

# 50 AMAZING CROSSFIT CHIPPER WODS

BODYWEIGHT, PARTNER, STRENGTH, ENDURANCE, AND MORE



[ABROTHERABROAD.COM/CROSSFIT-CHIPPER-WODs](http://ABROTHERABROAD.COM/CROSSFIT-CHIPPER-WODs)

When it comes to building durable, practical fitness and stamina, Crossfit Chipper WODs are a worthwhile staple. Simple, straight forward, and effective, Chipper WODs consist of a stream of exercises that we “chip” through with as little rest and as much intensity as possible. The results are not only amazing stamina and enduring strength, but an improved level of mental toughness that can make you feel superhuman – all in a 20 minute workout.



In this Chipper Wod list, discover 50+ workouts to fit every goal and occasion – from building strength or stamina, to working out without equipment while traveling or adding a partner. Whatever your goal or situation, you’ll find an amazing 20 minute smoker of a workout below.

Read on to find a go to list of the best Crossfit Chipper Workouts that you’ll come back to again and again – so don’t forget to bookmark this page.



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## WHAT IS A CHIPPER WOD?

A chipper WOD is a high intensity workout with a set exercises and repetitions that is completed in sequence one set after another until all exercise have been completed by “chipping” through the workout, ideally with no rest.

For example, in the legendary “Filthy Fifty” Crossfit Chipper WOD (listed below), we would work our way through each set of 50 as quickly as possible and aiming to do so with no breaks.

### THE “FILTHY FIFTY” CROSSFIT CHIPPER WOD

- 50 Box jumps
- 50 Jumping pull-ups
- 50 Kettleball Swings
- 50 Steps walking lunge
- 50 Knees to Elbows
- 50 Push Press
- 50 Back extension or 1 minute “superman”
- 50 Wallballs
- 50 Burpees
- 50 Double unders



In this workout we would perform *all* of the first 50 jumping pullups before continuing into the 50 kettlebell swings, and so on until we *finally* complete the last set – the 50 doubleunders.

The resulting chipper workouts are taxing and demanding of the full body, pushing our endurance and stamina to its limits.

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## WHAT ARE THE BENEFITS OF CHIPPER WODS

Why go through the pain of doing a chipper wod HIIT workout? Because you get nearly every kind of benefit from this one workout, in a *very* quick package.

Chipper workouts:

- Develop endurance
- Develop strength in endurance, not just the strength when we're "fresh"
- Force you to break through mental barriers of how far you *think* you can go, ultimately building mental toughness
- Are generally short and *not so sweet* – compare to those hours on the treadmill.

Ultimately you burn tons of calories, build cardio fitness, develop functional & practical strength, and realize your body is capable of *much* more than you thought – making chipper workouts a highly efficient means of maintaining fitness

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## HOW TO DO CROSSFIT CHIPPER WODS

Doing Chipper WODs is fairly straight forward – simply start with the first exercise set of the routine and only proceed to the next exercise when you've completed *all* reps of the current set.

With those simple instructions, use these tips to get the most out of your chipper wod, and perform your best.

- Do a proper warm up of the whole body and get your blood pumping before you start
- Pace yourself - optimal performance is based on overall time, so don't start too fast or you'll burnout early and increase your overall time

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## RECOMMENDED TRAVEL READY EQUIPMENT – FOR GETTING IN YOUR CHIPPER WORKOUT ANYWHERE



Chipper WODs are amazing workouts for most any functional fitness goal – strength, stamina, overall health – and are also great because with the right equipment, almost any workout can be done anywhere.

Though this list does include so great [chipper Crossfit WODs that don't require equipment](#), you won't be able to get the most out of these workouts without a few compact tools. Don't worry all of the gear is compact, cheap, and enables a plethora of exercises – so picking up one or two pieces can replace a whole gym – and you can even make some of the gear yourself.

- [Sandbells](#): Travel Kettlebells
- [The GORUCK Rucker \(for use as a weighted backpack\)](#)
- [Speed Rope](#)
- [DIY Gymnastics rings styled suspension trainer](#)
- [Pocket Monkii – Compact Suspension trainer](#)

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### SANDBELLS

This sandbell in particular is one of my newest travel fitness toys that I carry. This tool is pretty much a very durable drybag with a padded handle, and it can be filled with sand or water to make a travel ready kettlebell.





Grab a couple of these for ~\$10 and you can get in a decent, high intensity workout anywhere, from your home to a park to a hotel room.

[Click to learn more about the sandbell](#)

### [THE GORUCK RUCKER](#)

GREAT AS A WEIGHTED BACKPACK

A durable backpack built for workouts is a great addition during travel, and the [GORUCK Rucker](#) is as good as they come. Throw in a couple sealed gallon water jugs and you have a quick sandbag with handles that can be used the same way you would use a kettlebell.





