Can’t make it to the gym or travelling out of town? Now you have NO EXCUSE to miss your workout. Here is a list of bodyweight-focused workouts that you can do at home or on the road.

1) 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) Walk 100m on your hands
9) 10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set
10) 21-15-9 Air Squats Pushups
11) Spend a total of 5 minutes in a handstand
12) For Time: Run 1 mile
13) 6 Rounds For Time: 10 Pushups 10 Air Squats 10 Sit Ups
14) 5 Rounds For Time: 3 Tuck Jumps 3 Squats 3 Broad Jumps
15) 8 Rounds For Time: Handstand 30 seconds 10 Squats
16) 10 Rounds For Time: 10 Pushups Run 100MRun
17) For Time: Run 1 mile, lunging 30 steps every minute
18) 5 Rounds for Time: Run 400m sprints,
19) 10 Rounds for Time: 100m sprints
20) 25 pressing snatch balances each arm. No weight.
21) Run 1 mile, lunging 30 steps every 1 minute.
22) 10 handstand jackknife to vertical jump, 10 handstand jackknife to tuck jump, 10 handstand jackknife to straddle jump

23) 5 Rounds For Time: Handstand 30 seconds 20 Air Squats

24) 4 Rounds for Time: 25 Jumping Squats

25) For Time: 250 Air Squats

26) 4 Rounds For Time: 10 Tuck Jumps 10 Pushups 10 Situps

27) For Time: 100 Burpees

28) 10 Rounds For Time: 10 Pushups 10 Squats 10 Tuck Jumps

29) 5 Rounds For Time: Handstand 1 minute Hold bottom of the squat 1 minute

30) 10 Rounds For Time: Sprint 100m Walk 100m

31) For Time: 100 Pushups

32) 10-9-8-7-6-5-4-3-2-1 Rep Rounds For Time: Burpees and Situps

33) 3 Rounds: 50 Situps Run 400m

34) "L" sit off the floor. 10 rounds of 10 seconds...if you can't do it sit with your legs straight out and try to lift your heels of the ground for 10 seconds instead

35) 10 Rounds For Time: 10 Walking Lunges 10 Pushups

36) 10 Rounds For Time: 10 Burpees Run 100m

37) 4 Rounds For Time: Run 400m 50 Air Squats

38) 10 Rounds For Time: 10 Pushups 10 Squats

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

40) For Time: Run 800m 100 Air Squats Run 800m

41) 4 Rounds For Time: Run 400 meters, 50 air squats

42) 10 Rounds: Handstand 30 seconds, to Squat hold 30 seconds

43) 5 Rounds For Time: Ten vertical jumps (jump as high as you can, land and do it again), 10 push-ups

44) 7 Rounds For Time: 7 Air Squats 7 Burpees

45) 5 Rounds For Time: 50 Air Squats Rest the amount of time it took to complete the 50

