

No Equipment, No Problem

20 Min AMRAP
400m Run
20 Push-ups
40 Sit-ups

5 Rounds for Time
20 Squat Jumps
40 Alternating Lunges
200m Run

10 Min EMOM
Burpees (pick a number and stick with it. You should have 30-35 sec rest each round)

1 Mile Run
100 Sit-ups
1 Mile Run

40-30-20-10
Push-Ups
Squats
Reverse Crunches

3 Rounds for Time
20 HSPU
800m Run
50 Sit-Ups

Accumulate
2 Mile Run
100 Push-ups
200 Squats



Fitness Disclaimer

The Site cannot and does not contain fitness/health advice. The fitness/health information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals. We do not provide any kind of fitness/health advice. The use or reliance of any information contained on this site is solely at your own risk