

# Crossfit Bodyweight Workouts

Compiled and edited by Shane Skowron. Version 1.5, 10/21/08

(All workouts require nothing more than a pullup bar, rings, or a jumprope.)

Legend: M-metcon ME-muscular endurance S-strength SP-speed SK-skill E-endurance C-core

<b>Girls and Heroes Bodyweight WODs</b> Official Crossfit named WODs for benchmarks and competition	Type
<b>Angie</b> 100 pullups 100 pushups 100 situps 100 squats	M/ME
<b>Barbara</b> Either 5 rounds for time, or 5 rounds with 3:00 rest between each round: 20 pullups 30 pushups 40 situps 50 squats	M/ME
<b>Chelsea</b> Each minute on the minute for 30 minutes of: 5 pullups 10 pushups 15 squats	M/ME
<b>Cindy</b> As many rounds as possible in 20 minutes of: 5 pullups 10 pushups 15 squats	M/ME
<b>Mary</b> As many rounds as possible in 20 minutes of: 5 handstand pushups 10 1-legged squats 15 pullups	ME
<b>JT</b> 21-15-9 reps of: handstand pushups ring dips pushup	ME
<b>Annie</b> 50-40-30-20-10 reps of: double-unders situps	M
<b>Nicole</b> As many rounds as possible in 20 minutes of: Run 400m Max rep pullups	M/ME

<b>Girls and Heroes Bodyweight WODs</b> Official Crossfit named WODs for benchmarks and competition	<b>Type</b>
<b>Murph</b> Run 1 mile 100 pullups 200 pushups 300 squats Run 1 mile Partition the pullups, pushups, and squats as needed. Start and finish with a mile run. If you've got a 20# vest or body armor, wear it.	M/ME
<b>Jason</b> 100 squats 5 muscle-ups 75 squats 10 muscle-ups 50 squats 15 muscle-ups 25 squats 20 muscle-ups	ME/S
<b>Griff</b> Run 800m Run 400m backward Run 800m Run 400m backward	SP
<b>Ryan</b> 5 rounds of: 7 muscle-ups 21 burpees Each burpee 12" above max reach	ME/S

## Other Official Bodyweight WODs

All of these WODs have appeared on the CFHQ main site at least once

<p><b>Death by pullups</b>                  With a continuously running clock do one pull-up the first minute, 2 pullups the second minute, 3 pullups the third minute... continuing as long as you are able. Use as many sets each minute as needed.</p>	ME
30 muscle-ups	S/M
120 pullups and 120 dips	ME
<p><b>GI Jane</b>                  100 burpee-pullups</p>	M/ ME
<p>As many rounds as possible in 20 minutes of:                  15 pullups                  30 pushups                  45 squats</p>	ME
Walking lunge 400m	ME
<p><b>Tabata Something Else</b>                  Complete 32 intervals of 20 seconds of work followed by 10 seconds of rest where the first 8 intervals are pullups, the second 8 are pushups, the third 8 intervals are situps, and finally, the last 8 intervals are squats. There is no rest between exercises.</p>	M/ ME
<p>50-40-30-20-10 reps of:                  pullups                  ring dips</p>	ME
150 burpees	M/ME
<p>handstand pushups: 15-13-11-9-7-5-3-1                  L-pullups: 1-3-5-7-9-11-13-15</p>	S/ ME
<p>3 rounds of:                  Run 800m                  50 pullups</p>	SP/ ME/ M
<p>50 burpees                  jump 12" above max reach each one.</p>	M
<p>50 situps                  50 double-unders                  50 situps                  50 walking lunges                  50 situps                  50 burpees                  50 situps</p>	M/ ME
<p>7 rounds of:                  10 One legged squats, alternating                  12 ring dips                  15 pullups</p>	S/ ME
<p>10 rounds of:                  12 burpees                  12 pullups</p>	M/ ME
<p>4 rounds of:                  Run 400m                  50 squats</p>	SP

