



BODYWEIGHT 30

30 Workouts that can be done
anywhere, anytime, without any
equipment, at home or on the road,
using only the weight of your body.

Welcome to SEALFIT Bodyweight 30

A list of 30 workouts meant for:

- Individuals who are on the road and do not have access to a gym regularly.
- Have busy fluctuating schedules making it difficult to get in a routine or “make it to the gym”.
- Just going on vacation and don’t want to worry about finding a gym.
- If you need a “de-load” period from training.
- Perfect list of 30 workouts that can be implemented into active recovery days.

Workout 1

A) 5x10 Push up with 5 sec. Negative.

B) 20:00 AMRAP:

10x Burpees

20x Push up

30x Air Squat

Workout 2

A) 4x 20 Jumping Lunge

B) 5 Rounds for time:

-20x 4ct. Mt. Climbers

-20x Burpee- tuck jump

-20x Reverse Burpee

Workout 3

3 Mile run

*Every 3:00 complete: 20 Push up

Workout 4

A)3 Sets:

-1:00 Handstand Hold against wall

-16x Knee to elbow push up

-20x alternating leg V- Up

B)15:00 AMRAP:

-20x Star Jumps

-50m Bear Crawl

-20x Sit up

Workout 5

A) Tabata: Air Squat, Tabata Lunges, Tabata Hand Release Push up

B) 15:00 AMRAP:

-25m Burpee Broad Jump

-25m Crab Walk

-50m Sprint

Workout 6

For time:

-400m Run

-50x Hand Release Push up

-50x Sit up

-400m Run

-40x Hand Release Push up

-40x Sit up

400m Run

-30x Hand Release Push up

-30x Sit up

400m Run

-20x Hand Release Push up

-20x Sit up

400m run

-10x Hand Release Push up

-10x Sit up

Workout 7

For time:

1-15: 10m Shuttle sprint

15-1: Burpee

(1 shuttle sprint/ 15x Burpee, 2 shuttle sprint/ 14x Burpee...until 15 shuttle sprint/ 1x Burpee)

Workout 8

A) 10-1 Negative Push up (rest between rounds, all sets should be unbroken)

B) 20-1:

-Burpee

-4ct. Mt. climbers

-V- up

Workout 9

A) 5 sets: 30 seconds max Air Squat, :30 Rest, :30 Max Jumping Lunge :30 Rest.

B) 20:00 AMRAP:

-400m Run

-15x Reverse burpees

-20x Bicycle Sit up

Workout 10

3 Mile run- Every 4:00 complete 10x Burpees

Workout 11

A) 4 Sets:

-30 Second Front leaning rest, 30 Second Plank Right arm, 30 Plank Left arm 30 seconds Rest.

B) 21-18-15-12-9:

-Burpee

-Broad Jump

-Monkey Squat

Workout 12

A) 4 Sets:

-1:00 Wall Sit (90 degrees), 30 seconds rest, 1:00 Hollow Hold, 30 seconds Rest.

B) For max reps:

-Tabata: Tuck jump

-Tabata: Mt. Climbers

-Tabata: Jump lunge

-Tabata: Push up

Workout 13

30:00 AMRAP:

-50m Bear crawl

-50m Crab walk

-50m Walking lunge

-50m Broad Jump

Workout 14

EMOM for 20:00:

-5x Front to back Burpee (perform burpee, then perform reverse burpee = 1)

-10x Push up

-10x Sit up

Workout 15

A) 5x16 Clapping push up

B) 1-10:

-Push up

-4 ct. Mt. climber

-Air Squat

Workout 16

A) 4x50m Walking lunge

B) 15:00 AMRAP:

-10x Burpee broad jump

-15x V- up

-20x Monkey Squat

Workout 17

3 Mile run Every 3:00 complete: 10x 4 ct. Mt Climbers

Workout 18

A) 4 sets: 20x 4 ct. Flutter kick right into 1:00 Hold with feet 6" off ground. Rest between sets.

B) 21-18-15-12-9-6-3:

-Push up

-Air Squat

-Sit up

Workout19

A) 3 sets for max reps: 2:00 max effort Air squat, 2:00 Rest.

B) 15:00 AMRAP:

-200m Sprint

-20x Jumping lunge

-10x Reverse Burpee

Workout 20

30:00 AMRAP:

-200m Back peddle (reverse run)

-20x alternating single leg hip bridge

-25m plank walk (keep in plank with toes dragging on ground, pull yourself forward with your arms)

Workout 21

A) 4 sets: 10x Clapping push up right into as many unbroken push ups as possible. Rest between sets.

B) 10-1:

-Pike Push up

-Star Jump

-V- up

Workout 22

A) 2 Sets: Tabata: Speed skaters, Tabata Jumping Lunges

B) 15:00 AMRAP:

-10x Front to back burpees

-10x Side Lunges

-10x Broad Jump

Workout 23

3 Mile run- Every 4:00 Complete 12x Knee to elbow Push up

Workout 24

A) 4x12 Divebomber Push up

B) 5 sets:

In 3:00 Complete:

-16x Burpees

-Max Distance run in remaining time

Workout 25

A) 30:00 AMRAP:

-50m Bear crawl

-50x 4ct. Flutter kick

-50m Crab walk

-50m Burpee broad jump

Workout 26

For time:

3:00 run

-18-12-9: Push up, Sit up

2:30 Run

-18-12-9: 4ct. Mt. Climber, Air Squat

2:00 Run

-18-12-9: Push up, Sit up

1:30 Run

-18-12-9: 4ct. Mt. Climber, Air Squat

1:00 Run

-18-12-9: Push up, Sit up

:30 Run

-18-12-9: 4ct. Mt. Climber, Air Squat

Workout 27

A) 5 Sets: 1:00 Max rep push up right into 30 seconds max Mt. Climbers. Rest between sets.

B) 15:00 AMRAP:

-12x Speed skaters

-10x Burpee- tuck jump

-15x V- up

Workout 28

A) 4 Sets: 1:00 Air Squat right into 1:00 Wall Sit (90 degrees).

B) 10-1:

-Broad jump

-Reverse burpee

-4 Ct. Mt. climbers

Workout 29

30:00 Run, every 4:00 complete: 14x Jumping lunge

Workout 30

A) 4 Sets: 1:00 Plank right into 1:00 max push up. Rest between sets

B) 15:00 AMRAP:

-10x Knee to elbow push up

-10x Front to back burpee

-20x Monkey Squat