



G4G Workout List

These workouts are great for traveling, as they require little to no equipment. If you're going to purchase any supplemental equipment, start with a properly sized jump-rope. These workouts may be too difficult based on your level of fitness. Scale them down as you see fit. Make sure you visit your healer before starting your workout program just to be on the safe side!

Let's Grind!!

6 Rounds:
10 push-ups
10 air squats
10 sit ups

3 Rounds:
30 push-ups
200m run

One mile run (While running, complete the following every other minute)
10 air squats
10 sit-ups
10 push-ups

7 rounds
10 burpees
100m sprint

10 rounds
10 push-ups
100m sprint

For Time: 100 air squats.

For Time: 200 air squats.

For Time: 100 burpees.

For Time: 250 jumping jacks.

For Time:
25 burpees



G4G Workout List

50 push-ups
75 air squats and
100 jumping jacks

5 rounds
10 Broad Jumps
400m Run

3 Rounds:
Run 800m
50 Squats

10 Rounds:
Run 50 meter sprints
Rest 1 minute between each sprint

4 Rounds for time:
25 jump squats.

5 Rounds:
Run 200m
Rest between runs the same amount of time it took you to run the round before.

3 Rounds:
400m Run
20 Air Squats

20 rounds of:
5 push ups
5 sit ups
5 squats.

4 rounds of:
50 air squats with a couple of minutes rest between rounds.

For Time:
Run 1 Mile

10 Rounds:
Sprint for 100m
Walk for 100m

3 Rounds for Time:
Run 800m
50 Air Squats



G4G Workout List

10 Rounds for Time:

10 Pushups

10 Sit ups

10 Squats

For Time:

200 Air Squats

5 Rounds for Time:

Run 200m

10 Squats

10 Push Ups

3 Rounds for Time:

Run 200m

25 Pushups

3 Rounds for Time:

10 Handstand Pushups Run 200m

20 Rounds for Time:

5 Pushups

5 Squats

5 Situps

10-9-8-7-6-5-4-3-2-1 sets of sit-ups and a 100 meter sprint between each set

21-15-9

Air Squats

Pushups

Spend a total of 5 minutes in a wall-assisted handstand

For Time: Run 1 mile

6 Rounds for Time:

10 Pushups

10 Air Squats

10 Sit Ups



G4G Workout List

5 Rounds for Time:
3 Tuck Jumps
3 Squats
3 Broad Jumps

8 Rounds for Time:
Handstand 30 seconds
10 Squats

10 Rounds for Time:
10 Pushups
Run 100M

For Time:
Run 1 mile, lunging 30 steps every other minute

5 Rounds for Time:
Wall Assisted Handstand 30 seconds
20 Air Squats

For Time:
250 Air Squats

4 Rounds for Time:
10 Tuck Jumps
10 Pushups
10 Situps

For Time: 100 Burpees

10 Rounds for Time:
10 Pushups
10 Squats
10 Tuck Jumps

5 Rounds for Time:
Wall Assisted Handstand 1 minute
Hold bottom of the squat 1 minute

10 Rounds for Time: Sprint 100m
Walk 100m

For Time: 100 Pushups



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10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time:

Burpees

Situps

3 Rounds:

50 Situps

Run 400m

10 Rounds for Time:

10 Walking Lunges 10 Pushups

10 Rounds for Time:

10 Burpees

Run 100m

4 Rounds for Time:

Run 400m

50 Air Squats

10 Rounds for Time:

10 Pushups

10 Squats

Tabata Squats: 20 seconds on 10 seconds rest, 8 rounds.

