

# CrossFit Bodyweight Workout Resource

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## Table of contents:

(a) Classic CrossFit benchmarks.....	2
(b) Metcons, no equipment required.....	3
(c) Metcons, pullup bar required.....	6
(d) Metcons, rings and pullup bar required.....	10
(e) Metcons, jump rope, bar, and rings required.....	13
(f) Skills and strength work with bodyweight.....	14
(g) Running workouts.....	15
(h) Endurance challenges.....	17
(i) Scaling suggestions.....	20
(j) List of possible bodyweight exercises.....	21
(k) Credits and links to more resources.....	23

# Classic CrossFit Bodyweight Benchmarks

Official Crossfit named WODs for benchmarking and competition

<p><b>Angie</b> Complete in order: 100 pullups 100 pushups 100 situps 100 squats</p>	<p><b>Murph</b> Run 1 mile 100 pullups 200 pushups 300 squats Run 1 mile Partition the pullups, pushups, and squats as needed. Start and finish with a mile run. If you've got a 20# vest or body armor, wear it.</p>
<p><b>Barbara</b> Complete 5 rounds, resting 3:00 between each round: 20 pullups 30 pushups 40 situps 50 squats</p>	<p><b>Jason</b> 100 squats 5 muscle-ups 75 squats 10 muscle-ups 50 squats 15 muscle-ups 25 squats 20 muscle-ups</p>
<p><b>Ryan</b> 5 rounds of: 7 muscle-ups 21 burpees Each burpee 12" above max reach</p>	<p><b>Griff</b> Run 800m Run 400m backward Run 800m Run 400m backward</p>
<p><b>Cindy</b> Complete as many rounds as possible in 20 minutes of: 5 pullups 10 pushups 15 squats</p>	<p><b>Chelsea</b> Each minute on the minute for 30 minutes of: 5 pullups 10 pushups 15 squats</p>
<p><b>Mary</b> Complete as many rounds as possible in 20 minutes of: 5 handstand pushups 10 pistols 15 pullups</p>	<p><b>Tabata Something Else</b> Complete 32 intervals of 20 seconds of work followed by 10 seconds of rest where the first 8 intervals are pullups, the second 8 are pushups, the third 8 intervals are situps, and finally, the last 8 intervals are squats. There is no rest between exercises.</p>
<p><b>JT</b> 21-15-9 reps of: handstand pushups ring dips pushup</p>	<p><b>Nicole</b> Complete as many rounds as possible in 20 minutes of: Run 400m Max reps of pullups</p>
<p><b>Annie</b> 50-40-30-20-10 reps of: double-unders situps</p>	<p><b>Death by Pullups</b> With a continuously running clock do one pull-up the first minute, 2 pullups the second minute, 3 pullups the third minute...continuing as long as you are able. Use as many sets each minute as needed.</p>

**Metcons, no equipment required**  
Metabolic conditioning workouts with nothing needed but room to move.

Walking lunge 400m	150 burpees
4 rounds of: Run 400m 50 squats	100-75-50-25 reps: situps flutterkicks (4 count) Leg levers (Source: NSC)
50 burpees jump 12" above max reach each one.	Cummulative L-hold for total of 5:00. Use bar, rings, or floor. Stop timer when you drop out of position. Record total time it takes to get 5:00. (Source: NSC)
<b>Crouching Tiger</b> 50 squats 25 pushups 50 pistols 25 fingertip pushups 50 side lunges 25 knuckle pushups 50 walking lunges 25 diamond pushups (Source: Chad McBroom)	50 flutterkicks 50 situps Run 400m 100 flutterkicks 100 situps Run 400m (Source: NSC)
20-16-12-8-4 reps of: One-arm pushups Pistols (Source: NSC)	4 rounds of: 50 pushups 50 situps 50 4ct flutterkicks (Source: NSC)
1 round Tabata sprints (hills if possible) 1 round Tabata bottom-to-bottom squats There is no rest between exercises. (Source: Shane Skowron)	As many rounds as possible in 12 minutes of: 10 pushups 15 situps 20m walking lunge (Source: Crossfit Alpha)
21-15-9 reps of: lunges (Each leg ½ rep) situps burpees (Source: Crossfit Alpha)	5 rounds of: 50 mountain climbers (4 count) 25 situps (Source: Crossfit Alpha)
5 rounds of: 100 jumping jacks 100 mountain climbers (Source: Crossfit Alpha)	<b>The Prison Workout</b> burpees: 20-19-18 ... 3-2-1 walk 25m after each set (Source: Ken Andes)
<b>Long Cycle Burpees</b> 50 rounds of: 1 squat 1 pushup 1 situp 1 superman 1 tuck jump (Source: Crossfit Alpha)	5 rounds of: 30 second isometric squat hold 20 squats 30 seconds isometric leaning rest 20 pushups (Source: Crossfit Alpha)

