



We understand that part of island living is traveling and being off island from time to time. You have worked so hard to get your fitness routine in place and we want you to stay active while you are away from RCFSTT!! Here is a list of 75 bodyweight-focused CrossFit WODs that you can do while you travel. Most of the WODS do not need any EQUIPMENT. There is a few with pull ups, you can normally find a pull up bar at the hotel gym. Try to bring a jump rope, not only is there some workouts below that use it, you can work on your DOUBLEUNDERS. Enjoy your trip but STAY ACTIVE!! RCFSTT will miss you!

*\*\*\*Please do not hesitate to contact Coach Rachel ([Rachel@crossfitstthomas.com](mailto:Rachel@crossfitstthomas.com)) or by text message at 941-350-7160) with any questions, modifications, and concerns.\*\*\**

#1 *\*note if you don't have an area marked for meters, just do timed running. On average it takes a member 1 minute to run 200meters\**

3 Rounds For Time:

Run 800m

50 Air Squats

#2

10 Rounds For Time:

10 Pushups

10 Sit ups

10 Squats

#3

For Time:

200 Air Squats

#4

5 Rounds For Time:

Run 200m

10 Squats

10 Push Ups

#5

3 Rounds For Time:

Run 200m

25 Pushups

#6

3 Rounds For Time:

10 Handstand Pushups

Run 200m



#7

20 Rounds For Time:

5 Pushups

5 Squats

5 Situps

#8

10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set

#9

21-15-9

Air Squats

Pushups

#10

Spend a total of 5 minutes in a handstand

#11

For Time:

Run 1 mile

#12

6 Rounds For Time:

10 Pushups

10 Air Squats

10 Sit Ups

#13

5 Rounds For Time:

3 Tuck Jumps

3 Squats

3 Broad Jumps

#14

8 Rounds For Time:

Handstand 30 seconds

10 Squats

#15

10 Rounds For Time:

10 Pushups

Run 100M



#16

For Time:

Run 1 mile, lunging 30 steps every minute

#17

5 Rounds For Time:

Handstand 30 seconds

20 Air Squats

#18

For Time:

250 Air Squats

#19

4 Rounds For Time:

10 Tuck Jumps

10 Pushups

10 Situps

#20

For Time:

100 Burpees

#21

10 Rounds For Time:

10 Pushups

10 Squats

10 Tuck Jumps

#22

5 Rounds For Time:

Handstand 1 minute

Hold bottom of the squat 1 minute

#23

10 Rounds For Time:

Sprint 100m

Walk 100m

#24

For Time:

100 Pushups



#25

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

Burpees

Situps

#26

3 Rounds:

50 Situps

Run 400m

#27

10 Rounds For Time:

10 Walking Lunges

10 Pushups

#28

10 Rounds For Time:

10 Burpees

Run 100m

#29

4 Rounds For Time:

Run 400m

50 Air Squats

#30

10 Rounds For Time:

10 Pushups

10 Squats

#31

Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.

#32

For Time:

Run 800m

100 Air Squats

Run 800m

#33

7 Rounds For Time:

7 Air Squats

7 Burpees



#34

5 Rounds For Time:

50 Air Squats

Rest the amount of time it took to complete the 50

#35

For Time:

Run 1 mile -- do 10 Pushups every minute

#36

8 Rounds For Time:

Run 100m

30 Air Squats

#37

10 Rounds For Time:

10 Situps

10 Burpees

#38

For Time:

250 Jumping Jacks

#39

For Time:

100 Jumping Jacks

75 Air Squats

50 Pushups

25 Burpees

#40

5 Rounds For Time:

Run 1 minute

Squat 1 minute

#41

3 Rounds For Time:

10 Air Squats

10 Pushups

10 Situps



#42

For Time:

50 Air Squats

Rest for 2 minutes between rounds.

#44

3 Rounds For Time:

20 Jumping Jacks

20 Burpees

20 Air Squats

#45

10 Rounds For Time:

Run 100m

20 Air Squats

#46

For Time:

100 Push-ups

100 Sit-ups

100 Squats

#47

3 Rounds For Time:

30 Push-ups

40 Sit-ups

50 Squats

#48

AMRAP in 20 minutes:

5 Pushups

10 Situps

15 Squats

#49

21-15-9 Rep Rounds for Time:

Walking Lunges (each leg)

Handstand Push-ups



#50

3 Rounds for Time:

Run 400m

50 Squats

25 Pushups

#51

For Time:

Run 1000m

100 Air Squats

50 Pushups

#52

Squats for time (pick a number between 100-500)

#53

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

Burpees

Pushups

Situps

#54

AMRAP in 20 minutes:

5 Handstand push-ups

10 Pistols

#55

Annie

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

Double-Unders

Sit-ups

#56

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

Single Unders

Pushups

#57

For Time:

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



#58

For Time:  
Run 800m  
50 Squats  
50 Situps

#59

For Time:  
Run 1 mile  
100 Push-ups  
200 Squats  
Run 1 mile

#60

21-15-9 Rep Rounds for Time:  
Handstand Push-ups  
Chair Dips  
Push-Ups

#61

For Time:  
21 Pushups  
42 Squats  
15 Pushups  
30 Squats  
9 Pushups  
18 Squats

#62

For Time:  
400m Walking Lunges

#63

For Time:  
Run 400 meters  
50 Squats  
Run 400 meters  
50 Push-ups  
Run 400 meters  
50 Sit-ups  
Run 400 meters







#64

For Time:

80-60-40-20 Reps of Air Squats

40-30-20-10 Reps of Situps

20-15-10-5 of Handstand Pushups

#65

For Time:

50 Walking Lunges

800m run

50 Walking Lunges

#66

For Time:

30 Handstand Pushups

40 Jump squats

50 Situps

60 Squats

70 Double unders

#67

AMRAP in 20 minutes:

10 Bench dips

10 Box jumps

10 Walking Lunges

#68

For Time:

60 Pushups

Run 400m

40 Pushups

Run 800m

20 Pushups

Run 1 mile

#69

5 Rounds For Time:

100 Single Unders

50 Squats

#70

For Time:

150 Double Unders



#71

AMRAP in 20 minutes of:

Run 400

Max rep pull ups

#72

For Time:

100 Air Squats

75 Situps

50 Box Jumps

Run 400m

#73

3 rounds for time of:

Run 800m

50 Back Extensions

50 Situps

#74

For Time:

2 Minutes Double Unders

2 Minutes Situps

Rest 1 min

90 sec Double Unders

90 sec Situps

Rest 1 min

60 sec Double Unders

60 sec Situps

#75

For Time:

100 Air Squats

75 Situps

50 Box Jumps

Run 400m