46) For Time: Run 1 mile -- do 10 Pushups every minute

47) 8 Rounds For Time: Run 100m 30 Air Squats

48) 10 Rounds For Time: 10 Situps 10 Burpees

49) For Time: 250 Jumping Jacks

50) For Time: 100 Jumping Jacks 75 Air Squats 50 Pushups 25 Burpees

51) 5 Rounds For Time: Run 1 minute Squat 1 minute
52) 3 Rounds For Time: 10 Air Squats 10 Pushups 10 Situps
53) For Time: 50 Air Squats Rest for 2 minutes between rounds.
54) 3 Rounds For Time: 20 Jumping Jacks 20 Burpees 20 Air Squats
55) 10 Rounds For Time: Run 100m 20 Air Squats
56) For Time: 100 Push-ups 100 Sit-ups 100 Squats
57) 10 Rounds For Time: 10 push-ups, 10 squats
58) 3 Rounds For Time: 30 Push-ups 40 Sit-ups 50 Squats
59) 30 Reps: Handstand to Jack-Knife to vertical jump
60) AMRAP in 20 minutes: 5 Pushups 10 Situps 15 Squats
62) 3 Rounds for Time: Run 400m 50 Squats 25 Pushups
63) For Time: Run 1000m 100 Air Squats 50 Pushups
64) Squats for time (pick a number between 100-500)
65) 10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time: Burpees Pushups Situps
66) AMRAP in 20 minutes: 5 Handstand push-ups 10 Pistols
67) “Annie” 50-40-30-20-10 Rep Rounds for Time: Double-Unders Sit-ups
68) For Time: Run 1 mile with 100 air squats at midpoint
69) 50-40-30-20-10 Rep Rounds for Time: Single Unders Pushups
70) 5 Rounds For Time: Burpee to the push up position, do 10 push ups, Burpee out.
71) For Time: Burpees (50-150 - pick a number and go for it!)
72) For Time: Run 800m, 50 Squats, 50 Situps
73) For Time: Run 1 mile 100 Push-ups 200 Squats Run 1 mile
74) 21-15-9 Rep Rounds for Time: Handstand Push-ups Chair Dips Push-Ups
75) For Time: 21 Pushups 42 Squats 15 Pushups 30 Squats 9 Pushups 18 Squats
76) For Time: 400m Walking Lunges
77) For Time: Run 1 mile, 50 Squats
78) 10 Rounds: Plebs plank, bottom of squat, hollow rock hold, 30 seconds each
79) 10 Rounds: 5 push ups with a 30 second plebs plank(a hold at the top of the push up, arms extended and body tight). After the 10 rounds, 3x 100m dash @ 80%.
80) Handstand practice, 25 tries at free handstands, then a 1 mile run at 80%
81) 25 Reps: Handstand 10 seconds jack-knife to vertical jump.
82) For Time: Run 400 meters 50 Squats Run 400 meters 50 Push-ups Run 400 meters 50 Sit-ups
Run 400 meters
83) Mime 4x 25 sumo deadlift high pulls, make them perfect.
84) 50 air squats x 5. Rest equal amounts as it took to do each 50.
86) Run 1 mile and do 10 push-ups every 1 minute
87) For TIme: 250 Jumping Jacks
88) 5 Rounds: 30 second handstand against a wall, followed by a 30 second static hold at the bottom of the squat
89) For Time: 50 Walking Lunges 800m run 50 Walking Lunges
90) For Time: 30 Handstand Pushups 40 Jump squats 50 Situps 60 Squats 70 Double unders
91) AMRAP in 20 minutes: 10 Bench dips 10 Box jumps 10 Walking Lunges
92) For Time: 60 Pushups Run 400m 40 Pushups Run 800m 20 Pushups Run 1 mile
93) 5 Rounds For Time: 100 Single Unders 50 Squats
94) For Time: 150 Double Unders or Tuck Jumps
95) “Nicole” AMRAP in 20 minutes of: Run 400, Max rep pull ups
96) For Time: 100 Air Squats 75 Situps 50 Box Jumps 25 KTE’s Run 400m
97) “Michael” 3 rounds for time of: Run 800m 50 Back Extensions 50 Situps
98) 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
99) For Time: 100 Air Squats 75 Situps 50 Box Jumps 25 KTE’s Run 400m
100) 5 Rounds: Run 1 minute, squat 1 minute
101) 5 Rounds For Time: 10 push-ups, 10 hollow rocks, run 200 meters
102) 3 Rounds for Time: 10 air squats, 10 push ups, 10 sit ups
103) 10 Rounds: Sprint 50 meters, 10 push ups
104) 3x 20 tuck jumps. 3x 30 second handstands.
105) Handstand 5x 30 seconds. Run: 2x 800 meters for time. Do the handstands first. Rest and recover and do the runs with a rest in between that is as long as it took you to run your first 800.
106) Run with high knees for 15 seconds and drop into a pushup, get back up and run with high knees again for 15 seconds.......repeat 5x. This is 1 round. Rest. Do 3 more rounds.
107) Test yourself on a max set of push ups
108) For Form, 3 Rounds: 5 handstand to jacknife to high jump, 5 handstand to jacknife to tuck jump, 5 handstand to jacknife to split jump
109) 5 Rounds for Time: Run up Hill (230m long, 22m rise, 9 degree incline), 5 push ups, Run down Hill, 5 push ups
110) 4 Rounds for Time: 20 pull ups, 20 push ups
111) For Time: 10-9-8-7-6-5-4-3-2-1: push up, jumping squat
112) Do Tabata Squats with eyes closed
113) Bottom to bottom Tabata Squats (rest at the bottom of the squat instead of standing….without support on your hands or butt and make the bottom good, straight back, butt back)
114) Burpee/Sit ups Ladder: Do 10 burpees ....Go to opposite side of room......do 2 Sit ups. Return to original side do 9 burpees......Go to opposite side of room......do 4 Sit ups. Decrease Burpees by 1 and increase Sit Ups by 2. Work your way down to one Burpee and up to 20 Sit up
115) 3 Burpees, 6 supermans, 9 Situps – AMRAP in 10 min
116) 100 Unbroken double unders
117) 20 sec of mountain climbers, 20 sec of squats, 20 sec of rest – 5 Rounds
118) 2 minute max push ups, 1 minute break, 2 minutes max sit ups, 1 minute break, 2 minute max squats
119) Run 5 minutes turn around and go back in less than 5 minutes (a negative split)