**Metcons, no equipment required**  
Metabolic conditioning workouts with nothing needed but room to move.

<p>50 jumping jacks 50 pushups 50 tuck jumps 50 situps 50 mountain climbers(50 each leg) 50 squats 50 jumping jacks (Source: Crossfit Alpha)</p>	<p>10 rounds of: 30 seconds handstand 30 seconds isometric squat Score is cumulative time. (Source: Crossfit Alpha)</p>
<p><b>Playing with pushups</b> Run 100m 20 pushups 5 burpees 15 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups Run 100m 15 pushups 5 burpees 10 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups Run 100m 10 pushups 5 burpees 10 clap pushups 5 burpees 10 chest-slap pushups 5 burpees 5 fingertip pushups (Source: John Beielser)</p>	<p>Run 400m Burpee-Broad Jump 25m Walking Lunges 25m Burpee-Broad Jump 25m Bear Crawl 25m Burpee-Broad Jump 25m Walking Lunges 25m Burpee-Broad Jump 25m Bear Crawl 25m Run 400m (Source: Nick Hoel/Olympic CF)</p>
<p>100 situps 100 flutterkicks (4 count) 100 leg levers (Source: NSC)</p>	<p><b>Deck of Cards (Core Variation)</b> Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck. Hearts - burpees Diamonds - mountain climbers (4-ct) Spades - flutterkicks (4-ct) Clubs - situps Jokers - Run 400m (Source: NSC)</p>
<p>50 burpees 75 flutterkicks (4-count) 100 pushups 150 situps (Source: STC)</p>	<p>5 rounds of: 10 burpees 20 box/bench jumps 30 pushups 40 squats 50 lunges (Source: NSC)</p>

## Metcons, no equipment required

Metabolic conditioning workouts with nothing needed but room to move.

4 rounds of: 50 walking lunges 50 squats Run 400m (Source: Shane Skowron)	Run 5k , but every 2:00 do 20 pushups and 20 squats. (Source: Shane Skowron)
3 rounds of: 50 pushups 50 situps 50 squats	5 rounds of: 50 walking lunges 15 handstand pushups
80 squats 10 handstand pushups 60 squats 20 handstand pushups 40 squats 30 handstand pushups 20 squats	4 rounds of: 25 lunges 50 squats
5 rounds of: 100 squats 20 lunges 35 pushups	5 rounds of: 50 squats 30 handstand pushups
2 rounds: Max pushups 2:00 Max situps 2:00 Max flutterkicks 2:00 Max squats 2:00 (Source: STC)	3 rounds of: 30yd bear crawl 30yd inch worm pushup 30yd burpee jumps

## Metcons , pullup bar required

Metabolic conditioning workouts with nothing needed but a pullup bar.

<p><b>GI Jane</b> 100 burpee-pullups (Source: CFHQ)</p>	<p>As many rounds as possible in 20 minutes of: 15 pullups 30 pushups 45 squats (Source CFHQ)</p>
<p>Handstand pushups: 15-13-11-9-7-5-3-1 L-pullups: 1-3-5-7-9-11-13-15</p>	<p>3 rounds of: Run 800m 50 pullups</p>
<p>10 rounds of: 12 burpees 12 pullups</p>	<p>5 rounds of: 15 L-pullups 30 pushups 45 situps</p>
<p>5 rounds of: 25 inverted burpees 25 pullups 25 burpees (Inverted burpee: Starting supine, kip (or sit-up and roll) to standing, kick-up to handstand)</p>	<p>30 handstand pushups 10 pullups 20 handstand pushups 20 pullups 10 handstand pushups 30 pullups</p>
<p>Run 800 meters 40 L pullups Run 800 meters 40 strict pullups Run 800 meters 40 kipping pullups</p>	<p>5 rounds of: 50 squats 30 pullups 15 handstand pushups</p>
<p>100 squats 100 pullups 200 pushups 300 squats 100 lunges</p>	<p><b>Bodyweight Fran</b> 21-15-9 reps of: burpees pullups</p>
<p>21-15-9 reps of: pullups pushups squat jumps to 12" above max reach (Source: Shane Skowron)</p>	<p>50-35-20 rep rounds of: handstand pushups pullups</p>
<p>Repeat for 15 minutes: 20 seconds of pullups 20 seconds of situps 20 seconds of squats</p>	<p>100 pullups 200 pushups 300 squats 50 situps</p>
<p>As many rounds as possible in 20 minutes of: 25 pullups 50 pushups 75 squats</p>	<p>As many rounds as possible in 20 minutes of: 25 handstand pushups 50 pistols 75 pullups</p>
<p>As many rounds as possible in 20 minutes of: 10 L pullups 20 squats</p>	<p><b>The Reckoning</b> Run 1 mile 100 bodyblasters (burpee-pullups-knees-to-elbows) Run 1 mile (Source: Shane Skowron)</p>

## Metcons , pullup bar required

Metabolic conditioning workouts with nothing needed but a pullup bar.