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5 rounds of: 15 L-pullups 30 pushups 45 situps	ME
5 rounds of: 25 inverted burpees 25 pullups 25 burpees (Inverted burpee: Starting supine, kip (or sit-up and roll) to standing, kick-up to handstand)	M/ SK
30 handstand pushups 10 pullups 20 handstand pushups 20 pullups 10 handstand pushups 30 pullups	ME
50-30-20 reps of: double-unders pushups pullups	M/ ME
Run 800 meters 40 L pullups Run 800 meters 40 strict pullups Run 800 meters 40 kipping pullups	SP/ ME
5 rounds of: 50 squats 30 pullups 15 handstand pushups	M/ ME
50 ring dips Run 400 meters 50 pushups Run 400 meters 50 handstand pushups Run 400 meters	SP/ ME
3 rounds of: 50 double-unders 75 squats	M
5 rounds of: 50 squats 100 rope jumps	M

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With a continuously running clock do one muscle-up the first minute, 2 muscle-ups the second minute, 3 muscle-ups the third minute, as long as you can. Run 400m. Repeat ladder for deadhang pullups. Run 400m. Repeat ladder for kipping pullups. Run 400m. (Source: US Tactical / Navyseals.com)	ME
3 rounds of: 50 pushups 50 situps 50 squats	M
100 squats 100 pullups 200 pushups 300 squats 100 lunges	M/ ME
<b>Bodyweight Fran</b> 21-15-9 reps of: pullups burpees	M
<b>Segmented Bodyweight Fran</b> 21-15-9 reps of: pullups pushups squat jumps to 12" above max reach (Source: Shane Skowron)	M
50-35-20 rep rounds of: handstand pushups pullups	ME
Repeat for 15 minutes: 20 seconds of pullups 20 seconds of situps 20 seconds of squats	M
100 pullups 200 pushups 300 squats 50 situps	M/ ME
As many rounds as possible in 20 minutes of: 25 pullups 50 pushups 75 squats	M/ ME
As many rounds as possible in 20 minutes of: 25 handstand pushups 50 One legged squats, alternating 75 pullups	M/ ME
As many rounds as possible in 20 minutes of: 10 L pullups 20 squats	M/ ME

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100-75-50-25 reps: situps flutterkicks (4 count) Leg levers (Source: US Tactical / navyseals.com)	C
<b>The Reckoning</b> Run 1 mile 100 bodyblasters (burpee-pullups-knees-to-elbows) Run 1 mile (Source: Shane Skowron)	M/ME
Cummulative L-hold for total of 5:00. Use bar, rings, or floor. Stop timer when you drop out of position. Record total time it takes to get 5:00. (Source: US Tactical / navyseals.com)	C
100 situps 100 flutterkicks (4 count) 100 leg levers (Source: US Tactical / navyseals.com)	C
With a continuously running clock do one Handstand pushup the first minute, 2 pullups the second minute, 3 handstand pushups the third minute and 4 pullups the 4th minute continuing in this pattern as long as you are able. If your pace falls behind the count, continue to alternate exercises while recording reps for a total of twenty minutes.	ME
handstand pushups 5x5 Maximize range of motion by using blocks or chairs.	S
<b>Running Tabata Something Else</b> Tabata pullups, 1 round Run 1 mile Tabata pushups, 1 round Run 1 mile Tabata situps, 1 round Run 1 mile Tabata squats, 1 round Run 1 mile For best time. (Source: US Tactical / navyseals.com)	M/ME
10-20-30 reps of: squat handstand pushups squat pullups	M/ ME
<b>Running with Angie</b> 100 pullups Run 1 mile 100 pushups Run 1 mile 100 situps Run 1 mile 100 squats Run 1 mile (Source: US Tactical / navyseals.com)	M/ ME

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<p>With a continuously running clock do 1 ring dip the first minute, 2 ring dips the second minute, 3 ring dip the third minute...continuing as long as you are able. Use as many sets each minute as needed.</p>	<p>ME</p>
<p><b>Murph Tribute</b>  Run 1 mile  50 pullups  100 pushups  150 situps  200 squats  Run 1 mile  50 pullups  100 pushups  150 situps  200 squats  Run 1 mile  No partitioning.  (Source: US Tactical / navyseals.com)</p>	<p>M/ ME</p>
<p>50 ring dips  100 squats  50 ring dips  100 squats  50 ring dips</p>	<p>M/ ME</p>
<p>21-15-9 reps of:  handstand pushups  Inverted pullups</p>	<p>ME</p>
<p>5 rounds of:  50 walking lunges  15 handstand pushups</p>	<p>ME</p>
<p><b>Deck of Cards</b>  Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck.  Hearts - pushups  Diamonds - pullups  Spades - situps  Clubs - squats  Jokers - Run 1 mile  (Source: US Tactical / navyseals.com)</p>	<p>M/ ME</p>
<p><b>Deck of Cards (Core Variation)</b>  Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified. Cycle whole deck.  Hearts - burpees  Diamonds - mountain climbers (4-ct)  Spades - flutterkicks (4-ct)  Clubs - situps  Jokers - Run 400m  (Source: US Tactical / navyseals.com)</p>	<p>C/M</p>
<p>5 rounds of:  21 pullups  21 ring dips</p>	<p>M/ME</p>

