



# 100

**OF OUR BEST**

AT HOME WORKOUTS

TRAIN WACO

# TABLE OF CONTENTS

**Workouts 1-20:** All workouts in this list include a running component. Running may also be subbed out for a rower, air bike, or ski erg.

**Workouts 21-40:** All workouts in this list include a rowing component. Rowing may be also subbed out for running, air bike, or ski erg.

**Workouts 41-60:** All workouts in this list incorporate a pull-up bar and/or a kettlebell or dumbbell. You may sub out pull-ups for ring rows, barbell rows, or kettlebell/dumbbell rows. Likewise, all kettlebell and dumbbell movements can be switched around for single arm or double arm.

**Workouts 61-80:** All workouts in this list are intended to be of a longer duration of 30+ minutes. Although an individual's fitness level will greatly depend on how long the workout will take, please take into account the ability to adjust or scale the workout accordingly. If you're able to complete a workout in under 30 minutes, feel free to add another round or two.

**Workouts 81-100:** All workouts in this list include only running and rowing. Any of these movements can be subbed out for the air bike or ski erg.

## DISTANCE TABLE FOR RUNNING, ROWER, AIR BIKE, SKI ERG

200m Run = 250m Row/Ski = 500m Bike  
400m Run = 500m Row/Ski = 1000m Bike  
800m Run = 1k Row/Ski = 2000m Bike  
1600m Run = 2k Row/Ski = 4000m Bike

## ABBREVIATIONS & DEFINITIONS

EMOM (Every Minute on the Minute): Perform the required work in 60 seconds. If the work is completed before the 60 seconds are up, rest until the end of the minute. At the start of the next minute, start a new round or switch to the next portion of the workout.

AMRAP (As Many Rounds/Reps As Possible): Cycle through the required work until time is complete.

Tabata: 8 Rounds of :20 on/:10 off.

Double Under: Jumping rope where the rope passes under the feet twice for every one jump.

Goblet Squat: Holding a weight at or on the chest while performing a squat.

## QUICK TIPS

Intensity: The shorter the workout, the higher intensity should be. The longer the workout, the lower the intensity should be. To put things more simply, you would not want to run a 5k at your 100m sprint pace, nor would you want to run a 100m sprint at your 5k pace.

Scaling: Each and every workout has a focus. Some are shorter and heavier while others can be longer and lighter. Hitting the focus of each workout allows you to stay well balanced as a fit human being. There might be some workouts listed below where you need to bring down the reps or distances listed. Keep a log and write down what you scaled and any additional notes. Then come back at a later date and repeat the workout to see the changes. Always remember, sometimes we can achieve more from a workout by doing less.

## RUNNING

1.  
4 Rounds for Time:  
400m Run  
50 Air Squats
2.  
3 Rounds for Time:  
4:00 Run @ 70% Effort  
25 Push-ups  
50 Air Squats
3.  
5 Rounds for Time:  
400m Run  
25 Burpees
4.  
10 Rounds for Time:  
100m Run  
20 Double Unders -or- 40 Single Unders  
REST 1:00  
\*Rounds should be done as fast as possible\*
5.  
2 Rounds for Time:  
1-Mile Run  
50 Push-ups  
75 Sit-ups  
100 Air Squats
6.  
5 Rounds for Time:  
1:00 Run  
1:00 Air Squats  
1:00 Push-ups  
1:00 Double Unders -or- Single Unders  
1:00 REST
7.  
6 Rounds for Time:  
200m Run  
15 Burpees  
50 Double Unders -or- 100 Singles  
REST 1:00 between rounds
8.  
AMRAP 10 minutes:  
200m Run  
25 Sit-ups  
25 Push-ups  
25 Air Squats
9.  
For 10 minutes:  
800m Run  
\*With remaining time in the 10 minutes,  
AMRAP the following:  
7 Burpees  
20 Walking Lunge Steps
10.  
AMRAP 15 minutes:  
3-6-9-12-15..etc.  
Burpees  
Squat Jumps  
200m Run after each round
11.  
AMRAP 15 minutes:  
400m Run  
100 Double Unders -or- 200 Singles  
75 Air Squats  
50 Push-ups
12.  
AMRAP 20 minutes:  
400m Run  
30 Burpees  
50 Air Squats

