

A woman is shown from the waist down, standing with her hands on her hips. She is wearing a black sports bra, black shorts, and white athletic shoes with yellow accents. The background is a solid blue color. Overlaid on the image is a semi-transparent dark blue rectangle containing the text "CrossFit Workouts at Home with NO Equipments" in a light blue, bold, sans-serif font.

CrossFit Workouts at Home with NO Equipments

<http://prcvir.com/blog/crossfit-workouts-at-home-with-no-equipment/>

CrossFit Workouts at Home with NO Equipment

Are you thinking of having some workouts at home? How about CrossFit workouts that will not use any equipment?

These insane CrossFit workouts are gathered from around the world and designed by experts and enthusiasts alike.

You will like some but you might hate others you and will absolutely blow away with the few.

Take note when performing these and as always stick to proper technique.

- 3 Rounds for time: 10 Handstand pushups, 200-meter run
- Handstand 1 minute, hold the bottom of the squat for 1 minute, 5 rounds.
- 6 Rounds for time: 10 push-ups, 10 air squats and 10 sit-ups
- Run 1 mile, plus 50 squats for a time.
- 10 rounds for time: 10 push-ups, 10 squats, 10 sit-ups

- 50 air squats, 4 rounds, rest for 2 minutes between rounds.
- 10 rounds for time: 10 push-ups, 100m dash
- Sprint 50 meters, 10 push-ups. 10 rounds
- 5 rounds for time: 10 push-ups, 10 hollow rocks, run 200 meters
- Handstand 10 seconds jack-knife to vertical jump. 25 reps...
- 10 rounds for time: 10 sit ups, 10 burpees
- 4 Rounds for time: 10 vertical jumps, 10 push-ups, 10 sit ups
- 5 Rounds for time: 10 vertical jumps, run 400 meters
- Sprint 200m and do 25 push-ups, 3 rounds.
- 10 sets of 100 m dash (rest is length of time it took you to complete the last 100 m sprint)

- 100 air squats, rest 3 minutes, 100 air squats, rest 3 minutes, 100 air squats
- 5 Rounds: 30-second handstand against a wall, followed by a 30-second static hold at the bottom of the squat
- “Susan” – 5 rounds for time: Run 200m, then 10 squats, 10 push-ups
- 10 to 1 ladder: sit-ups/pushups and a 100-meter sprint between each set.
- 10 sets of 30-second handstand hold followed by holding for 30 seconds at bottom of squat
- 10 x 50-meter sprint (rest is 2 minutes between sprints)
- 3 Rounds for time: 20 jumping jacks, 20 burpees, 20 air squats
- 4 Rounds for time: 20 ab mat sit-ups, 20 push-ups, 400-meter run
- Run 400m air squat 30 hand stand 30 seconds 3 rounds for time

- 3 Rounds for time: Run 1/2 mile, then 50 air squats
- 5 Rounds: 3 vertical jumps, 3 squats, 3 long jumps (rest as needed)



- 10 to 1 Ladder: Burpees and Sit ups
- 10 Rounds for time: 10 burpees, 100 m sprint
- For time: 100 jumping jacks, 75 air squats, 50 push-ups, 25 burpees
- 5 Rounds: 30-second handstand, 60-second squat hold (at the bottom of the squat)
- 3 x 20 Tuck Jumps, followed by 3 x 30-second handstand holds

- 3 rounds for time: 400m run/sprint followed by 30 air squats
- 4 sets x 25 jumping squats
- 3 rounds for form/technique: 5 handstands to jackknife to high jump, 5 handstands to jackknife to tuck jump, 5 handstands to jackknife to split jump
- 10 rounds for time: 10 walking lunges, 10 push-ups
- 3 Rounds: 30 push ups, 30-second handstand
- Run 1 mile and at every 1 minute complete 10 air squats, 10 push-ups, 10 sit-ups
- 20 rounds: 5 push ups, 5 squats, 5 sit-ups
- 10 Rounds: 5 push ups with a 30-second plebs plank (a hold at the top of the push-up, arms extended and body tight like a plank!).
- 5 Rounds: 200 m dash (rest is the length of time it took you to complete the previous 200m dash)

- 50 air squats x 5. Rest equal amounts as it took to do each 50.
- 50 sit-ups, 400-meter run or sprint or walk. 3 rounds.
- 5 x 400M sprints (rest is the same time it took you to complete the last 400m sprint)
- 7 rounds for time: 7 squats, 7 burpees
- Air squat x 10 push up x 10 sit-up x 10 3 rounds for time
- Air squats x20, Burpees x20, Push-Ups x20 – 3 rounds...for time bottom to bottom (rest at the bottom of the squat instead of standing....without support on your hands or butt and make the bottom good, straight back, butt back)
- Do 1 air squat and take one breath, (you can breathe all you want while you do the squat or squats) do 2 and take 2 breaths etc...up to 10, and then come back down to one.
- Run 1 mile with 100 air squats at midpoint, for time
- Handstand 5x 30 seconds. Run: 2x 800 meters for time. Do the handstands first. Rest and recover and do the runs

with a rest in between that is as long as it took you to run your first 800.

– Handstand to Jack-Knife to vertical jump. 30 Reps.

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

– Run with high knees for 15 seconds and drop into a pushup, get back up and run with high knees again for 15 seconds.....repeat 5x. Each pushup counts as 1 rep. Rest. Do 3 more rounds.

There you go! Pick some CrossFit routine for you to try and include in your fitness program.