<p><b>Running Tabata Something Else</b>          Tabata pullups, 1 round          Run 1 mile          Tabata pushups, 1 round          Run 1 mile          Tabata situps, 1 round          Run 1 mile          Tabata squats, 1 round          Run 1 mile          For best time.          (Source: NSC)</p>	<p>10-20-30 reps of:          squat          handstand pushups          squat          pullups</p>
<p><b>Running with Angie</b>          100 pullups          Run 1 mile          100 pushups          Run 1 mile          100 situps          Run 1 mile          100 squats          Run 1 mile          (Source: NSC)</p>	<p><b>Murph Tribute</b>          Run 1 mile          50 pullups          100 pushups          150 situps          200 squats          Run 1 mile          50 pullups          100 pushups          150 situps          200 squats          Run 1 mile          No partitioning.          (Source: NSC)</p>
<p><b>Deck of Cards</b>          Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck.          Hearts - pushups          Diamonds - pullups          Spades - situps          Clubs - squats          Jokers - Run 1 mile          (Source: NSC)</p>	<p>5 rounds of:          30 handstand pushups          30 pullups</p>
<p>100 squats          20 handstand pushups          30 pullups</p>	<p>100 squats          9 handstand pushups          200 squats          15 handstand pushups          100 squats          21 handstand pushups</p>
<p>100 L-pullups</p>	<p>100 squats          40 pullups          80 squats          32 pullups          60 squats          24 pullups          40 squats          16 pullups          20 squats          8 pullups</p>

## Metcons , pullup bar required

Metabolic conditioning workouts with nothing needed but a pullup bar.

10 rounds of: 10 pullups 20 pushups 30 squats	As many rounds as possible in 20 minutes of: 7 handstand pushups 12 L-pullups
50 squats 50 pullups 50 walking lunges 50 knees-to-elbows 5 handstand pushups 50 situps 5 handstand pushups 50 squats 50 pullups	100 squats 25 situps 100 squats 25 situps 100 squats 25 knees-to-elbows 100 squats 25 handstand pushups
2 rounds of: 35 squats 35 knees-to-elbows 35 squats 35 situps 35 lunges 35 squats	21-18-15-12-9-6-3 of: squats L-pullups knees-to-elbows
7 rounds of: 35 squats 25 pushups 15 pullups	21-15-9 reps of: Body blasters (burpee-pullup-knees-to-elbows) box jump burpees Belushi burpees (on jump turn 180 degrees) Burpee Jacks (plank jack to jumping jack) (Source: Robert Pierce)
3 rounds of: 100 squats 25 L-pullups 30 handstand pushups	5 rounds of: 9 handstand pushups 9 pullups
3 rounds with 2:00 rests between each round: 50 squats 30 pullups 40 pushups 50 squats	21 pullups 50 squats 21 knees-to-elbows 18 pullups 50 squats 18 knees-to-elbows 15 pullups 50 squats 15 knees-to-elbows 12 pullups 50 squats 12 knees-to-elbows
<b>20 pieces of Angie</b> 20 rounds of: 5 pullups 5 pushups 5 situps 5 squats (Source: Crossfit PC)	100 squats 21 handstand pushups 30 pullups 100 squats 30 pullups 21 handstand pushups 100 squats



## Metcons , pullup bar required

Metabolic conditioning workouts with nothing needed but a pullup bar.

5 rounds of: 20 squats 20 pushups 20 pullups	50-40-30-20-10 reps pullups squat jumps (Source: Shane Skowron)
Run 1 mile 30 pullups (chest to bar) 60 pushups (Source: STC)	15 rounds for max reps: pullups, 30 seconds on / 30 seconds off
100 squats 20 handstand pushups 30 pullups 100 squats 30 pullups 20 handstand pushups 100 squats	<b>Fractured Runny Angie</b> Run 400 meters 25 pullups 25 pushups 25 situps 25 squats (Source: Crossfit PC)
150 squats 50 pushups 21 pullups Run 800 meters 21 pullups 50 pushups 150 squats (Source: thesealquest.com)	50 L-pullups 50 handstand pushups 50 pistols 50 knees-to-elbows (Source: Shane Skowron)
3 rounds of: Run 800m 30 burpees 30 knees-to-elbows (Source: NSC)	21-15-9 reps of: handstand pushups Inverted pullups
20 Burpee Pullups 800m Run 20 Burpee Pullups 800m Run 20 Burpee Pullups (Source: TSQ)	

## Metcons , rings required

Metabolic conditioning workouts that require rings and perhaps a pullup bar.

50-40-30-20-10 reps of: pullups ring dips	7 rounds of: 10 pistols, alternating 12 ring dips 15 pullups
30 muscle-ups	50 ring dips Run 400 meters 50 pushups Run 400 meters 50 handstand pushups Run 400 meters
With a continuously running clock do one muscle-up the first minute, 2 muscle-ups the second minute, 3 muscle-ups the third minute, as long as you can. Run 400m. Repeat ladder for deadhang pullups. Run 400m. Repeat ladder for kipping pullups. Run 400m. (Source: NSC)	With a continuously running clock do 1 ring dip the first minute, 2 ring dips the second minute, 3 ring dip the third minute...continuing as long as you are able. Use as many sets each minute as needed. You may kip.
50 ring dips 100 squats 50 ring dips 100 squats 50 ring dips	5 rounds of: 21 pullups 21 ring dips
21-15-9 reps of: ring pushups ring dips	5 rounds of: Max ring dips in 1:00 Rest 1:00 Max ring pushups in 1:00 Rest 1:00 (Source: NSC)
<b>Bodyweight Lynne</b> 5 rounds of: Max rep ring dips (no kipping) Max rep pullups (kipping) Rest as needed.	4 rounds of: 50 squats 5 muscle-ups
100 squats 30 muscle-ups 100 squats	3 rounds of: 100 squats 50 ring dips 30 L-pullups
3 rounds of: 100 squats 20 ring pushups 12 pullups	5 rounds of: 50 squats 15 ring pushups
10-9-8-7-6-5-4-3-2-1 pullups ring pushups handstand pushups	2 rounds of: 21 lunges 21 pullups 21 squats 21 ring dips 21 handstand pushups
As many rounds as possible in 20 minutes: 10 False grip ring pullups (rings to chest) 10 ring dips (go as deep as possible)	5 rounds of: 50 squats 21 ring dips 21 handstand pushups

