

20 NO-EQUIPMENT WODS TO SHAPE YOUR BODY AT HOME

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1. Terrific Three

It includes performing three exercises that target the entire body.

- 10 Push-ups
- 10 Squats
- 5 Sit-ups
- AMRAP in 20 minutes

2. Fundamental Four

This WOD includes four exercises that will bolster almost every muscle and build up a toned body.

- 5 Burpees
- 10 Lunges (5/leg)
- 10 Push-ups
- 15-sec Mountain Climber
- AMRAP in 20 minutes

3. Fantastic Five

From back and legs to chest and abs, this bodyweight WOD contains the five best exercises.

- 10 Squats
- 10 Push-ups
- 15-sec High Knees
- 10 Superman
- 5 Sit-ups
- AMRAP in 20 minutes

4. Super Six

It comprises six exercises, from plyometric to isometric, that will work throughout the body and level up your fitness.

- 10 Jump Squats
- 5 Pushups
- 15-sec Mountain Climber
- 5 Burpees
- 5 Superman
- 1-min Plank
- AMRAP in 20 minutes

5. Sunday Seven

- 15 Air Squats
- 20 Shoulder Taps (10/side)
- 15-sec High Knees
- 10 **Knee Tap Pushups** (5/side)
- 10 Superman
- 10 Plank Jacks
- 20 Glute Leg Kickback (10/side)
- AMRAP in 30 minutes

6. Extreme Eight

- 10 Air Squats
- 10 Push-ups
- 10 Lunges (5/leg)
- 5 Superman

- 5 Squat Jumps
- 10 **Floor Dips**
- 10 Knee Tap Push-ups
- 1-min Plank
- Three rounds for time.

7. Intense Nine

- 10 Air Squats
- 10 Push-ups
- 10 Lunges (5/leg)
- 5 Superman
- 5 Squat Jumps
- 10 **Reverse Crunches**
- 20 Shoulder Taps (10/side)
- 10 Inverted Rows
- 30-sec Forearm Plank
- Three rounds for time.

8. Loredo

- 24 Squats
- 24 Push-ups
- 24 Walking lunge steps
- 24 Sit-ups
- Perform six rounds for the time.

9. The Hundred

- 10 Burpees
- 10 Situps
- 10 Squat Jumps
- 10 Pushups
- 10 Air Squats
- **Two rounds for time.**

10. Complete Core Blaster

Duration – 20 Minutes

- Mountain Climbers– 20 seconds
- Bicycle Crunches – 10 reps
- Reverse Crunches- 10 reps
- Russian Twist – 20 to 30 seconds
- Right Knee to Left Elbow Inside crunch
- Sit-ups – 15 reps
- Leg Raise – 10 reps
- Toe Touch crunch – 15 reps
- Plank – 45 to 60 seconds
- Side Plank – 20 to 30 seconds
- V-ups Crunches – 10 reps
- Flutter Kicks – 20 seconds
- Repeat two to three times.

11. Calisthenics WOD

- 30-sec Bear Crawl
- 30-sec Inchworm
- 10 Pike Pushups
- 10 Pistol Squats (5 per leg)
- 10 V-Ups
- 5-10 Floor Dips
- 10 Superman
- 10-20 **Back and Front Lunges**
- 10-12 Archer Push up
- 1-min Front Plank
- Repeat as many times as possible.

12. The Wednesday

- 30-Sec Stationary Run
- 20 Push-ups

- 30-Sec Stationary Run
- 20 Air Squats
- 30-Sec Stationary Run
- 20 Reverse Crunches
- 30-Sec Stationary Run
- 1-min Plank
- Repeat as many times as possible.

13. The Challenger

- Mountain Climbers – 60 seconds
- Burpees – 20 reps
- Stationary Run – 30-sec
- Air Squats – 25 reps
- Push-ups – 25 reps
- Lunges – 25 reps
- Sit-ups – 25 reps
- Stationary Run – 30-sec
- Mountain Climbers – 60 seconds
- Burpees – 20 reps
- Mountain Climbers – 60 seconds
- Burpees – 20 reps
- Stationary Run – 30-sec
- Air Squats – 25 reps
- Push-ups – 25 reps
- Plyo Lunges – 25 reps
- Sit-ups – 25 reps
- Stationary Run – 30-sec
- Mountain Climbers – 60 seconds
- Burpees – 20 reps
- Mountain Climbers – 60 seconds
- Burpees – 20 reps
- Stationary Run – 30-sec
- Air Squats – 25 reps

14. The Friday

- 10 Burpees
- 10 Sit-ups
- 10 Push-ups
- 20-sec Mountain Climber
- 10 IYT Flies
- 10 Jumping Lunges
- 20-sec High Knees
- Five rounds for time.

15. Descending Ladder

Start each exercise with 20 reps, followed by 15, 10, and 5 reps (in descending order).

- Jump Squat
- Pushups
- Sit-ups

16. Squat Challenge

AMRAP in 30 Minutes

- 15 Jump Squat
- 10 Air Squat
- 15 Split Squat
- 10 Sumo Squat
- 15 Lateral Squat
- 10 Jumping Split Squat

17. Sprint Focused WOD

5 Rounds with as short rest as possible between rounds

- **50-meter sprint**

- 1-min rest
- 100-meter sprint
- 2 minutes rest
- 150-meter sprint
- 4 minutes rest
- 200-meter sprint
- 5 minutes
- 250-meter sprint

18. Explosive WOD

- 15-sec Jumping Jacks
- 5 Clapping Pushups
- 5 Vertical Jump
- 15-sec Mountain Climbing
- 5 Kneeling Squat Jumps
- 20 Alternating Heel Taps (10/side)
- 5 [Burpee Jump Knee Tap](#)
- 15-sec Flutter Kicks
- Do as many rounds as possible.

19. EMOM WOD

The EMOM stands for every minute on minute. It involves performing each exercise for one minute, including the rest time.

- Burpees
- Shoulder Tap
- Jumping Lunges
- Plank
- Side Plank
- Repeat five rounds.

20. Ascending Ladder

Perform 2-4-6-8-10 reps.

- Burpees
- Crunches
- Lunges
- Leg Raises

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