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21-15-9 reps of: ring pushups ring dips	ME
5 rounds of: 30 handstand pushups 30 pullups	ME
5 rounds of: Max ring dips in 1:00 Rest 1:00 Max ring pushups in 1:00 Rest 1:00 (Source: US Tactical / navyseals.com)	M/ ME
100 squats 20 handstand pushups 30 pullups	M/ ME
100 squats 9 handstand pushups 200 squats 15 handstand pushups 100 squats 21 handstand pushups	M/ ME
7 rounds of: Max rep dips Max rep pullups Rest as needed.	ME
100 L-pullups	ME/C
100 squats 40 pullups 80 squats 32 pullups 60 squats 24 pullups 40 squats 16 pullups 20 squats 8 pullups	M/ME
80 squats 10 handstand pushups 60 squats 20 handstand pushups 40 squats 30 handstand pushups 20 squats	M/ME
10 rounds of: 10 pullups 20 pushups 30 squats	M/ ME

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4 rounds of: 50 squats 5 muscle-ups	M/S
As many rounds as possible in 20 minutes of: 7 handstand pushups 12 L-pullups	ME
50 squats 50 pullups 50 walking lunges 50 knees-to-elbows 5 handstand pushups 50 situps 5 handstand pushups 50 squats 50 pullups	M
100 squats 30 muscle-ups 100 squats	M/S
4 rounds of: 25 lunges 50 squats	ME
100 squats 25 situps 100 squats 25 situps 100 squats 25 knees-to-elbows 100 squats 25 handstand pushups	M
3 rounds of: 100 squats 50 ring dips 30 L-pullups	M/ME
5 rounds of: 5 handstand pushups 5 muscle-ups	ME/S
2 rounds of: 35 squats 35 knees-to-elbows 35 squats 35 situps 35 lunges 35 squats	M
21-18-15-12-9-6-3 of: squats L-pullups knees-to-elbows	M/ME

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7 rounds of: 35 squats 25 pushups 15 pullups	M
5 rounds of: 10 dips 15 pullups 20 handstand pushups	M/ME
5 rounds of: 100 squats 20 lunges 35 pushups	M/ME
21-15-9 reps of: Body blasters (burpee-pullup-knees-to-elbows) box jump burpees Belushi burpees (on jump turn 180 degrees) Burpee Jacks (plank jack to jumping jack) (Source: Robert Pierce)	M
Give 30 minutes to handstand and hand walking practice.	SK/S
3 rounds of: 100 squats 25 L-pullups 30 handstand pushups	M/ME
3 rounds of: 7 muscle-ups 100 squats	S/M
5 rounds of: 50 squats 30 handstand pushups	M/ME
3 rounds of: 100 squats 20 ring pushups 12 pullups	M/ME
5 rounds of: 50 squats 15 ring pushups	M
3 rounds with 2:00 rests between each round: 50 squats 30 pullups 40 pushups 50 squats	M/ME
10-9-8-7-6-5-4-3-2-1 pullups ring pushups handstand pushups	M/ME
5 rounds of: 9 handstand pushups 9 pullups	ME

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2 rounds of: 21 lunges 21 pullups 21 squats 21 ring dips 21 handstand pushups	M/ME
As many rounds as possible in 20 minutes: 10 False grip ring pullups (rings to chest) 10 ring dips (go as deep as possible)	S/ME
5 rounds of: 50 squats 21 ring dips 21 handstand pushups	M/ME
21 pullups 50 squats 21 knees-to-elbows 18 pullups 50 squats 18 knees-to-elbows 15 pullups 50 squats 15 knees-to-elbows 12 pullups 50 squats 12 knees-to-elbows	M
7 rounds of: 20 ring dips 20 pullups 20 lunges	M/ME
25 squats 25 situps 25 lunges 25 handstand pushups 25 pushups 25 knees-to-elbows 25 dips 25 pullups	M
As many rounds as possible in 20 minutes of: 10 pullups 10 ring dips 10 walking lunges	M/ME