## Metcons , rings required

Metabolic conditioning workouts that require rings and perhaps a pullup bar.

<p>7 rounds of:                  20 ring dips                  20 pullups                  20 lunges</p>	<p><b>Seppuku</b>                  10 rounds of:                  10 L-pull ups                  10 ring pushups                  10 knees-to-elbows                  (Source: Ian Carver)</p>
<p><b>Burning Rings of Fire</b>                  10 ring pushups                  10 Archer pushups (5 each side)                  10 ring Flyes                  10 Wide Grip ring pushups                  10 Single-leg ring pushups (5 each led)                  10 Pseudo-planche ring pushups                  10 Jackknife ring pushups                  10 Dive Bomber ring pushups                  10 Elevated ring pushups                  10 ring pushups                  (Source: Chad McBroom)</p>	<p>25 handstand pushups                  25 squats                  25 pullups                  25 pistols                  25 muscle-ups</p>
<p>3 rounds of:                  100 squats                  50 ring dips</p>	<p>4 rounds of:                  5 muscle-ups                  50 straight-leg lifts on rings                  (Source: Shane Skowron)</p>
<p>As many rounds as possible in 20 minutes of:                  10 pullups                  10 ring dips                  10 walking lunges</p>	<p>5 rounds of:                  5 handstand pushups                  5 muscle-ups</p>
<p>3 rounds of:                  7 muscle-ups                  100 squats</p>	<p>120 pullups and 120 ring dips. Break up any way you can.</p>
<p>5 rounds of:                  10 ring dips                  15 pullups                  20 handstand pushups</p>	<p>25 squats                  25 situps                  25 lunges                  25 handstand pushups                  25 pushups                  25 knees-to-elbows                  25 ring dips                  25 pullups</p>
<p>50 squats                  50 jumping pullups                  50 steps walking lunge                  50 knees-to-elbows                  50 handstand pushups                  50 situps                  50 ring dips                  50 squats                  50 pushups</p>	<p>Run 1 mile                  60 push ups                  40 ring dips                  20 handstand pushups                  10 pistols (each leg ½ rep)                  20 handstand pushups                  40 ring dips                  60 push ups                  Run 1 mile                  (Source: NSC)</p>

## Metcons, rings required

Metabolic conditioning workouts that require rings and perhaps a pullup bar.

Ladder for 45 minutes:

Pullups by 1

Ring dips by 2

Pushups by 3

Situps by 3

(Source: TSQ)

100 burpees

100 handstand pushups

100 pullups

100 ring dips

100 ring rows

100 pushups

100 windshield wipers

100 situps

100 knees to elbows

100 flutterkicks

(Source: TSQ)

## Metcons, jump rope required

Metabolic conditioning workouts that require a jump rope along with rings and/or a pullup bar.

<p><b>Ash</b>            3 rounds, 90 seconds per station of:            burpees            pushups            box/bench jumps            pullups            Double Unders            squats            (Source: Ben Ericson)</p>	<p><b>Ivan the Terrible</b>            90 seconds of jumping rope            50 lunges            50 pushups            50 situps            90 seconds of jumping rope            40 lunges            40 pushups            40 situps            90 seconds of jumping rope            30 lunges            30 pushups            30 situps            90 seconds of jumping rope            20 lunges            20 pushups            20 situps            90 seconds of jumping rope            10 lunges            10 pushups            10 situps            (Source: Ian Carver)</p>
<p>5 rounds of:            50 squats            100 rope jumps</p>	<p><b>Bad Snake</b>            100 rope jumps            21 knees-to-elbows            50 Push ups            15 L-Pull ups            100 rope jumps            15 knees-to-elbows            35 Push ups            12 L-Pull ups            100 rope jumps            12 knees-to-elbows            20 Push ups            9 L-Pull ups            (Source: Ian Carver)</p>
<p><b>Balboa</b>            4 rounds of:            100 jump ropes            Run 400 meters            10 Bodyblasters (burpee-pullup-knees-to-elbows)            (Source: Chad McBroom)</p>	<p>50 situps            50 double-unders            50 situps            50 walking lunges            50 situps            50 burpees            50 situps</p>
<p>50-30-20 reps of:            double-unders            pushups            pullups</p>	<p>3 rounds of:            50 double-unders            75 squats</p>

