

50 Best Crossfit WODs for Beginners to Scale up Fitness Level

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If you've decided to start Crossfit and want to build your foundational strength, then this blog is for you. I've shared as many as fifty Crossfit WODS for beginners in this article that will test your endurance and enhance your fitness level.

From [HIIT](#) and [Plyometric](#) to Tabata and [Powerlifting](#), I've included various workouts to create an [ultimate list of Workout of the Day \(WOD\)](#).

These WODs will increase your strength, endurance, agility, and power and help you improve your overall body composition.

So, whether you're a male or female, you can use these Crossfit Beginner WODs to make your own workout program, depending on your current fitness and goal.

1. Super Five

Perform as many rounds as possible (AMRAP) in 20 minutes:

- 10 Air Squats
- 20-sec Mountain Climber
- 10 Pushups
- 10 [Situps](#)
- 10 Burpees

2. Basic Seven

Three rounds for time:

- 15 Air Squats
- 5-10 [Pullups](#)/Chinups

- 6-8 [Barbell Hang Clean](#)
- 8-10 [Dumbbell Push Press](#)
- 10-12 Situps
- 15-30 seconds [Farmers Walk](#)
- 12-15 [Kettlebell Swings](#)

3. The First Three

Five rounds for time:

- 20 air Squats
- 15 Pushups
- 10 Situps

4. Danny

AMRAP in 20 minutes

- 30 Box Jump (24/20 in)
- 20 [Push Press](#) (115/75 pounds)
- 30 Pull-ups

5. The Shorter Mile

Four Rounds for Time:

- 100 meters run
- 5 Burpees
- 100 meters run
- 10 situps

6. Super 30

Do three rounds for time:

- 30 Squats
- 30 Pushups
- 30 Situps

7. Griff

For time:

- Run 800 meters

- Run 400 meters backward
- Run 800 meters
- Run 400 meters backward

8. The Longest Run

It includes various exercises to enhance your fitness level. You'll do each exercise for one minute (including rest time) before moving on to another.

EMOM (Every minute on the minute) for 20 minutes

- 15-20 Air Squats
- 15 Kettlebell Swings
- 8-10 Burpees
- 8-10 Barbell Snatch
- 12-15 Situps
- 8-12 [Dumbbell Thruster](#)
- 12-15 Pushups
- 10-12 Box jumps (24/20 in)
- 12-15 [Wallball shots](#) with a 20/14 pound ball
- 8-10/side Lunges

9. Hansen

Complete five rounds for the time being:

- 30 Kettlebell Swing
- 30 Burpees
- 30 Sit-ups

10. Hamilton

Do three rounds for time:

- 1000 meters Rowing
- 50 Push-ups
- 1000 meters Run
- 50 Pull-ups

11. The Outdoor Challenge

AMRAM in 20 minutes

- 400-meter Run
- 50 Double Unders
- 10 Vertical Jump
- 100-meter Sprint

12. Loredó

Perform six rounds for the time:

- 24 Squats
- 24 Push-ups
- 24 Walking lunge steps
- 400 meters Run

13. Three Equipment WOD

This workout of the day training comprises multiple exercises that you perform with the three most famous workout equipment: kettlebell, dumbbell, and barbell.

You'll do six exercises in each round for five rounds to complete this WOD. It will take 20 to 30 minutes of your time, depending on how quickly you complete each exercise.

- 15 Kettlebell Swings (Left Hand)
- 10 [Barbell Bench Press](#)
- 10 [Dumbbell Box Step-up](#)
- 15 Kettlebell Swings (Right Hand)
- 10 Barbell Deadlift (40-50% of your one rep max)
- 10 [Dumbbell Clusters](#)

14. The Ultimate Chipper

Chipper is a series of different exercises performed in a single round with as little rest between them as possible.

For time:

- 100 squats
- 50 situps
- 50 pushups
- 25 lunges (on each side)

15. The Five Equipment WOD

As the name suggests, it includes five different exercises that you do with five pieces of equipment.

This Crossfit beginner WOD will take 30 minutes of your time to finish and scale your fitness for intense workouts.

