

Crossfit Bodyweight Workouts

(All workouts require nothing more than a pullup bar, rings, or a jumprope.)

Edited by Shane Skowron. Version 1.0, 10/19/08

Girls and Heroes WODs:

Official Crossfit named WODs and benchmarks.

Angie

100 Pull-ups
100 Push-ups
100 Sit-ups
100 Squats

Barbara

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats
(Either 5 rounds for time, or 5 rounds with 3:00 rest between each round.)

Chelsea

Each min on the minute for 30 minutes
5 Pull-ups
10 Push-ups
15 Squats

Cindy

As many rounds as possible in 20 minutes
5 Pull-ups
10 Push-ups
15 Squats

Mary

As many rounds as possible in 20 minutes
5 Handstand push-ups
10 1-legged squats
15 Pull-ups

JT

21-15-9 reps, for time:
Handstand push-ups
Ring dips
Push-up

Annie

50-40-30-20-10 reps
Double-unders
Sit-ups

Nicole

As many rounds as possible in 20 minutes

Run 400m

Max rep pullups

Note number of pullups each round.

Murph

Run 1 mile

100 pullups

200 pushups

300 squats

Run 1 mile

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run.

If you've got a 20# vest or body armor, wear it.

Jason

100 Squats

5 Muscle-ups

75 Squats

10 Muscle-ups

50 Squats

15 Muscle-ups

25 Squats

20 Muscle-ups

Griff

Run 800m

Run 400m backward

Run 800m

Run 400m backward

Ryan

5 rounds for time:

7 muscle-ups

21 burpees

Each burpee 12" above max reach

Other CFHQ-Designed WODs:

These workouts have all appeared on the CFHQ site at least once.

Death by Pullups

With a continuously running clock do one pull-up the first minute, two pull-ups the second minute, three pull-ups the third minute... continuing as long as you are able. Use as many sets each minute as needed.

30 muscle-ups for time

120 pullups and 120 dips for time

GI Jane

100 burpee-pullups for time

As many rounds as possible in 20 minutes

15 pullups

30 pushups

45 squats

Walking lunge 400m for time

Tabata Something Else

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises.

50-40-30-20-10 reps for time:

Pullups

Ring Dips

150 burpees for time

For time, following the sequence of 15/1, 13/3, etc.

Handstand pushups: 15-13-11-9-7-5-3-1

L-pullups: 1-3-5-7-9-11-13-15

3 rounds for time of:

Run 800m

50 Pull-ups

50 burpees

Jump 12" above max reach each one.

50 Sit-ups
50 Double-unders
50 Sit-ups
Walking Lunge, 50 steps
50 Sit-ups
50 Burpees
50 Sit-ups

7 rounds for time of:
10 One legged squats, alternating
12 Ring dips
15 Pull-ups

Ten rounds for time of:
12 Burpees
12 Pull-ups

Four rounds for time of:
Run 400 ms
50 Squats

5 rounds for time of:
15 L-Pullups
30 Pushups
45 Situps

Affiliate and Athlete-Created WODs

These WODs have been created by affiliates or by various Crossfitters. Credit is given where the source is known. If you lay claim to creating a WOD and want credit in a future version please contact me on the CF Boards.

With a continuously running clock do one muscle-up the first minute, two muscle-ups the second minute, three 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: US Tactical / Navyseals.com)

3 rounds for time of:

50 Push-ups
50 Sit-ups
50 Squats

For time:

100 squats
100 Pull-ups
200 Push-ups
300 Squats
100 lunges

Bodyweight Fran

21-15-9 reps of:
Pullups
Burpees

Segmented Bodyweight Fran

21-15-9 reps of:
Pullups
Pushups
Squat jumps to 12" above max reach
(Source: Shane Skowron)

50-35-20 rep rounds of:

Handstand push-ups
Pull-ups

Repeat for 15 minutes:

20 seconds of pullups
20 seconds of situps
20 seconds of squats

For time:

100 Pull-ups
200 Push-ups
300 Squats
50 Sit-ups

Complete as many rounds in 20 minutes as you can of:

25 Pull-ups
50 Push-ups
75 Squats

Complete as many rounds in 20 minutes as you can of:

25 handstand push-ups
50 One legged squats, alternating
75 Pull-ups

Complete as many rounds in twenty minutes as you can of:

10 L pull-ups
20 Squats

100-75-50-25 reps:

Situps
Flutterkicks (4 count)
Leg levers
(Source: US Tactical / navyseals.com)

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: US Tactical / navyseals.com)

100 situps
100 flutterkicks (4 count)
100 leg levers
(Source: US Tactical / navyseals.com)

With a continuously running clock do one Handstand push-up the first minute, two pull-ups the second minute, three Handstand push-ups the third minute and four pull-ups the fourth minute continuing in this pattern as long as you are able. If your pace falls behind the count, continue to alternate exercises while recording reps for a total of twenty minutes.

