

30-Min HIIT Cross Fit Workout Plan With No Equipment

30 minutes workout breakdown

- AMRAP for 5 minutes
- EMOM for 5 minutes
- Ascending Ladder for 5 minutes
- Descending Ladder for 5 minutes
- AMRAP for 5 minutes
- EMOM for 5 minutes

HIIT Crossfit WOD #1

AMRAP for 5 Minutes (Do each exercise as fast as possible)

1. Jump Squat – 30 seconds
2. Mountain Climbers – 30 seconds
3. Box Jumps – 30 seconds
4. Lateral Run/Side Drills – 30 seconds
5. Pushups – 30 seconds
6. Burpees – 30 seconds
7. Crunches – 30 seconds
8. Jump Split Squat – 30 seconds
9. Leg Raise – 30 seconds
10. Squat Pulses Jump – 30 seconds

Full Body CrossFit Home Workout WOD #2

EMOM for 5 Minutes

1. Lateral Run/Side Drills
2. Burpees
3. Air Squats
4. Pushups
5. Crunches

Crossfit HIIT Workout No Equipment WOD #3

Ascending Ladder for 5 minutes

1. Squat Pulses Jump – 1 reps
2. Burpee – 2 reps
3. Air Squats – 3 reps
4. Pushups – 4 reps
5. Box Jump – 5 reps

6. Leg Raises – 6 reps
7. Jump Squat – 7 reps
8. Crunches – 8 reps
9. Jump Split Squat – 9 reps
10. Burpees – 10 reps

Crossfit Wods At Home #4

Descending Ladder for 5 minutes

- Air Squats – 10 reps
 - Pushups – 9 reps
 - Crunches – 8 reps
 - Burpee – 7 reps
 - Box Jumps – 6 reps
 - Leg Reps – 5 reps
 - Pushups – 4 reps
 - Burpees – 3 reps
 - Pushups – 2 reps
 - Squat Pulses Jump – 1 reps
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High Intensity Cross Fit Wod #5

AMRAP for 5 minutes

- Jump Squat – 30 seconds
- Mountain Climbers – 30 seconds
- Box Jumps – 30 seconds
- Lateral Run/Side Drills – 30 seconds
- Pushups – 30 seconds
- Burpees – 30 seconds
- Crunches – 30 seconds
- Jump Split Squat – 30 seconds
- Leg Raise – 30 seconds
- Squat Pulses Jump – 30 seconds

HIIT CrossFit Home Workout WOD #6

EMOM for 5 minutes

- Lateral Run/Side Drills
- Burpees
- Mountain Climbing
- Pushups
- Crunches