13.  
AMRAP 20 minutes:  
400m Run  
50 Walking Lunge Steps
14.  
For Time:  
Tabata Push-ups  
1-Mile Run  
Tabata Sit-ups  
1-Mile Run  
Tabata Air Squats  
1-Mile Run
15.  
For Time:  
800m Run  
50 Burpees  
50 Air Squats  
50 Push-ups  
400m Run  
30 Burpees  
30 Air Squats  
30 Push-ups  
200m Run  
15 Burpees  
15 Air Squats  
15 Push-ups
16.  
For Time:  
800m Run  
400m Run Backwards  
800m Run  
400m Run Backwards
17.  
For Time:  
1-Mile Run  
100 Burpees
18.  
For Time:  
1-Mile Run  
100 Walking Lunges  
100 Push-ups  
800m Run  
50 Walking Lunges  
50 Push-ups
19.  
For Time:  
1-Mile Run  
100 Double Unders -or- 200 Singles  
800m Run  
75 Double Unders -or- 150 Singles  
400m Run  
50 Double Unders -or- 100 Singles  
200m Run  
25 Double Unders -or- 50 Singles

20.  
For Time:  
1-Mile Run  
100 Push-ups  
150 Air Squats  
100 Sit-ups  
150 Walking Lunges  
1-Mile Run

## ROWING

21.  
5 Rounds for Time:  
500m Row  
25 Push-ups

22.  
3 Rounds for Time:  
500m Row  
20 Burpees  
50 Double Unders -or- 100 Single Unders

23.  
3 Rounds for Time:  
500m Row  
50 Air Squats  
400m Run  
50 Walking Lunges

24.  
5 Rounds for Time:  
300m Row  
15 Push-ups  
30 Double Unders -or- 60 Singles  
15 Squat Jumps

25.  
3 Rounds for Time:  
1k Row  
50 Sit-ups

26.  
5 Rounds for Time:  
500m Row  
25 Push-ups  
50 Walking Lunges  
REST 2:00 between rounds

27.  
For Time:  
2k Row  
100 Air Squats  
1-Mile Run

28.  
AMRAP 15 minutes:  
20 Calorie Row  
50 Double Unders -or- 100 Singles  
25 Push-ups

29.  
AMRAP 25 minutes:  
750m Row  
50 Walking Lunge Steps  
25 Burpees

30.  
10 Rounds for Time:  
150m Row  
10 Burpees  
\*Each round is as fast as possible\*

31.  
AMRAP 20 minutes:  
2k Row  
\*with remaining time, AMRAP the following:  
10 Sit-ups  
15 Push-ups  
20 Air Squats

32.  
4 Rounds for Max Meters:  
AMRAP 3 minutes:  
200m Row  
10 Burpees  
15 Air Squats  
\*with remaining time per round, row for max meters\*  
REST 3:00 between rounds

33.  
Tabata Push-ups  
REST 1:00  
Tabata Calorie Row  
REST 1:00  
Tabata Air Squats  
REST 1:00  
Tabata Sit-ups

34.  
EMOM 16 minutes:  
1st Minute: M: 20/W:15 Calorie Row  
2nd Minute: M: 20/W: 15 Push-ups  
3rd Minute: 20 Air Squats  
4th Minute: REST

35.  
AMRAP 12 minutes:  
400m Run  
50 Walking Lunge Steps  
50 Push-ups  
\*with remaining time, row for max meters\*

36.  
3 Rounds for Max Meters:  
50 Air Squats  
25 Push-ups  
2:00 Max Meter Row  
REST 3:00 between rounds

37.  
For Time:  
M: 100/W: 75 Calorie Row  
REST 1:00  
M: 75/W: 50 Calorie Row  
REST 1:00  
1-Mile Run  
REST 1:00  
800m Run  
38.  
3 Rounds for Time:  
400m Run  
25 Burpees  
500m Row

39.  
For Time:  
10 Calorie Row  
100 Air Squats  
20 Calorie Row  
80 Air Squats  
30 Calorie Row  
60 Air Squats  
40 Calorie Row  
40 Air Squats  
50 Calorie Row  
20 Air Squats

40.  
3 Rounds for Time:  
1k Row  
50 Sit-ups  
25 Burpees

#### **PULL-UP BAR AND/OR KB/DB**

41.  
AMRAP 20 Minutes:  
5 Pull-ups  
10 Push-ups  
15 Air Squats

42.  
5 Rounds for Time:  
400m Run  
30 Kettlebell Swings  
30 Burpees

43.  
3 Rounds for Time:  
30 Walking Lunge Steps  
15 Burpee Pull-ups  
30 Kettlebell Swings

