

75 TRAVEL WODS PRINT OUT!

Anyone who takes their fitness seriously can struggle on the road.

It's just far harder to maintain your ordinary workout routines with no gym or exercise equipment to call upon.

You risk falling behind on fitness goals and seeing those hard-earned gains take a tumble.

It's never a fun prospect.

Seriously, I know people who hate just the *thought* of skipping their daily workout. Actually having to miss it can be a genuine cause for concern.

Thankfully, you really don't have to: Crossfit travel WODs provide the perfect solution. Using Crossfit bodyweight workouts, staying fit and strong on the road is more than possible.

Looking for a Crossfit WOD to get your teeth stuck into while away for work or leisure?

The following travel WOD guide has 75 to choose from. You'll have your heart racing and muscles burning in no time. I hope they help!

Oh, and I've put together a Crossfit workouts PDF as well. Simply download and print it out to take these workouts wherever you're going in the world.

No equipment crossfit bodyweight workouts are the answer to any concerns about lacking workout opportunities on the road.

75 NO EQUIPMENT CROSSFIT BODYWEIGHT WORKOUTS FOR YOUR DAILY WOD WHILE TRAVELLING

Let's get cracking. You're on the road and need a workout fast. The following list of no equipment Crossfit bodyweight workouts should have your daily WOD covered.

TRAVEL WOD TOP 25 (BEST CROSSFIT BODYWEIGHT WOD IDEAS FOR THE ROAD)

Let's start with my 25 top travel WODs.

Of the Crossfit WODs I came across, these one's seemed best for any occasion on the road. Pick and choose according to what you fancy!

1. Push Ups -> Sit ups -> Squats

10 rounds of:

- 10 push ups
- 10 sit ups
- 10 air squats

(More energy? Do more rounds and reps)

2. Heavy Legs

3 to 5 rounds of:

- 20 air squats
- 20 alternating lunges (10 on either leg)
- 20 jumping lunges
- 15 squat jumps

3. Body Burner

1 Symmetrical Sequence of:

- 50 air squats
- 10 burpees
- 40 sit ups
- 10 burpees
- 30 walking lunges
- 10 burpees
- 20 push ups
- 10 burpees
- 10 pull ups
- 10 burpees
- 20 push ups
- 10 burpees
- 30 walking lunges
- 10 burpees
- 40 sit ups
- 10 burpees
- 50 air squats

Still got energy? Repeat the sequence

No space for pull ups? Skip 'em out or replace with tuck jumps

4. Max Out Mayhem

5 rounds for time:

- Maximum push ups
- Maximum sit ups
- Maximum burpees
- Rest 60 seconds between rounds

5. Leg & Chest Burnout

Keep going as long as you can:

From 0:00 – 3:00

2 rounds of:

- 10 push ups
- 10 jumping squats

From 3:00 – 6:00

2 rounds of:

- 12 push ups
- 12 jumping squats

From 6:00 – 9:00

2 rounds of:

- 14 push ups
- 14 jumping squats

(Follow the same pattern of increasing increments for as long as you can)

6. Kill the Core

5 Rounds of:

- 5 push ups
- 45-second plank
- 10 sit ups
- 10 push ups
- 60-second plank
- 15 sit ups
- Rest 60 seconds between rounds

7. Plank Gains

One long sequence of:

- 15-second plank
- 15-second rest
- 30-second plank
- 30-second rest
- 45-second plank
- 45-second rest
- 60-second plank
- 60-second rest
- Max effort plank
- 60-second rest
- Max effort plank

(Repeat the sequence if you can handle more!)

8. Jelly Legs

5 rounds of:

- 500 metre run
- Maximum air squats
- Maximum alternating lunges
- Maximum tuck jumps

9. Tabata Push Ups and Sit Ups

8 rounds of:

- 20 seconds of push ups followed by 10 seconds of rest

8 rounds of:

- 20 seconds of sit ups followed by 10 seconds of rest

10. Run, Burp, Squat

1 sequence of:

- 5km run
- Stop every km to do 10 burpees and 10 air-squats

11. Pull, Push, Rest, Repeat

10 rounds of:

- 10 pull ups
- 10 push ups
- 10-second rest

12. Quick and Explosive

5 rounds for time:

- 10 vertical jumps (jump as high as you can, land, repeat)
- 10 push ups (with handclap in-between if able)

You daily WOD is more than possible wherever you are!

