

Whether you are a student on the road or new to CrossFit and want to try it out on your own with little to no equipment required, this list of 50 workouts is a great place to start.

Most of these workouts you can do just about anywhere - your living room, hotel room, garage, backyard or park. The most you will need is a pull-up bar, a jump-rope and a stop watch! And as long as you do them with maximum intensity and proper form you will be insured a great workout!

Unless otherwise noted all of these workouts are to be done as fast as possible!

1. Run 800 Meters (1/2 Mile) - 50 Push-Ups - 3 Rounds
2. Run 400 Meters (1/4 Mile) - 50 Pull-Ups - 3 Rounds
3. "Nicole": Run 400 Meters - Max Pull-Ups - 5 Rounds
4. Run 400 Meters - 50 Squats - 4 Rounds
5. "Murph": Run 1 Mile - 100 Pull-Ups - 200 Push-Ups - 300 Squats - Run 1 Mile
6. 30 Walking Lunges - 20 Pull-Ups - 400 M Run - 30 Box Jumps - 20 Dips - 400 M Run
7. 50 Dips - Run 400 M - 50 Push-Ups - Run 400 M - 50 Handstand Push-Ups - Run 400 M
8. "Tabata Bottom to Bottom" 20 Secs of Max Air Squats - 10 Seconds of Holding at Bottom - 8 Rounds for Reps
9. "Annie": Double-Unders - Sit-Ups: 50-40-30-20-10 of each
10. Pull-Ups - Dips: 50-40-30-20-10 of each
11. Weighted Pull-Ups: 7 Sets of 1 Rep for Max Weight
12. 100 Burpees
13. 400 Meter Walking Lunge
14. 100 Pull-Ups
15. 150 Burpees
16. 50 Squats - 100 Rope Jumps - 5 Rounds
17. Handstand Push-Ups - L Pull-Ups: 15-1, 13-3, 11-5, 9-7, 7-9, 5-11, 3-13, 1-15
18. 12 Burpees - 12 Pull-Ups - 10 Rounds
19. "GI Jane" 100 Burpee Pull-Ups
20. Do 1 Pull-Up the first minute, 2 the second, 3 the third . . . for as long as possible
21. 50 Double-Unders - 75 Squats - 3 Rounds
22. Handstand Push-Ups - Pull-Ups: 30-10, 20-20, 10-30
23. "Chelsea": 5 Pull-Ups - 10 Push-Ups - 15 Squats - Every Min on the Min for 30 Mins
24. "Barbara": 20 Pull-Ups - 20 Push-Ups - 40 Sit-Ups - 50 Squats - 5 Rounds
25. "Angie": 100 Pull-Ups - 100 Push-Ups - 100 Sit-Ups - 100 Squats
26. "Cindy" 5 Pull-Ups - 10 Push-Ups - 15 Squats - As Many Rounds as Possible in 20 mins
27. "JT": Handstand Push-Ups - Dips - Push-Ups: 21-15-9 of each
28. 10 Pistols - 12 Dips - 15 Pull-Ups - 7 Rounds
29. "Heavy Cindy": 15 Pull-Ups - 30 Push-Ups - 45 Squats - As Many Rounds as Possible in 20 Mins
30. Double-Unders - Push-Ups - Pull-Ups: 50-30-20 of each
31. 5 Box Jumps - 10 L Pull-Ups - 15 Knees-to-Elbows: As Many Rounds as Possible in 20 Mins
32. 5 Handstand Pushups - 10 L Pull-Ups - 15 Lunges - AS Many Rounds as Possible in 20 Mins

33. 50 Squats - 30 Pull-Ups - 15 Handstand Push-Ups - 5 Rounds
34. 5 Pull-Ups - 10 Push-Ups - 15 Squats - 20 Rounds
35. 50 Sit-Ups - 50 Double-Unders - 50 Sit-Ups - 50 Walking Lunges - 50 Burpees - 50 Sit-Ups
36. "Angelina": 60 Handstand Push-Ups - 80 Pull-Ups - 100 Pistols - 120 Sit-Ups (Partners)
37. "Trevor": 300 Pull-Ups - 400 Push-Ups - 500 Sit-Ups - 600 Squats (Teams)
38. "GI Joe": 50 Burpee Pull-Ups
39. 25 Inverted Burpees - 25 Pull-Ups - 25 Burpees - 5 Rounds
40. "Tabata Something Else": Pull-Ups - Push-Ups - Sit-Ups - Squats - 20 sec on, 10 sec off - 8 Rounds of each for reps
41. 5 Med Ball Cleans - 10 Pistols - 15 Double-Unders - As Many Rounds as Possible in 20 Mins
42. Run 5k
43. Sprint 400 Meters Uphill - Sprint 400 Meters Downhill
44. Run 800 Meters - 4 Rounds
45. Run 400 Meters - 2 Min Rest - 4 Rounds
46. Run 100 Meters for Time - 10 Rounds
47. Run 800 Meters - Rest 2 Min - 3 Rounds
48. Run 10k
49. "Griff": Run 800 Meters - Run 400 Meters Backwards - 2 Rounds
50. "Deck of Death": Select 4 Movements and draw an entire deck doing the corresponding movement (suit) and reps (Ace=15, Face=10, #=#)