

## WODs for Vacation



### *The Fives*

20 Rounds for Time: 5 Push-ups, 5 Air-Squats, 5 Sit-ups, 5 Burpees

### *Virtual Fran*

For Time: 21-15-9 of Thrusters (use a backpack), Pushups

### *O-Squat*

10 Rounds for Time : 10 Overhead Squats (use a towel), 10 Push-ups, 10 Sit-Ups

### *Countdown*

For Time: 10-9-8-7-6-5-4-3-2-1 Burpees and 1-2-3-4-5-6-7-8-9-10 Push-ups in the burpees.

### *Tabata on the Road*

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

### *Sevens*

7 Rounds for Time: 7 Overhead Squats (use a towel), 7 Burpees

### *Blackjack*

3 Rounds for Time: 21 Air Squats, 21 Burpees, 21 Push-Ups

### *Cindy-ish*

AMRAP in 20 minutes: 10 Pushups, 15 Air Squats, 20 Double Unders

### *Susan-ish*

5 Rounds for Time: Run 200m, 10 Air Squats, 10 push ups

### *Vacation Chipper*

For Time: 50 Air Squats, 50 Sit-ups, 50 Push-ups, 50 Lunge Steps, 50 Dips (use chairs), 50 Double Unders, 50 Burpees