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HEALTH & FITNESS

# 5 Best CrossFit Workouts for Traveling



Man running on beach at sunset  
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by Alyssa Ages



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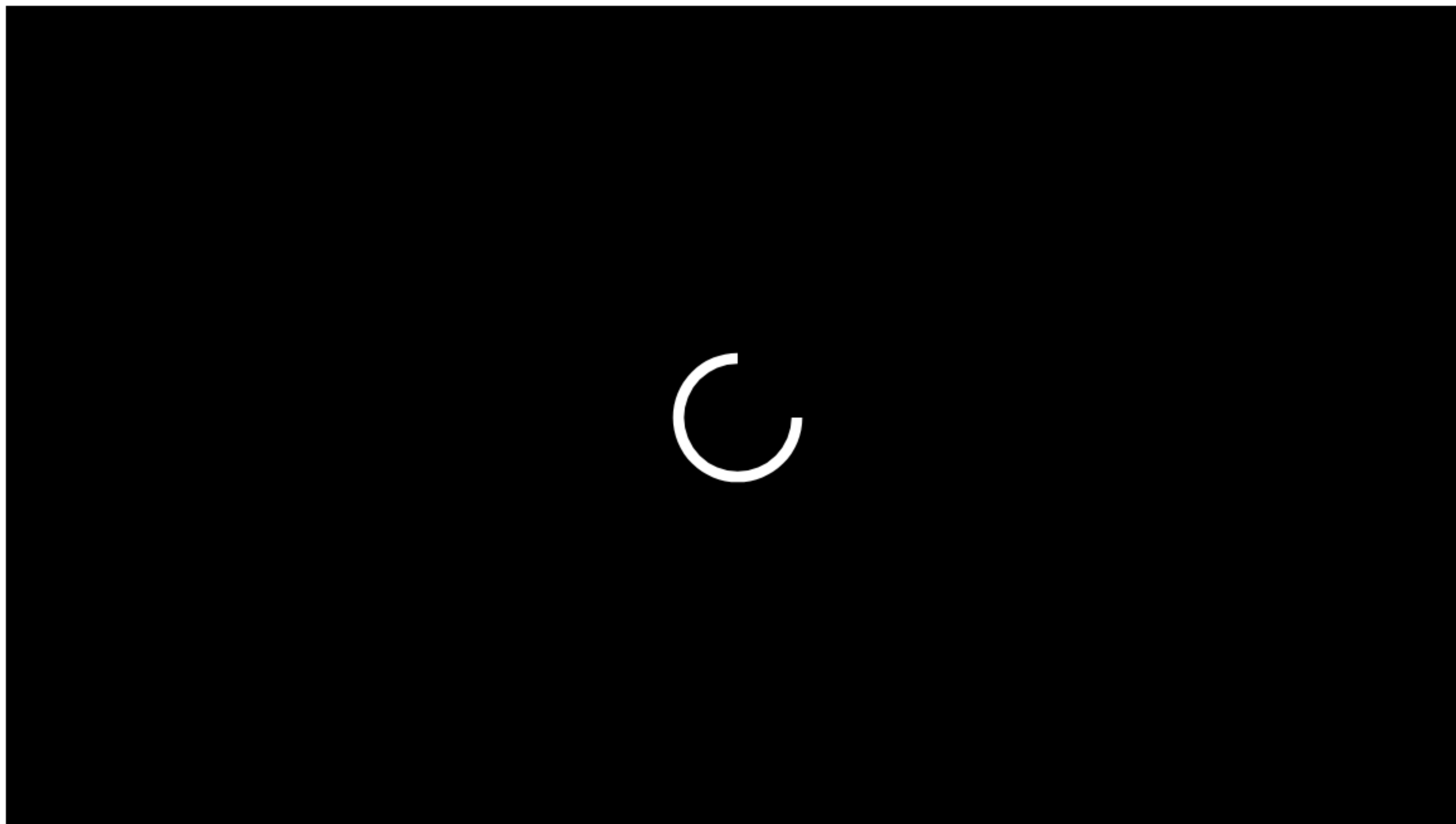
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Traveling doesn't mean taking a break from staying strong and healthy. Even if you are staying at a hotel without a gym, if you can find a little floor space in your room, you can get in a good, sweaty workout. Our favorite: **bodyweight** CrossFit workouts.

You can take any of these workouts up a notch by adding found weight. For example, if you're traveling with a backpack, put it on your back or hold it to your chest and do your squats and push-ups with weight. Hold it over your head and add a little extra muscle to your sit-ups. Wear it on your run or up and down the stairs. Get creative!



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Each of these workouts are intended to be done with little to no rest between exercises or rounds. If you need to take a breather or a sip of water, do it, but then get right back into it!

Take a look around your hotel room—there are probably a bunch of things you can use to add some challenging elements to these movements (put your feet up on the bed or a chair to turn your pushups into decline pushups; try plank-to-pushup on the couch or bed to add some instability; fill up the ice bucket and hold it overhead or to your chest for squats and sit-ups. (We'd recommend leaving the art attached to the wall and breakable vases in their rightful spots.)

Here are some great WODs that take advantage of some of these ideas.

**Alyssa Ages** is a strength coach at **CrossFit Metric** and athlete with **PowerNYC Training**.

## The 15 Most Brutal CrossFit WODs

### WOD 1

10 rounds:

- 10 air squats
- 10 pushups
- 10 sit-ups

### WOD 2

For Time:

- 800m run\*
- 10 split squats, each leg (using a chair or bench)
- 20 v-ups
- 30 jumping jacks
- 20 v-ups
- 10 split squats
- 800m run

\*If you can't run outside your hotel or on a hotel treadmill, a) locate a stairwell and run up for 2 minutes and then back down or b) alternate between mountain climbers, high knees, and tuck jumps for 3 minutes

## 5 CrossFit Chipper WODs That Will Burn Fat and Make You Incredibly Strong

### WOD 3

15-minute AMRAP (as many rounds as possible):

- 5 burpee tuck jumps (add a tuck jump at the end of each burpee)
- 10 dips
- 15 air squats
- 10 hollow rocks

### WOD 4

5 minutes:

- As many burpees as possible

### WOD 5

4 rounds:

- 60 seconds plank-to-pushup
- 50 high knees
- 20 lunges
- 10 hollow rocks

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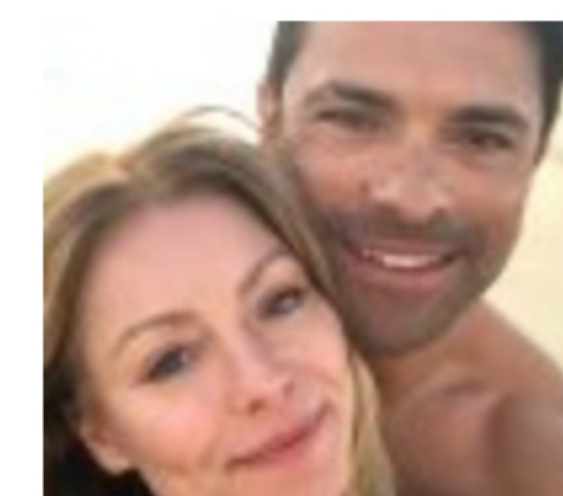
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