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<b>Bad Snake</b> 100 rope jumps 21 knees-to-elbows 50 Push ups 15 L-Pull ups 100 rope jumps 15 knees-to-elbows 35 Push ups 12 L-Pull ups 100 rope jumps 12 knees-to-elbows 20 Push ups 9 L-Pull ups (Source: Ian Carver)	M
<b>Seppuku</b> 10 rounds of: 10 L-pull ups 10 ring pushups 10 knees-to-elbows (Source: Ian Carver)	M/ME
<b>20 pieces of Angie</b> 20 rounds of: 5 pullups 5 pushups 5 situps 5 squats (Source: Crossfit PC)	M
<b>Burning Rings of Fire</b> 10 ring pushups 10 Archer pushups (5 each side) 10 ring Flyes 10 Wide Grip ring pushups 10 Single-leg ring pushups (5 each led) 10 Pseudo-planche ring pushups 10 Jackknife ring pushups 10 Dive Bomber ring pushups 10 Elevated ring pushups 10 ring pushups (Source: Chad McBroom)	S
25 handstand pushups 25 squats 25 pullups 25 One legged squats 25 muscle-ups	M/ ME/ S
3 rounds of: 100 squats 50 ring dips	M/ME

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100 squats 21 handstand pushups 30 pullups 100 squats 30 pullups 21 handstand pushups 100 squats	M/ME
5 rounds of: 20 squats 20 pushups 20 pullups	M/ME
50-40-30-20-10 reps pullups squat jumps (Source: Shane Skowron)	M/ME
50 burpees 75 flutterkicks (4-count) 100 pushups 150 situps (Source: specialtactics.com)	M/ ME/ C
Run 1 mile 30 pullups (chest to bar) 60 pushups (Source: specialtactics.com)	M
2 rounds: Max pushups 2:00 Max situps 2:00 Max flutterkicks 2:00 Max squats 2:00 (Source: specialtactics.com)	ME
100 squats 20 handstand pushups 30 pullups 100 squats 30 pullups 20 handstand pushups 100 squats	M/ME
15 rounds for max reps: pullups, 30 seconds on / 30 seconds off	ME
Run 10 minutes max effort 200 squats Run 10 minutes max effort (Source: Shane Skowron)	SP/ E

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50 squats 50 jumping pullups 50 steps walking lunge 50 knees-to-elbows 50 handstand pushups 50 situps 50 dips 50 squats 50 pushups	M
Run 1 mile 21 L-pullups Run 1 mile 21 bar muscle-ups Run 1 mile 21 ring muscle-ups (Source: Shane Skowron)	E/ S
4 rounds of: 50 walking lunges 50 squats Run 400m (Source: Shane Skowron)	ME
4 rounds of: 5 muscle-ups 50 straight-leg lifts on rings (Source: Shane Skowron)	S/ C
5 rounds of: 10 burpees 20 box/bench jumps 30 pushups 40 squats 50 lunges (Source: navyseals.com forums)	ME
pistols (1 legged-squats) 3x10 on each leg Hold a rock or other heavy object to increase the load.	S
Practice your kip-up for 20 minutes, with hands or without. Kip-up consists of lying flat supinated to explosively standing up.	SK/ SP
Attempt an elbow lever, back lever, or front lever for 20 minutes.	SK/S

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<p><b>Playing with pushups</b>  Run 100m  20 pushups  5 burpees  15 clap pushups  5 burpees  10 chest-slap pushups  5 burpees  5 fingertip pushups  Run 100m  15 pushups  5 burpees  10 clap pushups  5 burpees  10 chest-slap pushups  5 burpees  5 fingertip pushups  Run 100m  10 pushups  5 burpees  10 clap pushups  5 burpees  10 chest-slap pushups  5 burpees  5 fingertip pushups  (Source: John Beielser)</p>	M/ ME/ SP
<p><b>Balboa</b>  4 rounds of:  100 jump ropes  Run 400 meters  10 Bodyblasters (burpee-pullup-knees-to-elbows)  (Source: Chad McBroom)</p>	M/ME
<p><b>Crouching Tiger</b>  50 squats  25 pushups  50 pistols  25 fingertip pushups  50 side lunges  25 knuckle pushups  50 walking lunges  25 diamond pushups  (Source: Chad McBroom)</p>	M/ME
<p><b>Fractured Runny Angie</b>  Run 400 meters  25 pullups  25 pushups  25 situps  25 squats  (Source: Crossfit PC)</p>	M/ME
<p>Run 5k , but every 5:00 do 50 pushups and 50 squats.  (Source: Shane Skowron)</p>	E/ ME