Handstand pushups 5x5

Maximize range of motion by using blocks. Treat this as a ME strength workout.

Running Tabata Something Else

For time:

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

(Source: US Tactical / navyseals.com)

10-20-30 reps of:
Squat
Handstand push-ups
Squat
Pull-ups

Running with Angie

100 pullups
Run 1 mile
100 pushups
Run 1 mile
100 situps
Run 1 mile
100 squats
Run 1 mile
(Source: US Tactical / navyseals.com)

With a continuously running clock do one Ring dip the first minute, two Ring dip the second minute, three Ring dip the third minute...continuing as long as you are able. Use as many sets each minute as needed.

Murph Tribute

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

For time, no partitioning.
(Source: US Tactical / navyseals.com)

For time:
50 Ring dips
100 Squats
50 Ring dips
100 Squats
50 Ring dips

21-15-9 for time of:
Handstand push-ups
Inverted Pull-ups

Five rounds for time of:
50 walking lunges
15 Handstand push-ups

Deck of Cards (core-centric)

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: US Tactical / navyseals.com)

Deck of Cards (original)

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: US Tactical / navyseals.com)

Five rounds for time of:
21 pull-ups
21 Ring dips

21-15-9 reps of:
Ring Pushups
Ring dips

Five rounds for time of:
30 Handstand push-ups
30 Pull-ups

5 rounds:
Max ring dips in 1:00
Rest 1:00
Max ring pushups in 1:00
Rest 1:00
(Source: US Tactical / navyseals.com)

For time:
100 squats
20 Handstand push-ups
30 pull-ups

For time:
100 squats
9 Handstand push-ups
200 squats
15 Handstand push-ups
100 squats
21 Handstand push-ups

Seven rounds of:
Max reps Dips
Max reps Pull-ups

100 L-Pull-ups for time

For time:
100 Squats
40 Pull-ups
80 Squats
32 Pull-ups
60 Squats
24 Pull-ups
40 Squats
16 Pull-ups
20 Squats
8 Pull-ups

For time:
80 squats
10 Handstand push-ups
60 squats
20 Handstand push-ups
40 squats
30 Handstand push-ups
20 squats

Ten rounds for time of:
10 Pull-ups
20 Push-ups
30 Squats

Four rounds for time of:
50 Squats
5 Muscle-ups

Complete as many rounds in 20 minutes as you can of:
7 Handstand push-ups
12 L-Pull-ups

For time:
50 Squats
50 pull-ups
50 steps Walking Lunge
50 Knees to elbows
5 Handstand push-ups
50 situps
5 Handstand push-ups
50 squats
50 pull-ups

For time:
100 Squats
30 Muscle-ups
100 Squats

Four rounds for time of:
25 Lunges
50 Squats

For time:
100 squats
25 Sit-ups
100 squats
25 situps
100 squats
25 Knees to elbows
100 squats
25 Handstand push-ups

Three rounds for time of:
100 Squats
50 Ring Dips
30 L-Pull-ups

Five rounds for time of:
5 Handstand push-ups
5 Muscle-ups

2 rounds for time of:
35 squats
35 knees to elbows
35 squats
35 Sit-ups
35 Lunges
35 squats

21-18-15-12-9-6-3 for time of:
Squats
L-Pullups
Knees-to-elbows

Seven rounds for time of:

35 squats
25 push-ups
15 pull-ups

Five rounds for time of:

10 dips
15 Pull-ups
20 Handstand push-ups

Five rounds for time of:

100 squats
20 Lunges
35 push-ups

Give 30 minutes to handstand and hand walking practice.