13. 1km Run & Lunge

1 sequence of:

- 100m walking lunges
- 800m run
- 100m walking lunges

14. 20 Minute Ab Buster

AMRAP in 20 minutes:

- 5 minutes of sit-ups
- 5 minutes of leg-raises
- 5 minutes of reverse crunches
- 5 minutes of heel taps

15. Push Up Pressure

3 rounds for time:

- 50 push ups (hands wide)
- 40 push ups (hands narrow)
- 30 push ups (diamond)

(Do more rounds if you have time/energy!)

16. Whole Body in a Hurry

5 rounds for time:

- 20 push ups
- 20 sit ups
- 20 pull ups (if possible)
- 20 air squats
- 20 alternating lunges

17. Push Up to Plank

10 rounds of:

- 10 push ups
- 45-second plank
- 10 push ups
- 45-second plank
- 60-second rest between rounds

18. Heart-Rate Racer

5 rounds of:

- 30-second mountain climbers
- 30 tuck jumps
- 30 jumping jacks
- 10 burpees
- 60 seconds of rest between rounds

19. Run for Your Life

- 10km run!
- 10 air squats every km

20. Sit Burp EMOM

30 minutes of every minute on the minute (EMOM):

- Odd: 20 sit-ups
- Even: 10 burpees

21. Quick 'n' Easy All-Rounder

5 rounds for time:

- 400m run
- 21 jumping jacks
- 15 push ups
- 9 jumping lunges

22. Made You Jump

3 rounds of:

- 20 jumping lunges
- 20 tuck jumps
- 20 jumping jacks
- 20 vertical jumps
- 60-second rest between rounds

23. 7 Minutes in Hell x2

7 Minute AMRAP:

- 3 burpees
- 15 jumping jacks
- No rest between rounds

7 Minute AMRAP:

- 3 push ups
- 15 sit ups

24. Squat 'Til You Drop

5 rounds of:

- 20 air squats
- 10 piston squats (5 on each leg)
- 10 squat jumps

25. 30 Second AMRAP Abs

3 rounds for time:

- 30-second plank shoulder taps (AMRAP)
- 30-second plank
- 30-second sit-ups (AMRAP)
- 30-second mountain climbers (AMRAP)
- 30-second rest between rounds

Crossfit hotel WODs are ideal for indoor workouts in close quarters. No excuses, these Crossfit hotel WODs are perfect when you're away for work or leisure and you don't fancy going outside.

25 TOP CROSSFIT HOTEL WODS

The following travel WODs are ideally suited to hotels and hostel goers. With a small space (possibly shared with others), the best Crossfit hotel WODs are short, sweet, and suited to small spaces.

Here are 25 of the best I found.

26. Squat -> Push Up Countdown

3 rounds for time:

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

- Air squat
- Push up

(Still got energy? Work your way back up from 1 through 10 reps)

27. Burp Squat Non-Stop

25 rounds of:

- 3 burpees
- 20 air squats

28. Lower Body Burner

5 rounds of:

- 30 seconds mountain climbers (AMRAP)
- 20 jumping squats
- 10 hollow rocks
- 5 jumping lunges

29. 3 P's

21-15-9

- Push Ups
- Plank
- Plank should taps

30. Labour of Legs

3 rounds for time:

- 60-second wall sit
- 25 air squats
- 20 alternating lunges
- 10 pistol squats (5 each leg)
- 30-second mountain climbers

31. Brutal Burpees

1 round of:

- 100 burpees
- 60-second rest at 50 reps

32. Non-stop Push Ups -> Sit Ups -> Squats

20 rounds of:

- 10 push ups
- 10 sit ups
- 10 air squats

(More energy? Do more rounds and reps)

33. Chest, Legs, Core

20 minute AMRAP

- 10 push ups
- 10 air squats
- 30-second mountain climbers
- 30-second wall sit

34. The Centurion

1 round of:

- 100 air squats
- 100 push ups
- 100 sit ups

35. Horizontal Vertical

3 rounds for time:

- 60-second plank
- 30 vertical jumps
- No rest between rounds

36. Horizontal Vertical Premium

3 rounds for time:

- 60-second plank
- 30 vertical jumps
- 20 plank shoulder taps
- 10 air squats
- No rest between rounds

37. Speedy Abs

3 rounds for time:

- 20 heel taps
- 15 leg raises
- 10 sit ups
- 15 mountain climbers
- 20-second plank

Push ups and planks are ideal exercises for any travel WOD. No travel crossfit WOD is complete without them!

38. Fat Burn Supreme

5 rounds of:

- 30 jumping jacks
- 25 seconds mountain climbers
- 20 air squats
- 15 burpees
- 60 seconds rest between rounds

39. Triceps Torment

5 rounds for time:

- 20 push ups (narrow hands)
- 20 dips (using the bed/a stable chair)
- 20 push ups (wide hands)
- 20 dips
- 60 seconds rest between rounds

40. Dynamic Legs

5 rounds for time:

- 10 tuck jumps

- 10 jumping lunges
- 10 air squats
- 30 seconds rest between rounds

41. Stay Still

10 rounds of:

- 10-second L-sit
- 30-second wall-sit

(L-sit too hard? Keeps legs straight and lift heels off ground instead)

42. Up-Down Heart Rate Booster

5 rounds for time:

- 10 vertical jumps
- 10 push ups
- 20 seconds rest between rounds

43. Squats Galore

5 rounds of:

- 20 air-squat
- 10 jumping squats

(Throw in some wall-sits between rounds to really feel the burn)

44. Front Back Core

3 rounds for time:

- Maximum hollow rocks
- Maximum plank
- 60 seconds rest between rounds

45. Stationary Cardio

20 minutes AMRAP

- 20 mountain climbers
- 20 jumping jacks
- 20 air squats
- 20 bicycle crunches
- 60 seconds rest between rounds

46. The ‘Burpush’

5 rounds for time:

- Burpee down to push up position
- 10-second plank
- 10 push ups
- Burpee out to standing
- 20 seconds rest between rounds

47. The ‘Burpup’

10 rounds for time:

- 10 burpees
- 10 sit ups
- 10-second rest between rounds

48. Tabata Squats

8 rounds of:

- 20 seconds of air squats followed by 10 seconds of rest

8 rounds of:

- 20 seconds of jumping squats followed by 10 seconds of rest

49. Hold It Steady

5 rounds of:

- 15 hollow rocks
- 30-second plank
- 45-second wall-sit
- 30 seconds rest between rounds

50. Hard Core

3 rounds of:

- 20 sit ups
- 20 bicycle crunches
- 20 leg raises
- 20 heel taps
- 20 reverse crunches

Crossing fit running WODs are great for the road. You don't need any special equipment to do them. Strap on your shoes and hit the streets for these epic Crossfit endurance WODs.

25 CROSSFIT RUNNING WODS (CROSSFIT ENDURANCE WODS)

Crossfit running WODs are often the easiest to put into practice on the road. After all, you don't need any special gear or equipment. You just lace up your shoes and hit the streets, park, or trails.

All the immense physical and mental health benefits of a running WOD remain open to you.

Check out these 25 Crossfit running workouts to get stuck into.

51. Endurance Booster (My Crossfit Endurance WODs #1)

1 sequence of:

- 200m jog
- 100m sprint
- 400m jog
- 100m sprint
- 600m jog
- 100m sprint
- 800m jog
- 100m sprint
- 1000m jog
- 100m sprint
- 800m jog
- 100m sprint
- 600m jog
- 100m sprint
- 400m jog
- 100m sprint
- 200m jog

- 100m sprint

(No way of measuring distances? Try running to proportionate periods of time instead).