For Time:

Run 800m

100 Air Squats Run 800m

7 Rounds for Time: 7 Air Squats

7 Burpees

5 Rounds for Time:

50 Air Squats

Rest the amount of time it took to complete the 50

For Time:

Run 1 mile -- do 10 Pushups every other minute

8 Rounds for Time:

Run 100m

30 Air Squats



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10 Rounds for Time:
10 Situps
10 Burpees

For Time:
250 Jumping Jacks

For Time:
100 Jumping Jacks
75 Air Squats
50 Pushups
25 Burpees

5 Rounds for Time: Run 1 minute Squat 1 minute

3 Rounds for Time:
10 Air Squats
10 Pushups
10 Situps

For Time:
3 Rounds:
50 Air Squats
Rest for 2 minutes between rounds.

3 Rounds for Time:
20 Jumping Jacks
20 Burpees
20 Air Squats

10 Rounds for Time:
Run 100m
20 Air Squats

For Time:
100 Push-ups
100 Sit-ups
100 Squats

3 Rounds for Time:
30 Push-ups
40 Sit-ups
50 Squats



G4G Workout List

AMRAP in 20 minutes:

5 Pushups
10 Situps
15 Squats

21-15-9 Rep Rounds for Time:

Walking Lunges (each leg)
Push-ups

3 Rounds for Time:

Run 400m
50 Squats
25 Pushups

For Time:

Run 1000m
100 Air Squats
50 Pushups

Squats for time (pick a number between 100-500)

10-9-8-7-6-5-4-3-2-1 Rep Rounds for Time:

Burpees
Pushups
Situps

AMRAP in 20 minutes:

5 Push-ups
10 Squats

Annie

50-40-30-20-10 Rep Rounds for Time:

Double-Unders
Sit-ups

50-40-30-20-10 Rep Rounds for Time:

Single Unders
Pushups

For Time:

Burpees (50-150 - pick a number and go for it!)

For Time:

Run 800m
50 Squats
50 Situps



G4G Workout List

For Time:
Run 1 mile
100 Push-ups
200 Squats
Run 1 mile

21-15-9 Rep Rounds for Time:
Push-ups
Chair Dips
Push-Ups

For Time:
2 Minutes Double Unders (may sub single unders)
2 Minutes Situps
Rest 1 min
90 sec Double Unders
90 sec Situps
Rest 1 min
60 sec Double Unders
60 sec Situps

For Time:
21 Pushups
42 Squats
5 Pushups
30 Squats
9 Pushups
18 Squats

For Time:
400m Walking Lunges

For Time:
Run 400 meters
50 Squats
Run 400 meters
50 Push-ups
Run 400 meters
50 Sit-ups
Run 400 meters

For Time:
80-60-40-20 Reps of Air Squats
40-30-20-10 Reps of Situps
20-15-10-5 of Pushups



G4G Workout List

For Time:

50 Walking Lunges

800m run

50 Walking Lunges

For Time:

30 Handstand Pushups

40 Jump squats

50 Situps

60 Squats

70 Double unders

AMRAP in 20 minutes:

10 Bench dips

10 Box jumps

10 Walking Lunges

For Time:

60 Pushups

Run 400m

40 Pushups

Run 800m

20 Pushups

Run 1 mile

5 Rounds For Time: 100 Single Unders 50 Squats

For Time:

150 Double Unders

AMRAP in 20 minutes of: Run 400

Max rep pull ups

For Time:

100 Air Squats

75 Situps

50 Box Jumps

Run 400m

3 rounds for time of:

Run 800m

50 Back Extensions

50 Situps

For Time:

100 Air Squats

75 Situps



G4G Workout List

50 Box Jumps
Run 400m

For Time:
60 Pushups
Run 400m
40 Pushups
Run 800m
20 Pushups
Run 1 mile

5 Rounds For Time:
100 Single Unders
50 Squats

For Time:
150 Double Unders or 300 Single Unders

AMRAP in 20 minutes of:
Run 400
Max rep pull ups

For Time:
100 Air Squats
75 Situps
50 Box Jumps
Run 400m

3 rounds for time of:
Run 800m
50 Back Extensions
50 Situps

AMRAP in 20 minutes:
10 Bench dips
10 Box jumps
10 Walking Lunges