

CrossFit Uncensored Travel/Home WOD's

WOD One

3 Rounds For Time:
Run 800 Meters
50 Air Squats

WOD Two

10 Rounds For Time:
10 Push-ups
10 Sit-ups
10 Air Squats

WOD Three

For Time:
200 Air Squats

WOD Four

5 Rounds For Time:
Run 200 Meters
10 Squats
10 Push-ups

WOD Five

3 Rounds For Time:
Run 200 Meters
25 Push-ups

WOD Six

3 Rounds For Time:
10 Handstand Push-ups
Run 200 Meters

WOD Seven

20 Rounds For Time:
5 Push-ups
5 Air Squats
5 Sit-ups

WOD Eight

10-9-8-7-6-5-4-3-2-1
Sit-ups
100 Meter Run (between each set)

WOD Nine

21-15-9
Air Squats
Push-ups

WOD Ten

For Time:
1 Mile Run

WOD Eleven

6 Rounds For Time:
10 Push-ups
10 Air Squats
10 Sit-ups

WOD Twelve

For Time:
150 Burpees

WOD Thirteen

For Time:
50 Sit-ups
50 Double-unders
50 Sit-ups
50 Walking Lunges
50 Sit-ups
50 Burpees
50 Sit-ups

WOD Fourteen

4 Rounds For Time:
400 Meter Run
50 Air Squats

WOD Fifteen

3 Rounds For Time:
50 Double-unders
75 Air Squats

WOD Sixteen

3 Rounds For Time:
50 Push-ups
50 Sit-ups
50 Air Squats

CrossFit Uncensored Travel/Home WOD's

WOD Seventeen

100-75-50-25

Sit-ups

Flutterkicks (4 count)

Leg Levers

WOD Eighteen

For Time:

100 Sit-ups

100 Flutterkicks (4 count)

100 Leg Levers

WOD Nineteen

5 Rounds For Time:

50 Walking Lunges

15 Handstand Push-ups

WOD Twenty

For Time:

100 Air Squats

9 Handstand Push-ups

200 Air Squats

15 Handstand Push-ups

100 Air Squats

21 Handstand Push-ups

WOD Twenty-One

For Time:

80 Air Squats

10 Handstand Push-ups

60 Air Squats

20 Handstand Push-ups

40 Air Squats

30 Handstand Push-ups

20 Air Squats

WOD Twenty-Two

4 Rounds For Time:

25 Lunges

50 Air Squats

WOD Twenty-Three

5 Rounds For Time:

100 Air Squats

20 Lunges

35 Push-ups

WOD Twenty-Four

3 Rounds For Time:

800 Meter Run

50 Air Squats

WOD Twenty-Five

10 Rounds For Time:

10 Push-ups

10 Sit-ups

10 Air Squats

WOD Twenty-Six

For Time:

200 Air Squats

WOD Twenty-Seven

5 Rounds For Time:

200 Meter Run

10 Air Squats

10 Push-ups

WOD Twenty-Eight

3 Rounds For Time:

10 Handstand Push-ups

200 Meter Run

WOD Twenty-Nine

20 Rounds For Time:

5 Push-ups

5 Air Squats

5 Sit-ups

WOD Thirty

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

Sit-ups

100 Meter Sprint (between each set)

CrossFit Uncensored Travel/Home WOD's

WOD Thirty-One

21-15-9

Air Squats

Push-ups

WOD Thirty-Two

For Time:

1 Mile Run

WOD Thirty-Three

6 Rounds For Time:

10 Push-ups

10 Air Squats

10 Sit-ups

WOD Thirty-Four

5 Rounds For Time:

3 Tuck Jumps

3 Air Squats

3 Broad Jumps

WOD Thirty-Five

8 Rounds For Time:

Handstand 30 seconds

10 Air Squats

WOD Thirty-Six

10 Rounds For Time:

10 Push-ups

100 Meter Run

WOD Thirty-Seven

For Time:

1 Mile Run

30 Lunging Steps (every minute)

WOD Thirty-Eight

For Time:

250 Air Squats

WOD Thirty-Nine

10 Rounds For Time:

10 Push-ups

10 Squats

10 Tuck Jumps

WOD Forty

5 Rounds For Time:

Handstand Hold 1 Minute

Air Squat Hold At The Bottom 1 Minute

WOD Forty-One

10 Rounds For Time:

100 Meter Sprint

100 Meter Walk

WOD Forty-Two

For Time:

100 Push-ups

WOD Forty-Three

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

Burpees

Sit-ups

WOD Forty-Four

3 Rounds For Time:

50 Sit-ups

400 Meter Run

WOD Forty-Five

10 Rounds For Time:

10 Walking Lunges

10 Push-ups

WOD Forty-Six

10 Rounds For Time:

10 Burpees

100 Meter Run

WOD Forty-Seven

4 Rounds For Time:

400 Meter Run

50 Air Squats

WOD Forty-Eight

10 Rounds For Time:

10 Push-ups

10 Air Squats

CrossFit Uncensored Travel/Home WOD's

WOD Forty-Nine

Tabata
Air Squats

WOD Fifty

For Time:
800 Meter Run
100 Air Squats
800 Meter Run

WOD Fifty-One

7 Rounds For Time:
7 Air Squats
7 Burpees

WOD Fifty-Two

For Time:
1 Mile Run
10 Push-ups (every minute)

WOD Fifty-Three

8 Rounds For Time:
100 Meter Run
30 Air Squats

WOD Fifty-Four

10 Rounds For Time:
10 Sit-ups
10 Burpees

WOD Fifty-Five

For Time:
Run 1 Minute
Squat 1 Minute

WOD Fifty-Six

3 Rounds For Time:
10 Air Squats
10 Push-ups
10 Sit-ups

WOD Fifty-Seven

10 Rounds For Time:
100 Meter Run
20 Air Squats

WOD Fifty-Eight

For Time:
100 Push-ups
100 Sit-ups
100 Air Squats

WOD Fifty-Nine

3 Rounds For Time:
30 Push-ups
40 Sit-ups
50 Squats

WOD Sixty

AMRAP In 20 Minutes:
5 Push-ups
10 Sit-ups
15 Air Squats

WOD Sixty-One

21-15-9
Walking Lunges (each leg 1/2 rep)
Handstand Push-ups

WOD Sixty-Two

3 Rounds For Time:
400 Meter Run
50 Air Squats
25 Push-ups

WOD Sixty-Three

For Time:
1000 Meter Run
100 Air Squats
50 Push-ups

WOD Sixty-Four

AMRAP In 20 Minutes:
5 Handstand Push-ups
10 Pistols

CrossFit Uncensored Travel/Home WOD's

WOD Sixty-Five

For Time:
800 Meter Run
50 Air Squats
50 Sit-ups

WOD Sixty-Six

For Time:
1 Mile Run
100 Push-ups
200 Air Squats
1 Mile Run

WOD Sixty-Seven

21-15-9
Handstand Push-ups
Chair Dips
Push-ups

WOD Sixty-Eight

For Time:
21 Push-ups
42 Air Squats
15 Push-ups
30 Air Squats
9 Push-ups
18 Air Squats

WOD Sixty-Nine

For Time:
400 Meter Walking Lunges

WOD Seventy

For Time:
400 Meter Run
50 Air Squats
400 Meter Run
50 Air Squats
400 Meter Run
50 Push-ups
400 Meter Run
50 Sit-ups
400 Meter Run

WOD Seventy-One

For Time:
80-60-40-20 Air Squats
40-30-20-10 Sit-ups
20-15-10-5 Handstand Push-ups

WOD Seventy-Two

For Time:
50 Walking Lunges
800 Meter Run
50 Walking Lunges

WOD Seventy-Three

For Time:
250 Double Unders

WOD Seventy-Four

For Time:
30 Handstand Push-ups
40 Jump Squats
50 Sit-ups
60 Air Squats
70 Double Unders

WOD Seventy-Five

For Time:
60 Push-ups
400 Meter Run
40 Push-ups
800 Meter Run
20 Push-ups
1 Mile Run

Crouching Tiger

For Time:
50 Air Squats
25 Push-ups
50 Pistols
25 Fingertip Push-ups
50 Side Lunges
25 Knuckle Push-ups
50 Walking Lunges
25 Diamond Push-ups

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Playing With Push-ups

For Time:

100 Meter Run
20 Push-ups
5 Burpees
15 Clap Push-ups
5 Burpees
10 Chest Slap Push-ups
5 Burpees
5 Fingertip Push-ups
100 Meter Run
15 Push-ups
5 Burpees
10 Clap Push-ups
5 Burpees
10 Chest Slap Push-ups
5 Burpees
5 Fingertip Push-ups
100 Meter Run
10 Push-ups
5 Burpees
10 Clap Push-ups
5 Burpees
10 Chest Slap Push-ups
5 Burpees
5 Fingertip Push-ups

Prison Workout

20-19-18.....3-2-1

Burpees
25 Meter Walk (between each set)

Long Cycle Burpees

50 rounds For Time:

1 Air Squat
1 Push-up
1 Sit-up
1 Superman
1 Tuck Jump

Ivan the Terrible

For Time:

90 Seconds Jumping Rope
50 Walking Lunges
50 Push-ups
50 Sit-ups
90 Seconds Jumping Rope
40 Walking Lunges
40 Push-ups
40 Sit-ups
90 Seconds Jumping Rope
30 Walking Lunges
30 Push-ups
30 Sit-ups
90 Seconds Jumping Rope
20 Walking Lunges
20 Push-ups
20 Sit-ups
90 Seconds Jumping Rope
10 Walking Lunges
10 Push-ups
10 Sit-ups

Pain Storm XXIV

For Time:

Run 100m
50 burpees
Run 200m
100 pushups
Run 300m
150 walking lunges
Run 400m
200 squats
Run 300m
150 walking lunges
Run 200m
100 pushups
Run 100m
50 burpees

CrossFit Uncensored Travel/Home WOD's

AMRAP

As Many Rounds As Possible

Broad Jumps

Stand with your feet about hip width. Jump forward as far as you can. Land on both feet. Set yourself and repeat. Use your whole body.

Flutterkicks

Lie down on your back with legs extended. Place your hands under your buttocks or hold them out to the side. Lift your legs 6 inches off the floor and alternate moving them up and down about 1 foot. The rectus abdominal is actively involved, as are the oblique's. Holding your hands out to the side requires stabilization and more effort.

Jump Squats

Place your right foot in the center of the step, with your knee aligned over your toes. Bend slightly forward with your back straight and your bottom sticking out a little. Take a breath, push against the floor and jump up and over the step, landing with your right foot in front of the step and your left foot in the center of the step. Rest for a beat and then jump back over the step, landing with your right foot back on the step and your left foot next to the step.

Leg Levers

Lie on your back on the floor, then raise your feet six inches off the floor. Slowly lift your legs until your feet are 36 inches off the floor, then lower your feet back down slowly and rest.

Mountain Climbers

Start on all-fours with your shoulders directly over your hands. Move your legs into a lunge position by pulling one foot forward and extending the other one back. Contract the abs as both feet jump and switch positions. Alternate the feet. Move your feet fast to increase the cardiovascular workout.

Pistols

Stand on one leg, with the other leg out in front and parallel to the floor. Hands are kept to the side. Sit back and down, as if sitting in a very low chair. At the bottom, of the position, your support foot is flat and your hamstrings/glute is resting on your calf. Now stand back up to the starting position. That is one rep.

Tabata

20 seconds work 10 seconds rest, for 8 round intervals.

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Tuck Jumps

Stand with your feet directly underneath you. Jump up as high as you can, throwing your arms up. While in the air, quickly tuck your legs into your hips. Before landing quickly extend your legs down to absorb the landing. Keep your chest up and maintain good posture throughout. Explosively swinging your arms up helps with jump height.

Measuring your Run

1. Go to www.MapMyRun.com and sign up for a FREE account.
2. Accelerometer Watches - Accelerometer running watches have various stride lengths that you can set to match your own. This feature makes these watches exceptionally accurate because you can set different personal stride lengths. If you are jogging, you set the stride length for your jogging stride, and when you are running for speed, you can adjust the distance to your running stride.
3. Pedometer Watches - Pedometers count your steps to track distance by detecting vertical motion from your hip movement. Pedometer watches are paired with a battery-powered hip sensor that you attach to your belt or clothing. A horizontal arm inside the sensor moves up and down in response to the motion of your hips. Each movement tracks a specific distance. The sensor sends a signal to the wristwatch, which then displays the information on a digital display.
4. Phone Applications for measuring your run.
5. Mapping it out with your car's odometer.
6. Distance Measuring Wheel