Three rounds for time:

- 50 Double Unders
- 10 Kettlebell Swings (each side)
- 10 Barbell Deadlift
- 10 Dumbbell Cluster
- 10 Box Jump

16. The Six Equipment WOD

Once you have done the five-equipment WOD, try this one. It requires one extra piece of equipment.

Three rounds for time:

- 50 Double Unders
- 10 Kettlebell Swings (each side)
- 10 Barbell Deadlift
- 10 [Hanging Knee Raise](#)
- 10 Dumbbell Cluster
- 10 Wall Ball Shots

17. Nancy

Five rounds for time:

- 400 meters Run
- 15 Overhead Squats with 95/65 pounds

18. Kelly

Do 5 Rounds with 3 minutes rest between them.

- Run 400m
- 30 Box Jumps 20/24 in
- 30 Wall Balls 20/14 lbs.

19. The Seven Equipment WOD

Perform three rounds for time:

- 50 Double Unders
- 7 [Kettlebell Clean and Press](#)
- 7 Barbell Rowing
- 7 Pullups
- 7 Dumbbell Push Presses
- 7 [Ring Rows](#)
- 7 Wall Ball Shots

20. The Mighty Eight

It includes eight various exercises that require eight pieces of equipment to complete. It is great for beginners as it helps them learn the use of multiple workout tools and increases strength, mobility, and speed.

EMOM for 20 minutes:

- 8 Box Jumps
- 8 Pullups/Chinups
- 8 Clean and Presses
- 8 Wall Ball Shots
- 8 Dumbbell Clusters
- 8 Back Extensions
- 8 [Bar Dips](#)
- 8 Ring Rows

21. The Hundred

This workout of the day requires no equipment, you can do it anywhere and anytime using your body weight only. You'll do a total of 100 reps in as little time as possible.

Two rounds for time:

- 10 Burpees
- 10 Situps
- 10 Squat Jumps
- 10 Pushups
- 10 Air Squats

22. Ellen

Three rounds for time:

- 20 Burpees
- 21 [Alternating Dumbbell Snatches](#) with 50 lbs.
- 12 Dumbbell Thrusters 35 lbs.

23. Baseline

For time:

- 500 meter Row
- 40 Air Squats
- 30 Sit-Ups
- 20 Push-Ups
- 10 Pull-Ups

24. Christine

Three rounds for time:

- 500 meter Row
- 12 Deadlifts
- 21 Box Jumps

25. The Big Three

The big three is a popular [powerlifting workout](#) that comprises three lifts, Bench Press, Deadlift, and Squat. They help you build strength and hypertrophy and scale your fitness to the next level.

Perform three rounds at your own pace and intensity:

- 5 Squats
- 5 Bench Presses
- 5 Deadlifts

26. Artie

- 5 Pull-Ups
- 10 Push-Ups
- 15 Squats
- 5 Pull-Ups

- 10 [Thrusters](#) with 65-95 lbs
- Duration: 20 minutes

27. Rahoï

AMRAP in 12 minutes:

- 12 Box Jumps 20-24 inches
- 6 Thrusters with 65-95 lbs
- 6 [Bar Facing Burpees](#)

28. Push, Pull, Legs, and Core

AMRAP in 25 minutes:

- 10 Kettlebell Thrusters
- 8-10 Chinups/Pullups/Barbell Rows
- 10-12 [Back Squats](#)
- 10-12 Hanging Knee Raises

29. The Super Five

As many rounds as possible (AMRAP) in 20-minutes

- 50 [Normal Pushups](#)
- 50 [Air Squats](#)
- 10 [Barbell Hang Clean](#)
- 10 [Dumbbell Man maker](#)
- 20 [Crunches](#)

30. Black Widow

EMOM for 30 minutes

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

31. Clint

Complete AMRAP in 30 minutes

- 10 Back Squats
- 10 Situps

- 10 Pushups
- 150 Double-Unders

32. Black Panther

Perform AMRAP in 30 minutes

- 10 Burpees
- 10 Barbell Thruster
- 10 Pull-ups
- 5 Deadlift

33. Doctor Strange

Complete as many rounds as possible in 30 minutes.

