

The Workouts:

****Complements of Zero Equipment**

5 Rounds For Time:

100 Jump Rope*

50 Air Squats

*Can substitute with jumping jacks

For Time:

150 Double Under*

*Can substitute with regular jump rope or jumping jacks

AMRAP in 20 minutes of:

400 Meter Run

Max Rep Pull Ups*

*Sub w/Push Ups

For Time:

100 Air Squats

75 Sit Ups

50 Box Jumps

400 Meter Run

3 rounds for time of:

800 Meter Run

50 Back Extensions*

50 Sit Ups

*Also known as a 'superman'

For Time:

2 Minutes Max Double Under*

2 Minutes Sit Ups

Rest 1 Minute

90 Seconds Max Double Under*

90 Seconds Max Sit Ups

Rest 1 Minute

60 Seconds of Max Double Under*

60 Seconds of Max Sit Ups

*Can substitute with regular jump rope or jumping jacks

For Time:

100 Air Squats

75 Sit Ups

50 Box Jumps*

400 Meter Run

*Can jump onto a bench, step, etc.

4 Rounds For Time:

10 Tuck Jumps

10 Push Ups

10 Sit Ups

For Time:

5k Run

10 Rounds For Time:

10 Push Ups

10 Squats

10 Tuck Jumps

5 Rounds For Time:

Handstand Hold for 1 minute

Hold the Bottom of a Squat for 1 minute

10 Rounds For Time:

100 Meter Sprint

100 Meter Walk

For Time:

100+ Push Ups

10 Rounds For Time:

100 Meter Run

20 Air Squats

For Time:

100 Push Ups

100 Sit Ups

100 Air Squats

3 Rounds For Time:

30 Push Ups

40 Sit Ups

50 Air Squats

AMRAP in 20 minutes:

5 Push Ups

10 Sit Ups

15 Air Squats

21-15-9 Rep Rounds for Time:

Walking Lunges (each leg)

Handstand Push Ups

For Time:

100 Air Squats
30 Chair Dips
75 Air Squats
20 Chair Dips
50 Air Squats
10 Chair Dips

5 Rounds For Time:

200 Meter Run
10 Air Squats
10 Push Ups

3 Rounds For Time:

200 Meter Run
25 Push Ups

3 Rounds For Time:

10 Handstand Push Ups*
200 Meter Run
*Sub Handstand Hold for 30-60 Seconds or w/Push Ups

20 Rounds For Time:

5 Push Ups
5 Air Squats
5 Sit Ups

AMRAP in 20 minutes:

5 Handstand Push Ups*
10 Pistols**
*Sub Handstand Hold for 30-60 Seconds or w/Push Ups
**Single Leg Squats - Sub 20 Air Squats

Annie 50-40-30-20-10 for Time:

Double Under*
Sit Ups

*Can substitute with regular jump rope or jumping jacks

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

Sit Ups
*100 Meter Sprint Between Sets

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

Jump Rope
Push Ups
For Time:

Burpees*

*Pick a number between 50-200

For Time:

800 Meter Run

50 Air Squats

50 Sit Ups

For Time:

1 Mile Run

100 Push Ups

200 Air Squats

1 Mile Run

21-15-9 for Time:

Handstand Push Ups

Chair Dips

Push Ups

*Sub Handstand Hold for 30-60 Seconds

For Time:

21 Push Ups

42 Air Squats

15 Push Ups

30 Air Squats

9 Push Ups

18 Air Squats

For Time:

400 Meter Walking Lunges

6 Rounds For Time:

10 Push Ups

10 Air Squats

10 Sit Ups

5 Rounds For Time:

3 Tuck Jumps

3 Squats

3 Broad Jump

8 Rounds For Time:

Handstand 30 seconds

10 Air Squats

10 Rounds For Time:

10 Push Ups

100 Meter Run

10 Rounds For Time:

10 Push Ups

10 Air Squats

8 Round Tabata:

Air Squats (or other movements on this list)*

*20 seconds on 10 seconds rest

For Time:

800 Meter Run

100 Air Squats

800 Meter Run

7 Rounds For Time:

7 Air Squats

7 Burpees

5 Rounds For Time:

50 Air Squats

*Rest 1:1 ratio per round

For Time:

100 Jumping Jacks

75 Air Squats

50 Push Ups

25 Burpees

5 Rounds For Time:

Run for 1 minute

Air Squat for 1 minute

3 Rounds For Time:

10 Air Squats

10 Push Ups

10 Sit Ups

For Time:

250+ Walking Lunges*

*Scale as needed

3 Rounds For Time:

20 Jumping Jacks

20 Burpees

20 Air Squats

For Time:

Run 400 meters

50 Air Squats

Run 400 meters
50 Push Ups
Run 400 meters
50 Sit Ups
Run 400 meters

For Time:

80-60-40-20 Reps of Air Squats
40-30-20-10 Reps of Sit Ups
20-15-10-5 of Handstand Push Ups
*Complete 80 Air Squats, 40 Sit-Ups, 20 Push Ups and cycle back through.

For Time:

50 Walking Lunges
800 Meter Run
50 Walking Lunges

For Time:

30 Handstand Push Ups
40 Jump Squats
50 Sit Ups
60 Squats
70 Double Under*
*Can substitute with regular jump rope or jumping jacks

For Time:

1 Mile Run
30 Step Lunge Every Minute
5 Rounds For Time:
30 Second Handstand Hold
20 Air Squats

For Time:

Burpees*
*Pick a number between 50-200

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

Burpees
Sit Ups

3 Rounds:

50 Sit Ups
400 Meter Run
10 Rounds For Time:
10 Walking Lunges
10 Push Up

10 Rounds For Time:

10 Burpees

100 Meter Run

For Time:

1 Mile Run

*10 Push Ups On The Minute, Every Minute

For Time:

1 Mile Run

8 Rounds For Time:

100 Meter Run

30 Air Squats

10 Rounds For Time:

10 Sit Ups

10 Burpees

For Time:

250+ Jumping Jacks

4 Rounds For Time:

400 Meter Run

50 Air Squats

3 Rounds for Time:

400 Meter Run

50 Air Squats

25 Push Ups

For Time:

1000 Meter Run

100 Air Squats

50 Push Ups

3 Rounds For Time:

800 Meter Run

50 Air Squats

10 Rounds For Time:

10 Push Ups

10 Sit-ups

10 Air Squats

21-15-9 for Time:

Air Squats

Push Ups

Handstand Hold:

Hold a Handstand For 5 Minutes*

*Rest as needed

AMRAP in 20 minutes:

10 Bench Dips

10 Box Jumps*

10 Walking Lunges

*Can jump onto a bench, step, etc.

For Time:

60 Push Ups

400 Meter Run

40 Push Ups

800 Meter Run

20 Push Ups

1 Mile Run

For Time:

Air Squats*

*Pick a Number Between 100-500

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

Burpees

Push Ups

Sit Ups