

Bodyweight WODS

These workouts can be done off duty, at home, while traveling, or on duty at the station as an alternative to the regular FireFit on duty programming. They are not necessarily easier. But are designed for the member that has little to no equipment available to them. They are not meant to be done in any particular order, but serve as resource for you to choose from. Pick a workout, warm up as you see fit, and get after it!

1) 15 min [AMRAP](#)

10 [Burpees](#)
10 [Hollow Rocks](#)
1 Min [Plank](#) core Hold

2) Complete exercises [EMOM](#) for 14 Mins

5 [Push Ups](#)
5 [Sit Ups](#)
10 [Hip Bridge Extensions](#)

3) 100 Burpees for Time

4) 15 min [AMRAP](#)

5 Pull-ups
5 [Broad Jumps](#)
1 Min [Plank](#) core Hold

5) Compete as many rounds as possible in 20 minutes of:

15 pull ups
30 push ups
45 air squats

6) 15 min [AMRAP](#)

12 [Walking Lunges](#)
20 DU/ 40 Single Unders
10 Hand Release [Push Ups](#)

7) 5 Rounds for time:

200 Meter Run

15 Rocker Squat Burpees

(Rocker Squat Burpees- From a standing position sit down and back rolling backward letting your feet come off the ground. Then using your momentum coming back forward roll yourself back up on to your feet into a squat position. Then leap into the air, land and do a burpee. That is 1 rep.)

8) Complete exercises [EMOM](#) for 14 Mins

5 [Push Ups](#)
15 meter [Bear Crawl](#)
10 [Hip Bridge Extensions](#)

9) 2 rounds for max reps:

Max push ups in 2:00

Max Sit ups in 2:00

Max flutter kicks in 2:00

Max air squats in 2:00

Rest :30 seconds between movements and rest 1 min.

Between rounds

10) For total time:

Run 10 minutes max effort

100 air squats

Run 10 minutes max effort

11) For time:

50 air squats

50 jumping pull ups

50 walking lunges

50 knees to elbows (scale with v-ups or crunches)

50 push- ups

50 sit-ups

50 dips (use a box, bench, a chair, or rings)

50 air squats

50 burpees

12) 4 Rounds for time:

50 walking lunges

50 squats

Run 400 meters

13) 5 Rounds for time:

10 burpees

20 box/bench/or chair jumps or step ups

30 push-ups

40 air squats

50 walking lunges

14) For time:

100 Body blasters

(A body blaster is a burpee-pull up-and knee to elbow)

15) 4 Rounds for time:

“Balboa”

100 single unders

Run 400 meters

10 body blasters

(A body blaster is a burpee- pull up- knee to elbow)

16) For time:

“Fractured Runny Angie”

Run 400 meters

25 pull ups

25 push ups

25 sit ups

25 air squats

17) For time:

Run or Row 5K

(Every 5:00 min. do 50 push ups and 50 air squats)

18) For time:

50 flutter kicks

50 sit ups

Run 400 meters

100 flutter kicks

100 sit ups

Run 400 meters

19) 4 Rounds for time:

50 push ups

50 sit ups

50 -4 count flutter kicks

20) Pick a distance and run or row for time:

1.5 miles

2 miles

5 K

8 K

10K

15 K

13.1 Miles

21) Pick a time and run or row for max distance:

20 min.

30 min.

40 min.

60 min.

90 min.

22) 4 Rounds:

5:00 min max distance

3:00 min recovery

23) 10 sets of 100 meter sprints with 2:00 min rests in between each set

24) 8 sets of 200 meter sprints with 2:00 min rest in between each set

25) 4 sets of 400 meter sprints with 5:00 min rest in between each set

26) 10 Rounds of:

1:00 min sprint/ 1:00 min recovery

27) 8 Rounds of:

10 second sprint/ 5 seconds recovery

28) 0:45 sec sprint, 0:45 sec recovery

1:30 min sprint, 1:30 sec recovery

3:00 min sprint, 3:00 min recovery

6:00 min sprint, 6:00 min recovery

3:00 min sprint, 3:00 min recovery
1:30 min sprint, 1:30 min recovery
0:45 sec sprint, 0:45 sec recovery

29) For time:

100 Push Ups

30) For time:

“Invisible Fran”
21-15-9 reps of
Air squats and push ups

31) 10 Rounds for time:

10 sit ups
10 burpees

32) For time:

10-9-8-7-6-5-4-3-2-1 reps
Burpees
Sit ups

33) For Time:

100 Jumping Jacks
75 Air squats
50 push ups
25 burpees

34) 1 Set of max rep push ups, then 100 Air squats for time.

35) For time:

250 Jumping Jacks

36) For time:

100 Sit ups

37) 7 Rounds for time:

7 Air Squats

7 Burpees

38) 4 Rounds for time:

10 jumping Air squats

10 push ups

10 sit ups

39) 3 Rounds for time:

20 jumping jacks

20 burpees

20 air squats

40) 3 Rounds for time:

20 Air squats

20 burpees

20 push ups

41) For time:

Run or Row 1 mile
EMOM do 20 air squats

42) 3 Rounds for time:

50 Sit ups + 400 meter run or row

43) 4 Rounds for time:

20 Sit ups

20 Push ups

400 meter run or row

44) 10 Rounds for time:

100 meter sprint + 20 Air squats

45) 10 Rounds for time:

10 Burpees + 100 meter sprint

46) For time:

100 single unders

100 sit ups

47) EMOM for 10 Minutes:

5 push ups

5 pull ups

48) 6 Rounds for time:

“Laredo”

24 Air squats

24 push ups

24 walking lunges

400 meter run or row

49) 7 Minute AMRAP (as many reps as possible)
Burpees

50) For time:

1 mile run or row
EMOM do 8 walking lunges