



Your On-the-Go Travel Workouts

Consistency is Key. Choose some of your favorite WODs to hit while you are away.



30 Minimal or No Equipment Workouts

30 Running or Machine Intervals

4 rounds

2 minutes of Jumping Jacks
50 Jumping Air Squats

3 sets:

300m Fast
300m Recovery
600m Fast
15sec rest
100m Walk

5 Rounds:

8-10 Step Ups per leg
8-10 Single Leg Dumbbell Deadlifts

8 sets:

200m Recovery Jog
300m Fast
60sec rest

10 rounds

30sec jog
20sec fast run
10sec sprint
30sec rest (walk)

5 sets:

500m Fast
60sec rest
500m Fast
Rest 2min

*Can be done on a machine as well

For Time

20 Squats
1 Push up
19 Squats
2 Push ups
18 Squats
3 Push ups
17 squats
4 Push ups
16 Squats
5 Push ups
15 Squats
Etc...

10 sets

2min Moderate
:15sec Rest

Rest 5-10min

1min Max Effort

End with 1 Squat/20 Push Ups

2 Rounds

50 Mountain climbers
40 Sit ups
30 Burpees
20 Push ups
10 Jump Squats

4 sets:

1,000m Moderate
-Rest 1min-
400m Moderate
-Rest 2min

For Time

25 Toes Touch
25 Ab Choppers
25 Toe Touches
50 Sit Ups
50 Flutter Kicks
50 Russian Twist

5 sets:

400m Mod. Fast
200m Easy

2min Recovery Walk

5 sets:

200m Mod. Fast
100m Easy

30 Minimal or No Equipment Workouts**30 Running or Machine Intervals**

3 rounds
10 DB Thrusters
20 DB Cleans
30 Alternating Lunges
1min Jump Rope
30sec Rest

5 sets:
500m Moderate
100m Recovery

Rest 3-5min

4 sets:
150m Sprint (increase pace each set)
150m Walk

27-21-18-15-12-9-6-3
DB Squats
Glute Bridge

4 sets
1,000m Moderate
1min Rest
400m Moderate
2min Rest
200m Rest
Rest 30sec

15min AMRAP

10 KBS
1 Squat
1 Lunge L/R
20 KBS
2 Squats
2 Lunge L/R
30 KBS
3 Squats
3 Lunge L/R

*Continue pattern

3 sets
800m Mod Fast
Rest 90sec
400m Mod Fast
Rest 1min

Rest 3min

3 sets:
400m Fast
30sec Rest
200m Recovery Jog

15min AMRAP

50m Bear Crawl
50 Jump Rope
50m Crab Walk
50 Jump Rope
50m Inchworm
50 Jump Rope

3 sets
400m Mod Fast
90sec Rest
800m Mod Fast
90sec Rest
200m Mod Fast
200m Walk
200m Recovery Jog
Rest 15sec

3 x 7min on, 1min rest:

20-30 Air Squat
15-40 Power Cleans
20-40 Rows
30-50 Mountain Climb
70-100 Toe Tap

8 sets:
200m Fast
100m Easy

BW Hero WOD "Dork" 6RFT:

40-60 Quick Lateral Hops
20-40 KB/Plate/DB Swings
10-15 Burpees

Finisher. for time:
70-100 Sit Ups
*EMOM 6 Shoulder Taps

7 sets:
1min Fast
1min Easy

30 Minimal or No Equipment Workouts

30 Running or Machine Intervals

5 x 4min on, 1min Active Rest

5 Lateral Squat Jumps
10-20 DB Power Snatch
10'-20' Bear Crawl

*Active Rest:
DB/Plate/KB Laying Lockout

4 sets:
400m Fast
1min Easy

-Rest 4min-

2 sets:
200m Fast
1min Easy

-Rest 2min-

1min Max Sprint

"Havana" 25min AMRAP:
150 Doubles or 90sec Singles
25-50 Push Ups
30-50 DB Power Cleans

5 sets:
90sec Fast
90sec Easy

12 rounds

10-20 DB Hang Sq Clean
6 HSPU or 12 Pike Push Ups or Push Press

Finisher

150-200 Bicycle Crunch
*EMOM 6 Shoulder Taps

5 sets:
500m Fast
250m Easy

500m Fast
100m Sprint

-Rest 3min-

400m Fast
100m Sprint

-Rest 2.5min-

300m Fast
100m Sprint

-Rest 2min-

200m Fast
100m Sprint

For Time:

70-100 Rows
70-100 Sumo Deadlift
30-50 Floor Press R/L
45-75 Tuck Jumps
30-50 PC & Press
70-100 Russian Twist (2ct)
70-100 Rows

5 sets:
600m Fast
300m Easy

30 Minimal or No Equipment Workouts

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5min AMRAP

5 Wall Walks/Wall Step Ups
10-20 Bicycle Crunch
20-30 Mountain Climbers

-Rest 1min-

5min AMRAP

5 Wall Walks/Wall Step Ups
10-20 Hollow Rocks
20-30 High Knees

-Rest 1min-

5min AMRAP

5 Wall Walks/Wall Step Ups
10-20 Crunches
20-30 Double Unders/Hip Taps

4 sets

3min Fast
3min Easy

5RFT

200-400m Run
20-30 Bear Plank Walks
20 Alt. Pistols/Split Squat
5-10 Broad Jump

600m Fast, rest 90sec
200m Sprint, rest 3min

500m Fast, rest 75sec
175m Sprint, rest 3min

400m Fast, rest 60sec
150m Sprint, rest 3min

300m Fast, no rest
125m Sprint

"Kalsu" 20min AMRAP

100 DB Thrusters
*3-5 Burpees EMOM
**Begin with Burpees

800m Mod, rest 45sec
200m Fast, rest 2min
600m Mod, rest 45sec
200m Fast, rest 2min
400m Mod, 45sec rest
200m fast

-Rest 5min-

Run 1-mile For Time

3RFT

30 Sit Ups
60 Jump Squats
90 Mountain Climbers

200m Mod, 100m Easy
400m Mod, 200m Easy
600m Mod, 300m Easy
500m Mod, 300m Easy
400m Mod, 200m Easy
200m Mod, 100m Easy

20min AMRAP

400m Run
15 Bent Over Rev. Fly
15 Push Ups
200m Recovery Walk/Jog

1000m Mod, rest 3min
2000m Easy, rest 2min
1000m Mod, rest 3min

4 sets:

100m Control Sprint
100m Walk

"The Chief" 5 x 3min on, 1min off

6 DB Power Cleans
6 Push Up
9 Air Squat

2 sets:
1000m Mod, rest 2min
400m Fast, rest 3min
600m Fast
-Rest 4min-

30 Minimal or No Equipment Workouts**30 Running or Machine Intervals**

14min AMRAP
21 Abmat
15 Push Ups
9 Kneeling Get Ups

4 sets:
1,200m Easy
-Rest 2min-

4 sets:
150m Control Sprint
-Rest 30sec-

25min AMRAP
600m Run
30 Tuck Jumps
30 Abmats
30sec Plank Hold

300m Fast, 100m Walk
400m Mod. Fast, rest 90sec
500m Mod. Fast, rest 2min
600m Easy, rest 2min
500m Mod. Fast, rest 2min
400m Mod. Fast, rest 90sec
300m Fast, 100m Walk

6RFT
10 DB Snatch
50 Doubles or Hip Taps
30 Pike Shoulder Taps

2,000m Easy
-Rest 3min-

200m Mod, 100m Walk
400m Fast, 100m Walk
300m Faster, 100m Walk
-Rest 3min-

2 x 80m Sprint, 100% Recover
2 x 100m Sprint, 100% Recover
200m Sprint

For Time
10 Wall Walks or 100 Plank Shoulder Tap
100' Walking Lunge
90 Air Squats
3min Run
90 Air Squats
100' Walking Lunge
10 Wall Walks or 100 Plank Shoulder Tap

2 sets:
500m Mod
400m Fast
300m Faster
200m Fastest
Rest 2min between all reps

5 rounds
10 Strict Pull Ups or Curls
20 Push Ups
30 Air Squats

Rest 5min

10 rounds
5 Strict Pull Ups or Curls
10 Push Ups
15 Air Squats

6 sets;
200m Easy
90sec Walk
300m Fast
90sec Walk
200m Faster
90sec Walk

30 Minimal or No Equipment Workouts

30 Running or Machine Intervals

For Time
1,000m Run
35 Heavy Goblet/Front Squat
50 Burpees
1,000m Run

6 sets:
200m Fast
100m Easy

Rest 4min

300m Easy
300m Moderate
Rest 2min

200m Moderate
200m Fast
Rest 1min

100m Fast
100m Sprint

12min AMRAP
4, 8, 12, 16... Jumping Lunges
50, 100, 150m Run

2 x 200m Fast
400m Mod
2 x 300m Mod/Fast
400m Mod
2 x 200m Fast
Rest 1min between all reps