## Strength and Skills with Bodyweight

Suggestions for developing strength with minimal access to equipment

### Mobility stretches and warmups

Third world squat  
Shoulder dislocates (use a stick)  
Plank and pushup walkups  
25 pushups, 25 different hand positions

### Pose running drills:

Karaokes  
Wall drill  
Stable arm drill  
Butt kicks  
Exaggerated forward lunge  
Partner falling drill  
Charlie's Angels drill  
Leaning forward hopping  
Timed runs at particular cadences

### Gymnastics skills to practice:

Tumbling  
L-sit from ground, bar, and rings  
Pistols  
Muscle ups, on rings and bar  
Planche and planche pushup  
Handstands, chair handstands  
Press to handstand  
Human flag  
Elbow lever  
Front lever, on rings or bar  
Back lever, on rings or bar  
Iron Cross, on rings  
Maltese cross, on rings  
Kip-ups  
Back flips, front flip

### Athletics skills to develop:

vertical leap  
long jump, triple jump  
high jump  
sprint starts

### Workout suggestions

*Treat all of these as you would a typical strength workout – focus on total force applied, technique, and adequate rest between sets.*

Pistols 5x max on each leg. Rest after you've maxed on both legs. After each set, grab a heavier object to increase the load.

Pistol jumps 8x1 onto a box/bench/other object. Rest after you've done each leg once. Increase height of object after each successful jump.

Handstand pushups 5x5. Scale range of motion as necessary. Be sure to keep spine straight to avoid injury. On each successful set, increase the range of motion by using cement blocks, stack of books, or parallettes.

Spend 30 minutes working on one of the skills and the appropriate progression exercises in the list to the left.

With an appropriate-sized partner, hoist him/her on your back, do 10 squats, run 100m, and do 10 squats. Repeat for 6 rounds with rest after each round.

6 sets of max chest-to-bar deadhang pullups. Touch bar lower on the chest or on abdomen for a heavier stimulus.

Pick a difficult pushup standard and do 50 in any rep scheme you wish. Examples include planche, clapping, chest-slapping, double-clapping, clap behind-the-back, clap-in-front-and-behind-the-back, triple-clapping, one-armed, and one-armed-one-legged.

Do 15 sets of box jumps for height. Since this is a power test, it can sub an O-lifting session.

Do 6 sets of 100m sprints. Rest as needed after each sprint, up to 8 minutes if necessary. Treat this in your programming as a power workout.

## Running workouts

### Conversions:

1 mi = 1.609 k  
 1 mi = 5280 ft  
 1 km = 0.621 mi  
 1 k = 1000m  
 100 yd = 91.44 m  
 100 m = 109.4 yd

Standard outdoor track: 400m

Standard indoor track: 200m

### Commonly competed track distances:

100m, 200m, 400m, 800m, 1500m, 3000m, 5000m, 1000m

### Common cross country distances:

5k, 6k, 8k, 10k,

### Commonly competed road race distances:

5k, 10k, 12k, 15k, 21.1k (half marathon), 42.2 (marathon)

### US military test distances:

1.5 mi – Navy, Air Force, Coast Guard  
 2 mi – Army  
 3 mi – Marine Corps

### Other running tests:

40 yd – NFL  
 12 minutes – Cooper Test for VO<sub>2</sub> Max

### Task-priority workouts:

#### Yasso 800's

Complete 10x800m sprints, trying to maintain the same time for each. In between each interval, jog lightly for the same amount of time it took you to run the interval.

#### Tosh

3 rounds of: 200m+400m+600m  
 After each interval, rest the same duration it took you to run the last interval.

10x100m with 90 second recoveries

6x400m with 120 second recoveries. Don't deviate more than 3 seconds on times.

2x1000m with 120 second recoveries.

3 rounds of: 100m+200m+400m  
 After each interval, rest the same duration it took you to run the last interval.

### Special workouts:

#### Death by 10 meters

Set up 2 cones 10 meters apart. Each minute complete one more trip across the cones until you cannot continue within the minute.

#### Tabata run

Sprint 20 seconds, rest 10 seconds, repeat for a total of 8 times. If you have a treadmill, set it to 12% incline and to 30 seconds per mile slower than your 5k pace. For variations, do 10:5x16, 30:20x8, and 40:20x6.

#### Hill repeats

2 x 3/4 – 1 mile hill repeats holding fastest possible pace without deviating more than 1 minute and recovering 1 min before descending hill easy. Repeat after 1 min recovery at bottom of hill. On treadmill use 7% grade, recover 2 min and repeat

Run 10k with a 1:00 negative split (second 5k 1:00 faster than the first).

Run 5k, but every 2:00 drop for 20 pushups and 20 squats.

### Time-priority workouts:

3 rounds of: (20sec on/60sec off, 20sec on/50sec off, 20sec on/40sec off, 20sec on/30sec off, 20sec on/20sec off, 20sec on/10sec off)

4 x 5:00 on, 3:00 off

#### Two Minute Lactate Flood

120:60 x 6 or 2 min on 1 minute off x 6

#### One Minute Hell

1min on, 1 min off, 1 min on, 50 sec off, 1 min on, 40 sec off, 1 min on, 30 sec off, 1 min on 20 sec off, 1 min on, 10 sec off, then go back up the ladder... 1 min on, 20 sec off, until you finish with 1 min on, 50 sec off, 1 min on.