Tested to 400lbs loads at all stress points, handles on the top, bottom and sides to facilitate exercises, and a lifetime guarantee make this a solid “travel gym” for adding resistance to minimal equipment high intensity workouts

[Click here to learn more about the GORUCK Rucker](#)

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### [SPEED ROPE](#)

If cardio and burning calories is your side goal while traveling, it doesn't get any easier than a speed rope. Even without the great chipper WODs, this \$10 investment makes for any easy workout in any hotel room. Just flip on the TV and accumulate 20 minutes with jumping rope, double unders, and maybe some push ups and squats in between.







[Click here to learn more about the speed rope](#)

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#### [COMPACT SUSPENSION TRAINER](#)

Having a good, compact suspension trainer and knowing how to use it is invaluable, as you'll be able to recreate any exercise anywhere – indoors, outdoors, at home, or in hotel rooms. Cleans, over head presses, muscle ups, and nearly every other “resistance” exercise can be recreated with a suspension trainer.



Checkout this article on [the essential suspension trainer exercises](#) to learn more about how to recreate barbell, dumbbell movements, and kettlebell movements with suspension trainers.

As for which suspension trainer to go with, I recommend these two options.

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### [DIY GYMNASTICS RINGS STYLED SUSPENSION TRAINER](#)

This DIY suspension trainer actually doubles as gymnastics rings or a suspension trainer, and costs less than \$25 to make. It sets up anywhere – on a doorway, a car, a pull up bar, or a light pole, and you'll be able to recreate any movement in this workout with it.



[Click here to read how to make your own portable gymnastics rings and suspension trainer](#)

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### [POCKET MONKII – COMPACT SUSPENSION TRAINER](#)

If you're not feeling too handy, the Pocket Monkii is another perfect option. This suspension is so compact it will literally fit in your pocket, and sets up quickly indoors and outdoors. If you travel





frequently and need a fitness option, so you can do *all* of the movements in this workout, the Pocket Monkii is it.



[Click here to read more on the Pocket Monkii](#)

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### A NOTE ON RECOMMENDED (Rx) WEIGHT

Though many Crossfit sites list recommended weights...I don't. Instead, I recommend you go with your gut and what you're feeling for that day. Here's why.

We all have different fitness goals. Thin guys (like me) might prioritize developing strength for their body type, and go heavier but slower through these chippers. Another person, who sits at a computer all day may go with half the weight and fly through the workout with heavy breathing and a high heartrate, and that is great too. The last individual may be working through muscular imbalances and injuries.



Start with a weight that sounds good for your gut (not your ego)

If you're going too heavy, don't be afraid to drop weight.

If you're going to light, just move faster and keep your heartrate up – an intense cardio workout is never a waste.

Just keep moving....

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## The Crossfit Chipper WODs

- [The 10 Best Chipper WODs For Endurance](#)
- [The 10 Best Chipper WODs For Strength Endurance](#)
- [The 10 Best Partner Chipper WODs](#)
- [The 10 Best Chipper WODs With Minimal Equipment and No Weights](#)
- [Even More Great Chipper WODs](#)

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## BEST CHIPPER WODS FOR ENDURANCE



If building stamina or getting a cardio focused workout is your goal, these full body smokers are exactly what you're looking for

### Endurance Chipper WOD #1

- Sprint 200m
- 50 Box jumps (24/20) (or squat jumps)
- Sprint 200m
- 40 Knees 2 elbows
- Sprint 200m
- 30 Kettlebell swings
- Sprint 200m
- 20 Burpees
- Sprint 200m
- 10 DB squat cleans
- Sprint 200m



### **Endurance Chipper WOD #2**

- 60 Calorie Row
- 50 Double unders
- 40 Wall Balls
- 30 Push-ups
- 20 Turkish Get ups (30/20 kg dumbbell)
- 10 Overhead squats (60 / 40 kg)
- 5 Muscle ups

### **Endurance Chipper WOD #3**

- 50 Toes-to-bar (or V-Ups)
- 50 Wall Balls (or backpack thrusters)
- 50 Burpees
- 50 Dumbbell Clean and Press (or backpack high pull + overhead press)

### **Endurance Chipper WOD #4**

- 60 Sumo Deadlift High Pulls (with barbell, kettlebell, dumbbell, or weighted backpack)
- 50 Double-unders
- 40 Thrusters
- 30 Push-ups
- 20 Turkish Get ups
- 10 Overhead squats
- 5 Muscle ups (or 10 Pull Ups and 10 Dips)

### **Endurance Chipper WOD #5: The “Filthy Fifty”**

- 50 Box jumps
- 50 Jumping pull-ups
- 50 Kettleball Swings
- 50 Steps walking lunge
- 50 Knees to Elbows
- 50 Push Press
- 50 Back extension or 1 minute “superman”
- 50 Wallballs
- 50 Burpees
- 50 Double unders