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20-16-12-8-4 reps of: One-arm pushups One-legged squats (Source: navyseals.com boards)	S
50 flutterkicks 50 situps Run 400m 100 flutterkicks 100 situps Run 400m (Source: US Tactical / navyseals.com)	C
4 rounds of: 50 pushups 50 situps 50 4ct flutterkicks (Source: US Tactical / navyseals.com)	C/ME
250 squats 20 muscle-ups 250 squats (Source: Shane Skowron)	E/ S
1 round Tabata sprints 1 round Tabata squats, rest position is in the squat There is no rest between exercises. (Source: Crossfit Endurance)	SP
150 squats 50 pushups 21 pullups Run 800 meters 21 pullups 50 pushups 150 squats (Source: thesealquest.com)	M/ME
50 L-pullups 50 handstand pushups 50 pistols 50 knees-to-elbows (Source: Shane Skowron)	M/ME
As many rounds as possible in 12 minutes of: 10 pushups 15 situps 20m walking lunge (Source: Crossfit Alpha)	M/ME
Spend a cumulative total of 5 minutes in a hand stand, or head stand. (Source: Crossfit Alpha)	SK
21-15-9 reps of: lunges (Each leg ½ rep) situps burpees (Source: Crossfit Alpha)	M

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5 rounds of: 50 mountain climbers (4 count) 25 situps (Source: Crossfit Alpha)	C
5 rounds of: 100 jumping jacks 100 mountain climbers (Source: Crossfit Alpha)	M/C
<b>Prison Workout</b> burpees: 20-19-18 ... 3-2-1 walk 25m after each set (Source: Ken Andes)	M
<b>Ash</b> 3 rounds, 90 seconds per station of: burpees pushups box/bench jumps pullups Double Unders squats (Source: Ben Ericson)	M
Run 1 mile 60 push ups 40 dips 20 handstand pushups 10 pistols (each leg ½ rep) 20 handstand pushups 40 dips 60 push ups Run 1 mile (Source: US Tactical / navyseals.com)	M/ ME
3 rounds of: Run 800m 30 burpees 30 knees-to-elbows (Source: US Tactical / navyseals.com)	M
4:00 of situps 2:00 of pushups 2:00 of flutterkicks 1:00 of deadhang pullups (Source: specialtactics.com)	ME

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<p><b>Ivan the Terrible</b>            90 seconds of jumping rope            50 lunges            50 pushups            50 situps            90 seconds of jumping rope            40 lunges            40 pushups            40 situps            90 seconds of jumping rope            30 lunges            30 pushups            30 situps            90 seconds of jumping rope            20 lunges            20 pushups            20 situps            90 seconds of jumping rope            10 lunges            10 pushups            10 situps            (Source: Ian Carver)</p>	M
<p><b>Long Cycle Burpees</b>            50 rounds of:            1 squat            1 pushup            1 situp            1 superman            1 tuck jump            (Source: Crossfit Alpha)</p>	M
<p>5 rounds of:            30 second isometric squat hold            20 squats            30 seconds isometric leaning rest            20 pushups            (Source: Crossfit Alpha)</p>	ME
<p>50 jumping jacks            50 pushups            50 tuck jumps            50 situps            50 mountian climbers(50 each leg)            50 squats            50 jumping jacks            (Source: Crossfit Alpha)</p>	M
<p>10 rounds of:            30 seconds handstand            30 seconds isometric squat            (Source: Crossfit Alpha)</p>	ME