3 rounds of: 30 sec on, 30 off, 30 sec on 25 off 30 sec on 20 off, 30 sec on, 15 off, 30 sec on, 10 off, 30 sec on, 5 off, 30 sec on, rest 2:00.

## Running workouts

### Task-priority workouts:

8 min of 100m on 30 sec, Rest 4 min then. 4 min of 100m sprints on 30sec, Rest 2 min then, 2 min of 100m sprints on 30 sec.

10 x 200m with 5 times the recovery (if it takes 40 seconds to run the 200m then you recover 3:20)

2 x 800m holding best possible pace. Not slowing more than 3 sec. 2 min recoveries + 2 x 1k holding best possible pace. Not slowing more than 4 sec. 2 min recoveries

1 mile time trial , rest 2:00 , 2x400m at time trial pace, rest 1:00 in between

4x800m with 2:00 rests

2x1000m with 2:00 rests

4x400m with 5:00 rests

8x200m with 2:00 rests

8 rounds of: 100 yard sprints. The focus is to run at maximal speed for all 8 sprints. Rest 45 seconds between sprints.

10 rounds of 50 yard sprints. The focus is to run at maximal speed for all 10 sprints. Rest 30-45 seconds between sprint. Run at 90-100% effort on all sprints

### Time-priority workouts:

3 rounds of: 1min on, 1min off, 2 min on, 2 min off, 3 min on 3min off.

8 rounds of: 80 seconds on, 40 seconds off

3 rounds of: 5 seconds on, 10 seconds off, 20 seconds on, 10 seconds off, 10 seconds on, 10 seconds off, 30 seconds on, 10 seconds off, 15 seconds on, 10 seconds off, 25 seconds on, 10 seconds off.

#### **90 Second Ladder**

90 sec on, 1 min off, 90 sec on, 45 sec off, 90 sec on, 30 sec off, 90 sec on, 15 sec off, 90 sec on, 30 sec off, 90 sec on, 45 sec off, 90 sec on.

#### **Lactate Shuttle**

5:00 on, 2:30 off, 6:00 on, 3:00 off, 7:00 on.



## Endurance challenges

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### Burpee Mile

Cover 1600m through burpees. Your chest must touch the ground on each burpee, and you may jump as far forward as you wish on each jump. The next burpee must be completed precisely where your feet land. I have heard it takes about 700-800 burpees and 75-100 minutes for a reasonably fit male. Some have suggested wearing gloves. Scaling to 400m or 800m can be a challenge for those not ready for the full mile.

(Source: Shane Skowron)

### Triple Murph

Complete 3 Murphs in one session (1 mile, 100 pullups, 200 pushups, 300 squats, 1 mile.) First Murph is completed with weighted backpack or flak vest, partitioned 5/10/15. Second Murph is completed without partitions.

Third Murph is partitioned 5/10/15.

(Source: crossfit.com / Shane Skowron)

### The 500 Challenge

500 pullups

500 pushups

500 situps

500 flutterkicks

500 squats

Complete in one session. You may break it up any way you wish.

(Source: TSQ)

### 1,500 Rep WOD

10 rounds of:

100 jump ropes

10 burpees

10 situps

10 pushups

10 squats

10 pullups

(Source: Crossfit Houston)

### The Longest Mile

400m of burpees

400m walking lunges

400m bear crawl

400m reverse straight-legged bear crawl

(Source: Shane Skowron)

### Painstorm XXIV

Run 100m

50 burpees

Run 200m

100 pushups

Run 300m

150 walking lunges

Run 400m

200 squats

Run 300m

150 walking lunges

Run 200m

100 pushups

Run 100m

50 burpees

(Source: CF London / CF Central Scotland / BrandX CF)

## Endurance challenges

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### Frenzy

10 rounds of:

Max burpees 1:00

Max pullups 1:00

Max tuck jumps 1:00

Max jumping jacks 1:00

Max distance running 2:00

(Source: Shane Skowron)

### Station 4:00

There are 5 stations. At each station you will perform the movement at maximum intensity for the specified amount of time, cycling through the stations in the order given. The workout takes 4 hours to complete.

Station A: running

Station B: burpees

Station C: pullups

Station D: squat jumps

Station E: bear crawl or lunges

Round 1: 5:00 at each station, for total of 25:00.

Round 2: 12:00 at each station, for total of 1:00:00.

Round 3: 30:00 at each station, for total of 2:30:00.

Round 4: 1:00 at each station, for total of 5:00.

(Source: Shane Skowron)

### Filthy Fifteen Miles

60 rounds of:

Run 400m

3 handstand pushups

2 pistols

1 muscleup

(Source: Shane Skowron)

### October Breeze (8 hours to complete.)

110 minutes: March. Optionally with rucksack weighing 50#.

15 minutes: Eat, hydrate, stretch, change clothes if necessary.

60 minutes: Run at half marathon pace.

