

32 at home workouts

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Examples of all movements are at the end of this document

1. **Ladders**

Choose 1 bodyweight movement, like push ups or burpees (Look through this document and pick any you want.)

Do 1 movement per minute at the top of every minute.

Add a rep every minute.

Go until you can't complete the required reps in a minute.

You might want to add 2-3 other movements to make this a workout. Score is the combined total of all movements.

2. **Head-to-Toe Sprint**

7 Rounds for Time:

10 Push-ups

10 Air Squats

Run 200m

3. **"Michael"**

800m Run

50 Situps

50 Back Extensions (sub Supermans or some other back extension exercise)

4. **Descending Ladder**

For time: 10-9-8-7-6-5-4-3-2-1 of 3 different exercises (choose from the standard bodyweight list, like burpees and pushups and situps, or choose from the more novel list below.)

5. **Gym Practice**

AMRAP in 20:00

10 Handstand pushups

10 Pistols (single leg squats)

6. **"Tabata Whatever"**

Choose 5 home-friendly exercises. For each of the exercises, perform max reps for 8 consecutive Tabata intervals of 20 seconds of work followed by 10 seconds of rest. Rest 1 minute between exercises.

Example:

Tabata Row

Rest 1 Minute

Tabata Squats

Rest 1 Minute

Tabata Pull-ups

Rest 1 Minute

Tabata Push-ups

Rest 1 Minute

Tabata Sit-ups

Tabata score is the least number of reps performed in any of the eight intervals. Unit for the row is "calories". Post lowest Tabata score for each exercise and total for final score as Total Reps. E.G., 10, 20, 5, 10, 15 = 60

7. **800m of Burpee Broad jumps** (perform a burpee then jump and repeat)

8. **Bodyweight "Filthy 50"**

For Time:50 Tuck Jumps

50 Push-ups

50 Air Squats

50 Handstands

50 Walking Lunges

50 Sit-ups

50 Second L-Sit

50 Burpees

9. **5k Test** – run a 5k for time.

10. For Time:

Run 400m

50 Air Squats

Run 400m

50 Push-ups

Run 400m

50 Sit-ups

Run 400m

11. **In 20:00**, perform a maximum handstand. Every time you drop, perform 20 dumbbell snatches, alternating hands.

12. **The Burpee Sprint Maxout**

5 2-minute rounds

- 10 burpees
- 200-m sprint
- Max-rep burpees

13. **“Cindy”**

20 minutes, as many reps as possible (AMRAP)

- 5 Pullups
- 10 Pushups
- 15 squats

14. **Set a timer for 20 minutes**. Complete as many rounds as you can before the clock runs out. Replace Pull Ups with something novel from the list below if necessary.

20 minutes, as many reps as possible (AMRAP)

- 5 Pullups
- 10 XXX (your choice)
- 15 squats

15. **“Chelsea”**

Every minute on the minute (EMOM) for 30 minutes. Replace Pull Ups with something novel.

- 5 pull-ups
- 10 XXX your choice
- 15 squats

16. **“Annie”**

50 double-unders / 50 sit ups

40 double-unders / 40 sit ups

30 double-unders / 30 sit ups

20 double-unders / 20 sit ups

10 double-unders / 10 sit ups

...for time.

17. **“Angie”**

For time, replace “pull-ups” with something novel from the list below.

- 100 pullups
- 100 pushups
- 100 sit ups
- 100 squats

18. **"Murph"**

For time, replace Pull Ups with a novel exercise if necessary.

- 1 mile run
- 100 pullups
- 200 pushups
- 300 squats
- 1 mile run

19. **"300"**

25 pull-ups
50 deadlifts (with 60kg)
50 press-ups
50 box jumps (onto a 60cm box)
50 floor wipers (with a 60kg bar)
50 two-handed clean-and-presses (with a 24kg kettlebell)
25 pull-ups

20. **"Griff"**

Run 800m
Run 400m backward
Run 800m
Run 400m backward

21. **4 rounds of:**

Run 400m
50 squats

22. **Run Run**

Run 800m
80 double-unders
80 pushups
then 600/60/60, 400/40/40, 200/20/20

23. **Sets of fun**

100-75-50-25 reps:
sit ups
flutter kicks (4-count)
leg levers

24. **GO**

50 ring dips
100 squats

50 ring dips
100 squats
50 ring dips
(sub dips on anything if your clients don't have rings at home)

25. 21-15-9 reps of:

Body blasters (burpee pull up knees to elbows)
box jump burpees
Belushi burpees (on jump turn 180 degrees)
Burpee Jacks (plank jack to jumping jack)

26. Beep Test

You can download the "beep test" as an audio file in several places. [Here are the instructions.](#)

27. 2 rounds:

Max pushups 2:00
Max situps 2:00
Max flutter kicks 2:00
Max squats 2:00

28. Run 10 minutes max effort

200 squats
Run 10 minutes max effort

29. 5 rounds of:

10 burpees
20 box/bench jumps
30 pushups
40 squats
50 lunges

30. "Crouching Tiger"

50 squats
25 pushups
50 pistols
25 fingertip pushups
50 side lunges
25 knuckle pushups
50 walking lunges
25 diamond pushups

31. ARMS

20-16-12-8-4 reps of:
One-arm pushups
One-legged squats

32. Legs

5 rounds of:
100 jumping jacks
100 mountain climbers

Demo links

[Push Ups](#)
[Air Squats](#)
[Run](#)
[Sit Up](#)
[Back Extension](#)
[Superman](#) (sub for back extension)
[Box Jump](#)
[Clean and Press](#)
[Backwards Run](#)
[Flutter Kicks](#)
[Floor Wipers](#)
[Ring Dips](#)
[Mountain Climber](#)
[Side Lunge or Cossack Squat](#)
[Handstand Push Up](#)
[Handstand Kick up and Hold](#)
[Pistol or One Legged Squat](#)
[Pull Up](#)
[Jump Tuck](#)
[Walking Lunge](#)
[L Sit](#)
[Burpee](#)
[Dumbbell Snatch](#)
[Double Under Jump Rope](#)
[Single Under Jump Rope](#)
[Dumbbell Dead Lift](#)