

Try these at home or on the road! No equipment necessary. The only requirement is proper workout attire and sometimes a jump rope and remember to always start with the warm-up.

Warmup

30 seconds of any Stretch

10 Squats

10 Sit-ups

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.

Burpees

Pushups

Situps

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

8.

Double-Unders/Single Unders, multiply by 3, i.e. 50 x 3 = 150 (jump rope)

Sit-ups

50-40-30-20-10 Reps for Time

9.

Single unders

Pushups

50-40-30-20-10 Reps for Time

10.

Burpees (50-150 - pick a number and go for it!)

1 Round for Time

11.

Run 1 mile

100 Push-ups

100 Squats

Run 1 mile

1 Round for Time

12.

Push-ups

Chair Dips

Push-Ups

21-15-9 Rep Rounds for Time

13.

Walking Lunges - pick a distance (100-400 meters) and go for it. No quitting!

1 Round for Time

14.

20 Double-Unders/60 Single Unders

30 Walking Lunges

40 Push-ups

30 Squats

20 Leg lifts

10 Burpees

2 Rounds for Time

15.

Run 400 meters

50 Squats

Run 400 meters

50 Push-ups

Run 400 meters

50 Sit-ups

Run 400 meters

1 Round for Time

16.

50 Walking Lunges (each leg)

800 M run

50 Walking Lunges

17.

10 Shuttle run (aka Suicide's) - 20-50 meters

10 Burpees

5 Rounds

18.

30 Push Ups

40 Jump squats

50 Situps

60 Squats

70 Double Unders/210 Single Unders

19.

How many rounds in 20 minutes of

10 Bench dips

10 Box jumps

10 Lunges (each leg)