60 minutes: Complete 1000 walking lunges.

30 minutes: 5 rounds: ring dips 1:00, rest 1:00, ring pushups 1:00, rest 1:00

60 minutes: Run at half marathon pace.

15 minutes: Eat, hydrate, stretch, change clothes if necessary.

30 minutes: Complete Angie, max intensity.

15 minutes: Sprint 10x100m with 1:00 rests.

15 minutes: Complete 100 burpees.

30 minutes: 4 rounds: 50 squats, 5 muscleups. Sub 3/3 for MU if necessary.

30 minutes: 500 situps.

10 minutes: Run 1 mile allout.

(Source: Shane Skowron)

## **Endurance challenges**

Long workouts designed to test and build mental strength. Only recommended for an athlete who is looking for an endurance challenge and can handle high volume.

### **Long ladder of doom**

Begin with 2 MU, then do 4 pistols + 2 MU, then 6 OAP + 4 pistols + 4 MU, continuing to the rest of the workout at 30.

2 muscle-up  
4 pistols  
6 one-armed pushups  
8 L-pullups  
10 toes to bar  
12 skin the cats  
14 ring dips  
16 5 foot broad jumps  
18 pushups  
20 air squats  
22 box jumps  
24 lunges  
26 double unders  
28 burpees  
30 jingle-jangles

(Source: Shane Skowron)

### **A Frogman's Christmas**

100 dead hang pull-ups  
250 push-ups  
500 sit-ups  
run 3 miles

Source: NSC

## Scaling suggestions

Suggestions for modifying workouts for those unable to do them as prescribed.

**A word on numbers:** It is better to reduce numbers than range of motion. If a workout calls for multiple rounds, cut out the numbers within the rounds, not the number of rounds so that it will provide a similar metabolic effect. If it is a time-priority workout, it is good to reduce the total time allotted.

**Air squats:** There is no sub. Work on your air squat.

**Double unders:** One sub is to do singles with double the numbers, though this does nothing to actually develop the double under. Ideally you want to practice it after the substitution.

**Handstand pushups:** Static handstand holds for a specified number of seconds is a decent sub if you don't have the strength to do a HSPU. Another good sub is incline pushups, done with feet propped high on a wall, side of pool, or piece of furniture.

**Knees to elbows:** Bring knees to armpits, chest, or as high as you can. Alternatively if you don't have a pullup bar, you can do strict V-Ups or abmat situps.

**L-Pullup:** Do a strict pullup followed by a straight hanging leg raise.

**Lunges:** There is no sub. Work on your lunges.

**Muscle-ups:** Sub is 3 pullups + 3 dips. In order to develop the strength needed to complete a muscle-up, a better sub is 3 chest-to-bar false-grip ring pullups + 3 deep ring dips.

**Pistols:** Use a wall for balance. Hold a counter weight in your hand if it helps. If you cannot do a pistol, do air squats with a jump as high as you can on each one.

**Pushups:** Can be done on knees. It is better to lower the numbers and do them full range of motion rather than reduce the range of motion to get in the full number.

**Pullups:** Appropriate sub in a metcon is body rows on rings or a bar. Choose an appropriate height so that doing more than a few body rows difficult so that you build up the requisite strength. If you have body bands, hook them on the bar and under your foot. Jumping pullups (standing on a box about 9 inches under the bar) can be effective. Doing slow negatives will also build up requisite strength. Stand on a chair that allows you to have your chin over the bar, hold onto the bar, lift your legs up, and slowly release as far down as you can.

**Ring dips:** A good substitution is 3 bar dips for every 1 ring dip. If you don't have dipping bars, you can use two adjacent chairs, or you can get on a chair to a pullup bar and do bar dips with a pronated grip. Static holds on rings can also be effective.

**Running:** Nothing substitutes running. However burpees, box jumps, single-unders, and double-unders can provide a similar metabolic effect.

**Toes to bar:** See knees to elbows.

## List of bodyweight exercises

A list of the most common movements you could do with little or no equipment.

Air squat (aka squat)  
Arm hauler (lie face down, touch arms to thighs, then touch them together overhead)  
Body row, bar  
Body row, rings  
Back flip  
Back lever  
Bear crawl, bent knee  
Bear crawl, knee locked  
Bear crawl, reverse  
Bodyblaster (burpee + pullup + knees to elbows)  
Box jump  
Broad jump (aka frog hop)  
Burpee  
Burpee, with forward motion jump  
Burpee, belushi (rotate 180 degrees on jump)  
Burpee jack (plank jack to jumping jack)  
Burpee-pullup  
Burpee-pullup-knees to elbows (aka bodyblasters)  
Calf raises  
Dip, bar, kipping  
Dip, bar, strict  
Dip, rings, kipping  
Dip, rings, strict  
Dirty dog (on hands and knees, lateral raise right leg then left leg)  
Donkey kick (on hands and knees, kick each leg behind you)  
Double-under  
Elbow lever  
Flutterkick  
Frog hop (aka broad jump)  
Frog hop, with partner (aka leapfrogs)  
Front lever  
Gasser, full (run 4x48m)  
Gasser, half (run 2x48m)  
Gasser, quarter (run 1x48m)  
Good morning darlings (lie on back, hold legs in air 6", spread legs apart and together)  
Handstand pushup  
Handstand walking  
Hanging leg raises  
Hanging leg raises, twisting  
Human flag  
Inch worms (from pushup position, walk up to 90 degrees and then walk hands back down)  
Inverted burpee (starting supine, kip up, then kick-up to handstand)  
Isometric air squat  
Jingle-jangle (5 meter run and return trip)  
Leaning rest (isometric pushup)  
Leg lever (lie on back, raise legs 6")  
L-sit, rings  
L-sit, hang from bar  
L-sit, from ground  
Lunge, walking  
Lunge, backward walking  
Kip-up (lie flat supinated, jump to standing up)  
Knees to elbows  
Mountain climber (on hands and feet, alternate legs to touch armpit and full extension)  
Muscle-up, rings, kipping  
Muscle-up, rings, strict