<b>Running Workouts</b>	<b>Type</b>
Unless specifically noted, all running workouts should be at maximum effort.	
Pick a distance : 1.5mi, 2 mi, 5k, 8k, 10k, 15k, 13.1 mi	SP/E
Pick a time for max distance: 20min, 30min, 40min, 60min, 90min	SP/E
1 round Tabata uphill sprints (20:10 x 8) or on treadmill 12% grade (Source: Crossfit Endurance)	SP/M
4 rounds of: 5:00 max distance, 3:00 recovery (Source: Crossfit Endurance)	SP
Run 3 x 5k with 10:00-15:00 recoveries (Source: Crossfit Endurance)	E
1200m uphill sprint Rest 1:00 1200m downhill jog Rest 1:00 Repeat (Source: Crossfit Endurance)	SP
1:00 sprint, 1:00 rest 1:00 sprint, 0:50 rest 1:00 sprint, 0:40 rest 1:00 sprint, 0:30 rest 1:00 sprint, 0:20 rest 1:00 sprint, 0:10 rest 1:00 sprint, 0:20 rest 1:00 sprint, 0:30 rest 1:00 sprint, 0:40 rest 1:00 sprint, 0:50 rest 1:00 sprint, 1:00 rest (Source:Crossfit Endurance)	SP/ M
10x100m with 2:00 rests	SP
8x200m with 2:00 rests	SP
4x400m with 5:00 rests	SP
8 rounds of: 80 seconds sprint, 40 seconds recovery (Source: Crossfit Endurance)	SP/M
3 rounds of: 1:00 sprint, 1:00 recovery 2:00 sprint, 2:00 recovery 3:00 sprint, 3:00 recovery (Source: Crossfit Endurance)	SP/M
3:00 sprint, 3:00 recovery 2:00 sprint, 2:00 recovery 1:00 sprint, 1:00 recovery 2:00 sprint, 2:00 recovery 3:00 sprint, 3:00 recovery (Source: Crossfit Endurance)	SP/ M
4x800m with 2:00 rests	SP
Run 10k. Run second half faster than the first.	E

<b>Running Workouts</b>	<b>Type</b>
Unless specifically noted, all running workouts should be at maximum effort.	
3 rounds of: 100m sprint, Rest same amount of time you finished the sprint 200m sprint, Rest same amount of time you finished the sprint 300m sprint, Rest same amount of time you finished the sprint (Source: Crossfit Endurance)	SP/ M
3 rounds of: 200m sprint, Rest same amount of time you finished the sprint 400m sprint, Rest same amount of time you finished the sprint 600m sprint, Rest same amount of time you finished the sprint (Source: Crossfit Endurance)	SP/ M
10 rounds of: 1:00 sprint, 1:00 recovery (Source: Crossfit Endurance)	SP/ M
8 rounds of: 10 seconds sprint, 5 seconds recovery (Source: Crossfit Endurance)	SP/ M
0:45 sprint, 0:45 recover 1:30 sprint, 1:30 recover 3:00 sprint, 3:00 recover 6:00 sprint, 6:00 recover 3:00 sprint, 3:00 recover 1:30 sprint, 1:30 recover 0:45 sprint, 0:45 recover (Source: Crossfit Endurance)	SP/ M
16 rounds of: 10 seconds sprint, 20 seconds recovery (Source: Crossfit Endurance)	SP/ M
4x200m + 4x400m + 2x1000m Rest 1:00, 1:30, and 2:00 per interval distance, respectively. (Source: Crossfit Endurance)	SP/ M
200m sprint, Rest same amount of time you finished the sprint 400m sprint, Rest same amount of time you finished the sprint 600m sprint, Rest same amount of time you finished the sprint 400m sprint, Rest same amount of time you finished the sprint 200m sprint, Rest same amount of time you finished the sprint (Source: Crossfit Endurance)	SP/ M
1 mile time trial Rest 2:00 2x400m at time trial pace, rest 1:00 in between	SP/ M
4x200m (rests 1:30) + 2x400m (rests 2:00)	SP