### **Endurance Chipper WOD #6: “Murph”**

For endurance, go for speed. For strength, perform the workout with a weighted vest or backpack



- 1 Mile Run
- 100 Pull Ups
- 200 Push Ups
- 300 Air Squats
- 1 Mile RUn

#### **Endurance Chipper WOD #7: "Jason"**

- 100 Squats
- 5 Muscle-ups
- 75 Squats
- 10 Muscle-ups
- 50 Squats
- 15 Muscle-ups
- 25 Squats
- 20 Muscle-ups

#### **Endurance Chipper WOD #8: "Jason" Light**

- 100 Squats
- 5 Pull Ups
- 5 Dips
- 75 Squats
- 10 Pull Ups
- 10 Dips
- 50 Squats
- 15 Pull Ups
- 15 Dips
- 25 Squats
- 20 Pull Ups
- 20 Dips

#### **Endurance Chipper WOD #9: "Fatal Forty"**

- 40 Wall Ball Shots
- 400 Meter Run
- 40 Hang Cleans
- 400 Meter Run
- 40 Pull-Ups
- 400 Meter Run
- 40 Deadlifts
- 400 Meter Run





- 40 Push-Ups
- 400 Meter Run
- 40 Box Jumps
- 400 Meter Run
- 40 Kettlebell Swings
- 400 Meter Run
- 40 Toes-to-Bars
- 400 Meter Run
- 40 Air Squats
- 400 Meter Run
- 40 Hang Snatches
- 400 Meter Run
- 40 Double-Unders
- 400 Meter Run
- 40 Sit-Ups
- 40 Burpees

#### **Endurance Chipper WOD #10: “Dirty Thirty”**

- 30 Box Jumps
- 30 Pull Ups
- 30 Kettlebell Swings
- 30 Front Squats
- 30 Toes to Bar
- 30 Push Press
- 30 Deadlifts
- 30 Wall Balls
- 30 Burpees
- 30 Double-unders

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## CROSSFIT CHIPPER WODs FOR STRENGTH

If your goal is strength, but not *just* strength, strength when your in the 12<sup>th</sup> round, when you’re smoked, and when you’re tired, these Crossfit Chipper WODs are for you.





Each workout heavily incorporates structural lifts and heavy loads throughout so that even when you're at the end of your rope, you're still pushed to dig deep and tune your body to deliver the strength you need.

Be sure to keep good form throughout, and focus on healthy form and a safe weight over speed and time.

### **Strength Chipper WOD #1 – Modified from Crossfit Games 2012**

- 20 Overhead squats
- 20 Box Jumps
- 20 Thrusters
- 20 Power cleans
- 20 Toes to bar
- 20 Burpees
- 20 Toes to bar
- 20 Power cleans
- 20 Thrusters
- 20 Box Jumps
- 20 Overhead squats

### **Strength Chipper WOD #2 - "Happy Hour"**



- 30 Box Jumps
- 50 Pull Ups
- 30 KB Swings
- 30 Toes to Bar
- 50 Jumping Lunges
- 30 Push Press
- 30 Burpees
- 50 Squats
- 30 Double Unders

### **Strength Chipper WOD #3**

- 15 Barbell cleans
- 30 Toes-to-bars
- 30 Box jumps
- 15 Muscle-ups (or 30 pull ups + 30 dips)
- 30 Overhead presses
- 30 Double-unders
- 15 Thrusters
- 30 Pull-ups
- 30 Burpees

### **Strength Chipper WOD #4**

- 50 Deadlifts
- 50 Kettlebell Swings
- 50 Push-ups
- 50 Clean and Press
- 50 Pull-ups
- 50 Kettlebell Swings
- 50 Kettlebell Front Squats
- 50 Box jumps
- 20 [Wall climbs](#) (Pushup, walk feet up wall, end in a handstand against the wall)
- 50 Knees-to-elbows
- 50 Double-unders

### **Strength Chipper WOD #5**

- 10 Overhead squats
- 10 Box jumps
- 10 Thrusters
- 10 Power cleans
- 10 Toes to bar
- 10 Burpee muscle-ups
- 10 Toes to bar



- 10 Power cleans
- 10 Fat bar Thrusters
- 10 Box Jump overs
- 10 Overhead squats

#### **Strength Chipper WOD #6**

- 50 Sumo Deadlift High Pulls
- 40 Burpee box jumps
- 30 Clean and Press
- 20 Overhead Squat
- 10 Muscle Ups (or 20 Pull Ups + 20 Dips)

#### **Strength Chipper WOD #7**

- 50 Deadlifts
- 50 Walking Lunges
- 40 Back Squats
- 40 Toes to Bar
- 30 Cleans
- 30 Box Jumps
- 20 Overhead Squats
- 20 Thrusters
- 100 Double Unders