Three rounds for time of:

100 squats
25 L-pull-ups
30 Handstand push-ups

Three rounds for time of:

7 Muscle-ups
100 squats

Five rounds for time of:

50 Squats
30 Handstand push-ups

Three rounds for time of:

100 squats
20 ring pushups
12 Pull-ups

Five rounds for time of:

50 squats
15 ring pushups

Three rounds for time of:

50 Squats
30 Pull-ups
40 Push-ups
50 Squats

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

Pull-ups

Ring pushups

Handstand push-ups

5 rounds for time of:

9 Handstand push-ups

9 Pull-ups

2 rounds for time of:

21 Lunges

21 Pull-ups

21 Squats

21 Ring Dips

21 Handstand push-ups

As many rounds as possible in 20 minutes:

10 False grip ring pull-ups (rings to chest)

10 Ring dips (go as deep as possible)

Five rounds for time of:

50 Squats

21 Ring dips

21 Handstand push-ups

For time:

21 pull-ups

50 squats

21 Knees to elbows

18 pull-ups

50 squats

18 Knees to elbows

15 pull-ups

50 squats

15 Knees to elbows

12 pull-ups

50 squats

12 Knees to elbows

7 rounds for time of:

20 Ring dips

20 Pull-ups

20 Lunges

For time:

- 25 Squats
 - 25 Sit-ups
 - 25 Lunges
 - 25 Handstand push-ups
 - 25 Pushups
 - 25 Knees to elbows
 - 25 Dips
 - 25 Pull-ups
-

As many rounds as possible in 20 minutes of:

- 10 Pull-ups
 - 10 Ring Dips
 - 10 Walking lunges
-

Bad Snake

- 100 Rope Jumps
 - 21 Knee to elbows
 - 50 Push ups
 - 15 L-Pull ups
 - 100 Rope Jumps
 - 15 Knee to elbows
 - 35 Push ups
 - 12 L-Pull ups
 - 100 Rope Jumps
 - 12 Knee to elbows
 - 20 Push ups
 - 9 L-Pull ups
 - (Source: Ian Carver)
-

Seppuku

- 10 rounds:
 - 10 L-pull ups
 - 10 Ring push-ups
 - 10 Knee to Elbows
 - (Source: Ian Carver)
-

20 pieces of Angie

- 20 rounds:
 - 5 pullups
 - 5 pushups
 - 5 situps
 - 5 squats
 - (Source: Crossfit PC)
-

Burning Rings of Fire

10 Ring Push-ups
10 Archer Push-ups (5 each side)
10 Ring Flyes
10 Wide Grip Ring Push-ups
10 Single-leg Ring Push-ups (5 each led)
10 Pseudo-planche Ring Push-ups
10 Jackknife Ring Push-ups
10 Dive Bomber Ring Push-ups
10 Elevated Ring Push-ups
10 Ring Push-ups
(Source: Chad McBroom)

For time:

25 Handstand push-ups
25 squats
25 Pull-ups
25 One legged squats
25 Muscle-ups

3 rounds for time of:

100 squats
50 ring dips

For time:

100 Squats
21 Handstand Pushups
30 pull-ups
100 Squats
30 pull-ups
21 Handstand Pushups
100 Squats

Five rounds for time of:

20 Squats
20 Pushups
20 Pull-ups

50-40-30-20-10 reps

Pullups
Squat jumps
(Source: Shane Skowron)

50 burpees
75 flutterkicks (4-count)
100 pushups
150 situps
(Source: specialtactics.com)

Run 1 mile
30 pullups (chest to bar)
60 pushups
(Source: specialtactics.com)

2 rounds:
Max Pushups 2:00
Max Situps 2:00
Max flutterkicks 2:00
Max squats 2:00
(Source: specialtactics.com)

For time:
100 Squats
20 Handstand Pushups
30 Pull-ups
100 Squats
30 Pull-ups
20 Handstand Pushups
100 Squats

15 rounds for max reps:
Pull-ups, 30 seconds on / 30 seconds off

For total time:
Run 10 minutes max effort
200 squats
Run 10 minutes max effort
(Source: Shane Skowron)

For time:
50 Squats
50 Jumping pull-ups
50 steps Walking Lunge
50 Knees to elbows
50 Handstand Pushups
50 Situps
50 Dips
50 Squats
50 Pushups

Run 1 mile
21 L-Pullups
Run 1 mile
21 Bar muscle-ups
Run 1 mile
21 Ring muscle-ups
(Source: Shane Skowron)

4 rounds:
50 walking lunges
50 squats
Run 400m
(Source: Shane Skowron)

4 rounds:
5 muscle-ups
50 straight-leg lifts on rings
(Source: Shane Skowron)

5 rounds:
10 burpees
20 box/bench jumps
30 pushups
40 squats
50 lunges
(Source: navyseals.com forums)

100 bodyblasters (burpee-pullups-knees-to-elbows) for time
(Source: Shane Skowron)