<p style="text-align: center;"><b>Endurance Challenges and Beatdowns</b></p> <p>These workouts have been designed for the Crossfitter who is looking for some extra pain, even several hours of intensity. These should only be completed by experienced Crossfitters who are comfortable with lots of running.</p>	<p style="text-align: center;"><b>Type</b></p>
<p><b>Filthy Fifteen Miles</b>  60 rounds of:  Run 400m  10 burpees  1 muscle-up  Use a pile of 60 pennies to help you keep track of rounds.  (Source: Shane Skowron)</p>	<p style="text-align: center;">E/ S</p>
<p><b>Triple Murph</b>  Complete 3 Murphs in a row. See first section for description.  First Murph is completed with weighted backpack or vest, partitioned 5/10/15.  Second Murph is completed without partitions.  Third Murph is partitioned 5/10/15.  (Source: crossfit.com / Shane Skowron)</p>	<p style="text-align: center;">E/ ME</p>
<p><b>Burpee Mile</b>  Cover 1 mile using burpees only. You may jump forward as far as you want for each burpee, but you may not walk forward at any point.  (Source: Shane Skowron)</p>	<p style="text-align: center;">E</p>
<p><b>Station 4:00</b>  There are 5 stations. At each station you will perform the movement at maximum intensity for the specified amount of time, cycling through the stations in the order given. The workout takes 4 hours to complete.</p> <p>Station A: running  Station B: burpees  Station C: pullups  Station D: squat jumps  Station E: bear crawl or lunges</p> <p>Round 1: 5:00 at each station, for total of 25:00.  Round 2: 12:00 at each station, for total of 1:00:00.  Round 3: 30:00 at each station, for total of 2:30:00.  Round 4: 1:00 at each station, for total of 5:00.  (Source: Shane Skowron)</p>	<p style="text-align: center;">E/ ME</p>
<p><b>The 500 Challenge</b>  500 pullups  500 pushups  500 situps  500 flutterkicks  500 squats  Complete any way you can.  (Source: thesealquest.com)</p>	<p style="text-align: center;">E/ ME</p>
<p><b>Frenzy</b>  10 rounds of:  Max burpees 1:00  Max pullups 1:00  Max tuck jumps 1:00  Max jumping jacks 1:00  Max distance running 2:00  (Source: Shane Skowron)</p>	<p style="text-align: center;">E/ ME</p>

<p style="text-align: center;"><b>Endurance Challenges and Beatdowns</b></p> <p>These workouts have been designed for the Crossfitter who is looking for some extra pain, even several hours of intensity. These should only be completed by experienced Crossfitters who are comfortable with lots of running.</p>	<p style="text-align: center;"><b>Type</b></p>
<p><b>October Breeze</b></p> <p>110 minutes: March. Optionally with rucksack weighing 50#.</p> <p>15 minutes: Eat, hydrate, stretch, change clothes if necessary.</p> <p>60 minutes: Run at half marathon pace.</p> <p>60 minutes: Complete 1000 walking lunges.</p> <p>30 minutes: 5 rounds: ring dips 1:00, rest 1:00, ring pushups 1:00, rest 1:00</p> <p>60 minutes: Run at half marathon pace.</p> <p>15 minutes: Eat, hydrate, stretch, change clothes if necessary.</p> <p>30 minutes: Complete Angie, max intensity.</p> <p>15 minutes: Sprint 10x100m with 1:00 rests.</p> <p>15 minutes: Complete 100 burpees.</p> <p>30 minutes: 4 rounds: 50 squats, 5 muscle-ups. Sub 3/3 for MU if necessary.</p> <p>30 minutes: 500 situps.</p> <p>10 minutes: Run 1 mile all-out.</p> <p>8 hours total to complete. (Source: Shane Skowron)</p>	<p>E/ ME/ SP/ C/ M</p>
<p><b>1,500 Rep WOD</b></p> <p>10 rounds of:</p> <p>100 jump ropes</p> <p>10 burpees</p> <p>10 situps</p> <p>10 pushups</p> <p>10 squats</p> <p>10 pullups</p> <p>(Source: Crossfit Houston)</p>	<p>E</p>
<p><b>Pulling 20</b></p> <p>4 rounds of:</p> <p>Run 5 miles</p> <p>100 pullups</p> <p>(Source: Shane Skowron)</p>	<p>E/ ME</p>
<p><b>The Longest Mile</b></p> <p>400m handstand walking</p> <p>400m walking lunges</p> <p>400m bear crawl</p> <p>400m burpee jumps</p> <p>(Source: Shane Skowron)</p>	<p>M/ ME E</p>
<p><b>Painstorm XXIV</b></p> <p>Run 100m</p> <p>50 burpees</p> <p>Run 200m</p> <p>100 pushups</p> <p>Run 300m</p> <p>150 walking lunges</p> <p>Run 400m</p> <p>200 squats</p> <p>Run 300m</p> <p>150 walking lunges</p> <p>Run 200m</p> <p>100 pushups</p> <p>Run 100m</p> <p>50 burpees</p> <p>(Source: CF London / CF Central Scotland / BrandX CF)</p>	<p>M/ E</p>