44.  
AMRAP 10 minutes:  
20 Kettlebell Swings  
10 DB/KB Presses L Arm  
10 DB/KB Presses R Arm  
20 Sit-ups

45.  
3 Rounds for Time:  
250m Row  
15 Burpees  
25 Kettlebell Swings  
REST 3:00 after each round  
\*Each round is as fast as possible\*

46.  
For Time:  
21-15-9  
Kettlebell Swings  
Burpees

47.  
3 Rounds for Time:  
800m Run  
30 Pull-ups  
30 Kettlebell Swings

48.  
5 Rounds for Time:  
20 Walking Lunge Steps  
20 Push-ups  
20 Pull-ups  
20 Air Squats  
REST 1:00 between rounds

49.  
AMRAP 9 minutes:  
5 KB Thrusters L Arm  
5 KB Thrusters R Arm  
10 Toes to Bar

50.  
AMRAP 20 minutes:  
20 Kettlebell Swings  
15 Toes to Bars  
10 Burpees  
51.  
5 Rounds for Time:  
50 Double Unders -or- 100 Singles  
20 Kettlebell Swings  
52.  
For Time:  
1-Mile Run  
50 Kettlebell Swings  
100 Walking Lunge Steps  
50 Burpees

53.  
3 Rounds for Time:  
400m Run  
20 Kettlebell Swings  
20 Burpees

54.  
5 Rounds for Time:  
15 Pull-ups  
20 Push-ups  
40 Air Squats

55.  
AMRAP 12 minutes:  
5 Pull-ups  
7 Burpees  
9 Kettlebell Swings

56.  
AMRAP 20 minutes:  
200m Run  
7 Pull-ups  
7 Push-ups  
7 Goblet Squats

57.  
5 Rounds for Time:  
10 KB Thrusters L Arm  
10 Kettlebell Swings  
10 KB Thrusters R Arm  
400m Run

58.  
10 Rounds for Time:  
200m Run  
10 Burpees  
10 Pull-ups  
REST 2:00 between rounds

59.  
For Time:  
50-40-30-20-10  
Kettlebell Swings  
Walking Lunge Steps

60.  
For Time:  
50 Jumping Pull-ups  
50 KB Shoulder Presses (25 L/25 R)  
50 Goblet Squats  
50 Kettlebell Swings  
50 Walking Lunge Steps  
50 Burpees  
50 Double Unders -or- 100 Singles

#### **30+ MINUTE MONSTERS**

61.  
3 Rounds for Time:  
1k Row  
50 Squat Jumps  
50 Burpees  
800m Run

62.  
"Murph"  
For Time:  
1-Mile Run  
100 Pull-ups  
200 Push-ups  
300 Air Squats  
1-Mile Run  
\*Pull-ups, Push-ups, and Air Squats can be mixed up in any order\*

63.  
5 Rounds for Time:  
400m Run  
21 Pull-ups  
21 Kettlebell Swings  
21 Burpees  
64.  
EMOM 30 minutes:  
1st Minute: M: 20/W: 15 Calorie Row  
2nd Minute: 30 Double Unders  
3rd Minute: 30 Air Squats  
4th Minute: 20 Pull-ups  
5th Minute: 15 Burpees

65.  
For Time:  
2k Row  
30 Burpees  
1k Row  
30 Burpees  
500m Row  
30 Burpees  
1k Row  
30 Burpees  
2k Row

66.  
10 Rounds for Time:  
200m Run  
7 Burpees  
7 KB/DB Thrusters R Arm  
7 KB/DB Thrusters L Arm  
REST 1:00

67.  
5 Rounds for Max Reps:  
AMRAP 5 minutes:  
10 Toes to Bar  
15 Air Squats  
20 Calorie Row  
25 Double Unders -or- 50 Singles  
REST 1:00 between sets

68.  
For Time:  
2-Mile Run  
-then complete 5 rounds of:  
20 Pull-ups  
50 Double Unders -or- 100 Singles  
20 Kettlebell Swings

69.  
7 Rounds for Time:  
400m Run  
15 Goblet Squats  
15 KB/DB Presses R Arm  
15 KB/DB Presses L Arm  
15 Burpees