## List of bodyweight exercises

A list of the most common movements you could do with little or no equipment.

Muscle-up, bar, kipping  
Muscle-up, bar, strict  
Pistol (aka one-legged squats)  
Pistol, hopping  
Pistol, jumping onto box  
Plank  
Plank walkup  
Pullup, chest to bar, kipping  
Pullup, chest to bar, strict  
Pullup, clapping  
Pullup, false grip  
Pullup, jumping from box  
Pullup, mountain climber, strict (alternating grips)  
Pullup, narrow grip strict  
Pullup, pronated kipping  
Pullup, pronated, strict  
Pullup, supinated kipping  
Pullup, supinated strict  
Pullup, wide grip kipping  
Pullup, wide grip strict  
Pushup, alligator (walk 1 step each push)  
Pushup, chest-slapping  
Pushup, clapping  
Pushup, diamond  
Pushup, dive bombers  
Pushup, elevated on rings  
Pushup, fingertips  
Pushup, one-armed  
Pushup, one-armed, one-legged  
Pushup, on knees (aka girl pushup)  
Pushup, planche  
Pushup, standard chest to ground  
Pushup, wide  
Running  
Single-under (aka jump rope)  
Situp, feet anchored, hands over chest  
Situp, feet anchored, swinging arms  
Situp, feet unanchored, swinging arms  
Situp, feet unanchored, hands behind head  
Step-up  
Superman (lie face down and lift hands and legs off ground as high as you can)  
Skin the cat (360 vertical rotation on rings)  
Toes to bar  
Tuck jump (jump and bring knees to chest)  
V-up (lie on back, touch fingertips to toes)  
Wheel barrow (partner exercise)  
Windshield wipers (knees to bar + twist left + twist right)

## Credits and Links

This document was compiled and edited by [Shane Skowron](#) on 08/30/2009 16:48:31.

I've attempted to give credit where appropriate. If you believe you should be credited for something and it's not listed, please email me at [bodyweightwods@gmail.com](mailto:bodyweightwods@gmail.com) and I will fix it in the next version.

If you are deployed overseas and find this document useful I would like to know, so please send me an email at [bodyweightwods@gmail.com](mailto:bodyweightwods@gmail.com).

If you have any ideas for the next version, send them via email.

All of the CF benchmarks were designed by CrossFit Inc, as were all workouts designated "CFHQ". Most of the running workouts were designed by the guys at CrossFit Endurance. Two were from CrossFit Football. Workouts marked "NSC" were designed by Robert Ord, Mark Devine, or a forum user at navyseals.com. Workouts marked "STC" come from the Crossfit forum at specialtactics.com. Workouts marked "TSQ" come from the forums at thesealquest.com.

Useful CrossFit Journal Links:

[Homemade parallettes](#)

[The Garage Gym](#)

[Sandbags](#)

Links for further reading:

[Crossfit Headquarters](#)

[BeastSkills](#) – tutorials and tips on gymnastics moves and tricks

[Drills and Skills](#) – Roger Harrell's site with tutorials and information on gymnastics and stretching

[CrossFit Endurance](#) – Crossfit training for endurance athletes; running, swimming, biking, and rowing workouts posted daily.

[Never Gymless](#) – Ross Enamait's book with bodyweight workouts and ideas for home gym

[Eva Twardoken's Blog](#) – bodyweight workouts posted daily

[Naked Warrior](#) – Pavel Tsatsouline's guide to getting strong using bodyweight

[BodyweightCulture](#) – articles and forum for bodyweight workouts

[The Bodyweight Files](#) – blog dedicated to bodyweight training

[Armstrong Pullup Program](#) – excellent program for improving your deadhang pullups

[Recon Ron Program](#) – another excellent program for getting you to do 20 deadhang pullups

[One Hundred Pushups](#) – a program designed to get you to 100 pushups

[Iron Cross Training](#) – how to develop the Iron Cross from Coach Sommers

[One Arm Chinning Guide](#) – tutorial by Arnow and Lechner

[Building Olympic Body Through Bodyweight...](#) – article on bwt strength by Sommers

Portable equipment:

[Elite Rings](#) – quality rings

[Rogue Fitness](#) – quality rings, jumpropes, and other equipment