 Squats
 - 15 Pushups
 - 30 Squats
 - 9 Pushups
 - 18 Squats
-

91.

- 2 Rounds for Time*
- 20 Double-Unders
 - 30 Walking Lunges
 - 40 Push-ups
 - 30 Squats
 - 20 Sit Ups
 - 10 Box Burpees
-

92.

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

93.

- For Time*
- 50 Walking Lunges (each leg)
 - 800 M run
 - 50 Walking Lunges
-

94.

- 5 Rounds*
- Shuttle run (aka Suicide 's) – 20-50 meters
 - 10 Burpees
-

95.

- 50-35-15*
- Leg lifts
 - Pushups
 - Situps
-

96.

For Time

- 30 HSPU
 - 40 Jump squats
 - 50 Situps
 - 60 Squats
 - 70 Double unders
-

97.

20 min AMRAP

- 10 Bench dips
 - 10 Box jumps
 - 10 Lunges (each leg)
-

98.

For Time

- 60 Pushups/30 HSPU
 - Run 400 m
 - 40 Pushups/20 HSPU
 - Run 800 m
 - 20 Pushups/10 HSPU
 - Run 1 mile
-

99.

10 minute Run

For Time

- 100 Push-ups
 - 200 Sit-ups
 - 300 Squats
- 5 minute Run*
-

100.

Jail House Walk

Typically, we prescribe Jailhouse 10 workouts involving burpees. A jailhouse 10 workout of burpees is simply:

For Time

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

With a Walk across the room and back between each set

Sources:

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