Playing with Pushups

Run 100m
20 Push-ups
5 Burpees
15 Clap Push-ups
5 Burpees
10 Chest-Slap Push-ups
5 Burpees
5 Fingertip Push-ups
Run 100m
15 Push-ups
5 Burpees
10 Clap Push-ups
5 Burpees
10 Chest-Slap Push-ups
5 Burpees
5 Fingertip Push-ups
Run 100m
10 Push-ups
5 Burpees
10 Clap Push-ups
5 Burpees
10 Chest-Slap Push-ups
5 Burpees
5 Fingertip Push-ups
(Source: John Beielser)

Balboa

4 rounds for time of:

100 Jump Ropes

Run 400 meters

10 Bodyblasters (burpee-pullup-knees-to-elbows)

(Source: Chad McBroom)

Crouching Tiger

50 Squats

25 Push-ups

50 Pistols

25 Fingertip Push-ups

50 Side Lunges

25 Knuckle Push-ups

50 Walking Lunges

25 Diamond Push-ups

(Source: Chad McBroom)

Fractured Runny Angie

Run 400 meters

25 Pull-ups

25 Push-ups

25 Sit-ups

25 Squats

(Source: Crossfit PC)

Run 5k for time, but every 5:00 do 50 pushups and 50 squats.

20-16-12-8-4 reps of:

One-arm pushups

One-legged squats

(Source: navyseals.com forums)

50 flutterkicks

50 situps

Run 400m

100 flutterkicks

100 situps

Run 400m

(Source: US Tactical / navyseals.com)

4 rounds for time of:

50 pushups

50 situps

50 4ct flutterkicks

(Source: US Tactical / navyseals.com)

Running workouts

[All are supposed to be maximum effort unless otherwise noted]

Pick a distance for time: 1.5mi, 2 mi, 5k, 8k, 10k, 15k, 13.1 mi

Pick a time for max distance: 20min, 30min, 40min, 60min, 90min

1 round Tabata uphill sprints (20:10 x 8) or on treadmill 12% grade
(Source: crossfitendurance.com)

Four rounds:
5:00 max distance
3:00 recovery
(Source: crossfitendurance.com)

Run 3 x 5k with 10:00-15:00 recoveries
(Source: crossfitendurance.com)

1200m uphill sprint
Rest 1:00
1200m downhill jog
Rest 1:00
Repeat
(Source: crossfitendurance.com)

1:00 sprint / 1:00 rest
1:00 sprint / 0:50 rest
1:00 sprint / 0:40 rest
1:00 sprint / 0:30 rest
1:00 sprint / 0:20 rest
1:00 sprint / 0:10 rest
1:00 sprint / 0:20 rest
1:00 sprint / 0:30 rest
1:00 sprint / 0:40 rest
1:00 sprint / 0:50 rest
1:00 sprint / 1:00 rest
(Source:crossfitendurance.com)

10x100m with 2:00 rests

8x200m with 2:00 rests

4x400m with 5:00 rests

8 rounds of:
80 seconds sprint / 40 seconds recovery
(Source: crossfitendurance.com)

3 rounds
1:00 sprint / 1:00 recovery
2:00 sprint / 2:00 recovery
3:00 sprint / 3:00 recovery
(Source: crossfitendurance.com)

3:00 sprint / 3:00 recovery
2:00 sprint / 2:00 recovery
1:00 sprint / 1:00 recovery
2:00 sprint / 2:00 recovery
3:00 sprint / 3:00 recovery
(Source: crossfitendurance.com)

4x800m with 2:00 rests

10k for time. Run second half faster than the first.

3 rounds:
100m sprint / Rest same amount of time you finished the sprint
200m sprint / Rest same amount of time you finished the sprint
300m sprint / Rest same amount of time you finished the sprint
(Source: crossfitendurance.com)

3 rounds of:
200m sprint / Rest same amount of time you finished the sprint
400m sprint / Rest same amount of time you finished the sprint
600m sprint / Rest same amount of time you finished the sprint
(Source: crossfitendurance.com)

10 rounds of:
1:00 sprint / 1:00 recovery
(Source: crossfitendurance.com)

8 rounds of:
10 seconds sprint / 5 seconds recovery
(Source: crossfitendurance.com)

0:45 sprint, 0:45 recover
1:30 sprint, 1:30 recover
3:00 sprint, 3:00 recover
6:00 sprint, 6:00 recover
3:00 sprint, 3:00 recover
1:30 sprint, 1:30 recover
0:45 sprint, 0:45 recover
(Source: crossfitendurance.com)