

On the Go WOD's. No Equipment necessary.

Walking lunge 400m	150 burpees
4 rounds of: Run 400m 50 squats	50 flutterkicks 50 situps Run 400m 100 flutterkicks 100 situps Run 400m
21-15-9 reps of: lunges (Each leg ½ rep) situps burpees	5 rounds of: 100 jumping jacks 100 mountain climbers
50 burpees 75 flutterkicks 100 pushups 150 situps	5 rounds of: 10 burpees 20 box/bench jumps 30 pushups 40 squats 50 lunges
4 rounds of: 50 walking lunges 50 squats Run 400m	Run 2 miles , but every 2:00 min do 20 pushups and 20 squats.
3 rounds of: 50 pushups 50 situps 50 squats	5 rounds of: 50 walking lunges 15 handstand pushups
25 Burpees Run 1 Mile 25 Burpees	Mary Complete as many rounds as possible in 20 minutes of: 5 handstand pushups 10 pistols 15 pullups
Cindy Complete as many rounds as possible in 20 minutes of: 5 pullups 10 pushups 15 squats	Griff Run 800m Run 400m backward Run 800m Run 400m backward