52. Work Out Sandwich

5 rounds of:

- 1km run at a moderate pace
- 50 air squats
- 50 sit ups
- 25 push ups
- 1km as fast as you can

53. 1500m Interval

3 rounds of:

- Run 1/2 mile
- 50 jumping squats

54. Sprints

8 rounds of:

- 20 seconds sprint
- 30 seconds light jog
- 20 air squats
- 30 seconds light jog
- No rest between rounds

55. Simple Run

- 5km run
- 10 jumping jacks every kilometre

56. Run and Jump

5 rounds for time:

- 500m run
- 10 vertical jumps
- 10 tuck jumps

57. Simpler Run

- Run 2km
- 100m sprint after each kilometre

58. Run/Walk HIT

10 rounds of:

- 100m sprint
- 100m walk

(Alternative: 15-second sprint followed by 60-second walk)

59. Run and Burp

5 rounds of:

- 1-minute run
- 1 minute of burpees
- No rest between rounds

60. Shuttle Runs FTW

3 rounds of:

- 1, 2, 3, 4, 5, 6, 7, 8, 9, 10m
- Run 1m and return to start, then 2m, then 3m, and up to 10m

(More in the tank? Repeat process backward from 10m to 1m)

61. That's Gonna Hurt

20-minute AMRAP of:

- 20 walking lunges
- 20 squat jumps
- 40 plank shoulder taps
- 1 mil run
- 150 air squats
- 1 mile run

62. The Abdominator

20-minute AMRAP of:

- 200m run (60-second run)
- 20 sit ups
- 20 mountain climbers
- 20 heel taps

One thing I love about travel workouts is how you end up exercising in such stunning locations. It's one of the perks of crossfit travel WODs.

63. 100m Sprint Ups

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

- Sit ups
- 100m sprint after each set

64. Run Forest Run

- 10km run
- 10 push ups and 10 sit ups at every km

65. Run -> Squat

3 rounds of:

- 1km run
- 50 air squats

66. Lunge Runs

8 rounds for time:

- 10 walking lunges
- 200m sprint
- 100 light jog

67. Short Circuits

20-minute AMRAP:

- 100m sprint (15-second sprint)
- 200m jog (60-second jog)
- 50m walk (30-second walk)

68. Run from Prone

5 rounds of:

- 60-second plank
- 30 mountain climbers
- 400m fast jog (2-minute jog)

69. Don't Run Before You Can Walk

10 rounds for time:

- 60-second walk
- 30-second job
- 15-second sprint

70. Sprint Finish

3 rounds for time:

- 20 push ups
- 20 sit ups
- 20 air squats
- 20 pull ups (if possible)
- 200m sprint (30-second sprint)

71. The Leg Drain

5 rounds of:

- 20 mountain climbers
- 20 bicycle crunches
- 20 air squats
- 20-second static squat
- 200m sprint (30-second sprint)

72. Hill Sprints

20 rounds of:

- Sprint up a hill
- Walk down it
- No rest between rounds

73. Tabata Sprints

8 rounds of:

- 20 seconds of sprints followed by 10 seconds of rest

74. Increasing Intervals

Continue Until You Can't:

- Run for 1 minute -> rest for 1 minute
- Run for 2 minutes -> rest for 2 minutes
- Run for 3 minutes -> rest for 3 minutes

75. Slow and Steady

5 rounds of:

- 1km run
- Rest

(Rest for as long as each km takes to run)

TIME TO DO A TRAVEL WOD

That brings to a close my list of 75 travel WODs.

Working out on the road can seem like a struggle. You may have no gym or exercise equipment to call upon, making it difficult to keep up with your ordinary routines.

However, there's no reason to stop working out. You just have to adjust to the circumstances! With a bit of grit and creativity, you can 100% continue to pursue strength and fitness goals while travelling.

Hopefully, the Crossfit travel WOD ideas here will help out in that endeavour. Good luck, and let me know how it goes!