**3 rounds :** Run 1/2 mile 50 air squats

**10 rounds :** 10 push-ups 10 sit ups 10 squats

**For time :** 200 air squats

**“Susan” – 5 rounds** Run 200m 10 squats 10 push ups

**3 rounds for time :** Sprint 200m 25 push ups

**3 rounds for time :** 10 Handstand push ups 200m run

**Tabata – 4 minutes each exercise – 20 seconds work, 10 seconds rest for 8 rounds**Squats Push ups

**20 rounds for time :** 5 push ups 5 squats 5 sit ups

**For time :** 10-9-8-7-6-5-4-3-2-1 sets of sit-ups 100 meter sprint

**For time :** “Invisible Fran” – 21-15-9 of: Air squats Push ups

**6 rounds for time :** 10 push ups 10 air squats 10 sit ups

**5 rounds for time :** 3 vertical jumps 3 squats 3 long jumps

**10 rounds for time :** 10 push-ups 100M dash

**5 rounds, each for time :** 400M sprints

**10 rounds, each for time :** 100 m dash

**For time :** Run 1 mile, lunging 30 steps every 1 minute

**5 rounds for time :** Handstand 30 seconds 20 air squats

**4 rounds, each for time :** 25 jumping squats

**4 rounds for time :** 10 vertical jumps 10 push ups 10 sit ups

**For time :** 10 air squats every 1 minute of your 1 mile run

**For time :** 100 burpees

**For time :** Run 1 mile

**10 rounds for time :** 10 push-ups 10 squats 10 sit ups 10 rounds

**5 rounds for time :** 10 vertical jumps run 400 meters

**For time :** 100 air squats

**10 rounds, for time :** Sprint 100 meters Walk 100 meters

**For time :** 100 push ups

**For time :** 10-9-8-7-6-5-4-3-2-1 Burpees Sit ups

**3 rounds for time :** 50 sit-ups 400 meter run or sprint or walk

**10 rounds for time :** 10 walking lunges 10 push-ups

**For time :** 50 split jumps

**4 rounds for time :** Handstand for 30 seconds or 5 handstand push ups 400 meter run

**10 rounds for time :** 10 burpees 100meter sprint

**L Sit :** “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!!!)

**4 rounds for time :** run 400 meters 50 air squats

**10 rounds :** Handstand 30 seconds Squat hold 30 seconds

**5 rounds for time :** Ten vertical jumps ( jump as high as you can, land and do it again) 10 push-ups

**20 rounds for time :** 1 burpee 10 air squats

**3 rounds for time :** Run 1/2 mile 50 air squats

**For time:**Run 1 mile with 100 air squats at midpoint

**7 round for time :** 7 squats 7 burpees

**For time :** Run 1 mile, plus 50 squats

**Handstand practice :** 25 tries at free handstands, then a 1 mile run at 80%.

**5 rounds, each for time :** 50 air squats x 5. Rest equal amounts as it took to do each 50

Run 1 mile and do 10 push-ups every 1 minute

**8 rounds for time :** Sprint 100m 30 squats

**3 rounds, for time :** 30 push ups 30 second handstand or Plebs Plank

**10 rounds for time :** 10 sit ups 10 burpees

**10 rounds:**Handstand hold, 30 seconds, Squat hold 30 seconds

**For time :** 250 jumping jacks

**For time :** 100 jumping jacks 75 air squats 50 push ups 25 burpees

**5 rounds :** 30 second handstand against a wall 30 second static hold at the bottom of the squat

**5 rounds for time :** 10 air squats with eyes closed open eyes 10 push ups eyes closed

**5 rounds :** Run 1 minute Squat 1 minute

**5 rounds for time :** 10 push-ups 10 hollow rocks Run 200 meters

**4 rounds for time :** 20 sit ups with support under the lumbar spine 20 push ups Run 400m

**8 rounds :** Handstands, 30 second hold 30 second static squat 30 second rest

**10 rounds for time :** Sprint 50 meters 10 push ups

**4 rounds :** 50 air squats rest for 2 minutes between rounds

**3 rounds :** 20 tuck jumps 30 second handstands

**3 rounds for time :** 400m run/sprint 30 air squats

**3 rounds for time :** 20 jumping jacks 20 burpees 20 air squats

**10 rounds:**50 meter sprint

**3 rounds for time :** Run 400m Air squat 30 hand stand 30 seconds

**5 rounds for time :** 30 second handstand 60 second squat hold ( at the bottom of the squat)

**3 rounds for time :** Run 200 meters 50 squats

**3 rounds for time :** 20 Air squats 20 Burpees 20 Push-Ups

**For time :** 10-9-8-7-6-5-4-3-2-1 Air squat Push up

**5 rounds for time :** 100M dash 10 air squats Rest 2 minutes between rounds

**For time :** 1 mile run 20 lunges at every minute

**5 rounds :** run 200 meters 20 air squats

**20 rounds :** 1 burpee 10 air squats

**21-15-9 :** Push ups Hollow rocks Jump squats

**For time :** 50 push ups 50 squats 50 hollow rocks

**For time :** 10-9-8-7-6-5-4-3-2-1: push up jumping squat

**5 rounds for time :** 30 second handstand 30 air squats

**5 rounds for time :** run 800 meters 30 squats 30 push-ups

**5 rounds for time :** 10 push ups 10 squats run 200 meters

**10 rounds for time :** 10 push ups 10 sit ups 10 squats

**4 rounds for time :** Run 400 meters 20 burpees

**For time :** 100 air squats 50 push ups 1 mile run

**For time :** 100 air squats 1 mile run

**5 rounds for time :** 20 squats 20 push-ups 20 sit ups

**21-15-9 for time :** Sit ups Push ups Air squats

**10 Minute WOD:**Run for 10 minutes stopping to do 20 air squats each minute

**4 rounds for time :** 20 pull ups 20 push ups

**5 rounds for time :** 5 handstand push ups 10 burpees