70.  
AMRAP 40 minutes:  
200m Run  
10 KB/DB Thrusters R Arm  
10 KB/DB Thrusters L Arm  
500m Row  
10 Kettlebell Swings R Arm  
10 Kettlebell Swings L Arm

71.  
3 Rounds for Time:  
1-Mile Run  
50 KB/DB Thrusters (25 R/25 L)  
50 Pull-ups

72.  
For Time:  
2-Mile Run  
150 Burpees  
4k Row

73.  
5 Rounds for Time:  
25 Push-ups  
25 Pull-ups  
400m Run  
25 Burpees

74.  
3 Rounds for Time:  
50 Burpees  
800m Run  
50 Pull-ups  
1k Row

75.  
2k Row  
100 Double Unders -or- 200 Singles  
1k Row  
75 Double Unders -or- 150 Singles  
1-Mile Run  
50 Double Unders -or- 100 Singles  
800m Run  
25 Double Unders -or- 50 Singles

76.  
"Barbara"  
5 Rounds for Time:  
20 Pull-ups  
30 Push-ups  
40 Sit-ups  
50 Air Squats  
Rest 3:00 after each round

77.  
3 Rounds for Time:  
100 Walking Lunge Steps  
50 Push-ups  
100 Double Unders -or- 200 Singles  
50 Sit-ups  
800m Run

78.  
3 Rounds:  
AMRAP 10 minutes:  
500m Row  
20 Kettlebell Swings  
20 Burpees  
200m Run  
REST 3:00 after each round

79.  
For Time:  
100m Run  
50 Burpees  
200m Run  
100 Push-ups  
300m Run  
150 Lunges  
400m Run  
200 Air Squats  
300m Run  
150 Lunges  
200m Run  
100 Push-ups  
100m Run  
50 Burpees

80.  
AMRAP 40 minutes:  
1k Row  
5 Rounds of: 5 Pull-ups, 10 Push-ups, 15 Air Squats

#### ROWING & RUNNING INTERVALS

81.  
5 Rounds:  
500m Row  
REST 2:00 between sets

Notes: Each row should be faster than the one before.

82.  
For Time:  
2k Row  
REST 2:00  
1500m Row  
REST 1:30  
1k Row  
REST 1:00  
500m Row  
REST :30  
250m Row

83.  
For Time:  
1-Mile Run  
REST 3:00  
2k Row  
REST 3:00  
800m Run  
REST 3:00  
1k Row

84.  
10 Rounds:  
200m Run  
Walk rest 200m between each run

85.  
4 Rounds:  
400m Run  
200m Jog  
200m Run  
200m Jog

86.  
For Time:  
500m Row  
1-Mile Run  
1k Row  
800m Run  
1500m Row  
400m Run  
2k Row  
200m Run

87.  
10 Rounds for Time:  
250m Row  
200m Run  
REST 1:00 between rounds

88.  
6 Sets:  
2:00 Max Meter Row  
REST 5 minutes between sets

Notes: Increase meters each set

89.  
4 Sets:  
3:00 Max Meter Row  
400m Jog between sets

Notes: Increase meters each set

90.  
3 Rounds for Time:  
800m Run  
200m Easy Jog  
400m Run  
200m Easy Jog

91.  
3 Sets:  
5:00 Jog  
1:00 Run  
3:00 Jog  
2:00 Run

92.  
For Time:  
5k Row  
REST 3:00  
4k Row  
REST 3:00  
3k Row  
REST 3:00  
2k Row  
REST 3:00  
1k Row

93.  
6 Sets:  
750m Row  
REST 2:00  
250m Row Sprint  
REST 2:00

94.

For Time:

1-Mile Run

200m Jog

1-Mile Run

400m Jog

1-Mile Run

95.

For Time:

1k Row

1-Mile Run

2k Row

800m Run

96.

3 Rounds for Time:

750m Row

1200m Run

97.

AMRAP 20 minutes:

400m Run

500m Row

200m Run

250m Row

98.

5 Rounds:

AMRAP 5 minutes:

250m Row

200m Run

REST 3:00 between rounds

99.

6 Rounds for Time:

400m Run

500m Easy Row

100.

AMRAP 40 minutes:

1k Row

800m Run

2k Row

1-Mile Run