- 10 Box Jump
- 10 Push Press
- 10 Pull-ups
- 10 Burpees
- 10 Kettlebell Swings

34. Push, Pull, Jump (PPJ)

AMRAP in 20 minutes:

1. 10 Barbell Thrusters
2. 5 Deadlifts
3. 10 Box Jumps

35. Push, Pull, Legs, Core

Perform as many rounds as possible in 20 minutes:

- 10 Barbell Push Press
- 5 Pull-ups
- 10 Back Squats
- 10 Hanging Knee Raises

36. Terrific Three

AMRAP in 20 minutes

- 10 Kettlebell Clean and Press
- 10 Barbell Snatch

- 10 Box Jumps

37. Fantastic Four

Five rounds for time:

- 10 Back Squats
- 10 Kettlebell Swings
- 10 Bench Press
- 10 Pendlay Row

38. Faster Five

Four rounds for time:

- 50 Double Unders
- 10 Barbell Deadlift
- 10 Dumbbell Cluster
- 10 Wall Ball Shots
- 10 Pullups/Chinups

39. Super Six

Six rounds for time:

- Run 100 meters
- 6 Barbell Hang Clean
- 6 Kettlebell Swings
- 6 Box Jumps
- 6 Thrusters
- 6 Wallball shots

40. Strenuous Seven

Seven rounds for time:

- Run 100 meters
- 7 Barbell Squats
- 7 Pushups
- 7 Situps

41. Energetic Eight

Eight rounds for time:

- 8 Air Squats
- 8 Pushups
- 8 Situps

42. The Noble Nine

Nine rounds for time:

- 9 Box Jumps
- 9 Pushups
- 9 Thrusters

43. Tremendous Ten

Ten rounds for time:

- 10 Double Unders
- 10 Dumbbell Cluster

44. [Tabata](#)

EMOM for 20 minutes:

- Air Squats
- Mountain Climber
- Pushups
- Situps

45. Mini HIIT

Three rounds for time:

- 10 squats
- 10 Pushups
- 20-sec Mountain Climber
- 100-meter sprint

46. Floor to Sky

Three rounds for time:

- 15-sec Mountain Climbers
- 10 Vertical Jumps
- 10 Situps

- 10 Box Jumps
- 10 Pushups
- 10 Squat Jumps

47. Michael

3 rounds for time of:

- Run 800 meters
- 50 back extensions
- 50 sit-ups

48. [Kettlebell WOD](#)

Perform each exercise for one minute (including rest time) for 20 minutes.

- **Minute 1** – 10 Kettlebell Swing
- **Minute 2** – 10 Goblet Squat
- **Minute 3** – 10 Kettlebell Clean and Press
- **Minute 4** – 10 Kettlebell Push-up
- **Minute 5** – 10 Kettlebell Deadlift
- **Minute 6** – 10 Overhead Squat

49. Barbell WOD

Five rounds for time:

- 5 [Military Presses](#)
- 5 Barbell Squats
- 5 Barbell Bench Presses
- 5 Barbell Hang Cleans

50. Dumbbell WOD

Perform as many rounds as possible in 20 minutes:

- 10 Steps Farmers Walk
- 10 Dumbbell Clusters
- 10 Dumbbell Step-ups
- 10 [Dumbbell Squat Swings](#)

Related Crossfit Exercises

1. [Bodyweight CrossFit Workouts \(An Ultimate Guide with PDF\)](#)
2. [CrossFit Workouts Without equipment \(25 WODs\)](#)
3. [30 Best Dumbbell CrossFit Workouts](#)
4. [Best Crossfit Upper Body Workouts and WODs](#)
5. [HIIT CrossFit Workouts and Workout Plan \(PDF\)](#)
6. [Complete List of CrossFit Exercises with PDF](#)
7. [The 100 Best CrossFit WOD List with PDF](#)
8. [20 Best Crossfit Barbell Workouts For Ultimate Strength](#)
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