#### **Strength Chipper WOD #8: "The Don"**

- 66 Deadlifts
- 66 Box Jumps
- 66 Kettlebell Swings
- 66 Toes to Bar
- 66 Sit Ups
- 66 Pullups
- 66 Thrusters
- 66 Wall Balls
- 66 Burpees
- 66 Double-Unders

#### **Strength Chipper WOD #9: "Scott Davidson"**

- 800 Meter Run
- 10 Deadlifts
- 600 Meter Run
- 20 Back Squats
- 400 Meter Run
- 30 Front Squats
- 200 Meter Run



- 40 Cleans

### Strength Chipper WOD #10: Kettlehell Chipper

- 100 Kettlebell Deadlifts
- 100 Kettlebell Sumo Deadlift High Pulls
- 100 Kettlebell Swings
- 100 1-arm Kettlebell Swings, alternating arms each 5 reps
- 100 Kettlebell Clean and Press, alternating hand each 5 reps

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## BODYWEIGHT CHIPPER WORKOUTS

If you're on the road, in a hotel, or lacking a gym, these minimalist Crossfit chipper workouts are perfect. Each workout is amazing and at most requires a backpack (or luggage) or a pull up bar.



I highly recommend looking over our [recommended travel fitness gear list](#) above to see the gear I take with me around the world to get in a workout anywhere – generally a [homemade suspension trainer](#)





and a cheap [sandbell](#) along with my [backpack for weighted workouts](#). If you have those items (which take up no space) you can do any workout below and any workout on this list.

Now, on to my favorite minimalist Crossfit chipper workouts

### **Bodyweight Chipper Workout #1**

- 200 [Backpack](#) Thrusters
- 200 Push-ups
- 200 Sit-ups

To Do a “[Backpack](#) Thruster”, grab a backpack (or any other weight) holding it in front of yourself in the front squat position. Perform a squat with the bag in position (in front of your chest) performing an overhead press at the top of the squat, similar to a normal thruster.

### **Bodyweight Chipper Workout #2**

- 100 Air squats
- 90 Sit-ups
- 80 Alternating lunges
- 70 Burpees
- 60 Seconds Plank
- 50 Mountain climbers
- 40 Push-ups
- 30 V-Ups
- 20 Jump squats
- 10 Hand-release Push-ups

### **No Equipment Chipper Workout #3**

- 10 Pull-ups
- 20 Push-ups
- 30 Kettlebell Swings or [Suspension Trainer](#) high pulls
- 40 Squats
- 50 V-ups
- 40 Squats
- 30 Kettlebell Swings or [Suspension Trainer](#) high pulls
- 20 Push-ups
- 10 Pull-ups

### **No Equipment Chipper Workout #4**



- 10 Handstand push ups
- 20 burpees
- 30 toes 2 bar (or V-Ups if no bar is available)
- 40 jumping lunge
- 50 wall ball (or [Backpack](#) thrusters)
- 60 double unders

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### Bodyweight Chipper Workout #5

- 100 pull-ups
- 80 V-Ups
- 60 one-legged squats, each leg
- 40 Sumo Deadlift High Pulls (with [Backpack](#) or other weight)
- 20 Overhead Presses (with [Backpack](#) or other weight)

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### Bodyweight Chipper Workout #6

- 80 Squats
- 70 V-Ups or Sit-Ups
- 60 Mountain climbers
- 50 Walking lunges
- 40 Speedskater Lunges
- 30 Burpees
- 20 Push-ups
- 1 Minute Plank

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### No Equipment Chipper Workout #7

- 100 Bodyweight squats
- 90 V-Ups
- 80 Lunges
- 70 Burpees
- 60 Seconds Planking
- 50 Mountain climbers
- 40 Push-ups
- 30 Second V-Hold
- 20 Jump squats
- 60 Seconds Planking

### Bodyweight Chipper Workout #8

This one is a great travel workout if you have a [sandbell](#) and pullup bar handy



- 50 Box Jumps
- 40 Overhead Presses (Weighted [Backpack](#) or Sandbell)
- 30 Pull Ups
- 20 Kettlebell Swings
- 10 Muscle Ups
- 20 Kettlebell Swings
- 30 Pull Ups
- 40 Overhead Press ([Backpack](#) or Sandbell)
- 50 Box Jumps

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### **Bodyweight Chipper Workout #9: “Bert”**

- 50 Burpees
- 400 Meter Run
- 100 Push Ups
- 400 Meter Run
- 150 Walking Lunges
- 400 Meter Run
- 150 Walking Lunges
- 400 Meter Run
- 100 Push Ups
- 400 Meter Run
- 50 Burpees

### **Bodyweight Chipper Workout #10: “Angie”**

- 100 Pullups
- 100 Pushups
- 100 Situps
- 100 Squats

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## CHIPPER CROSSFIT WODS FOR PARTNERS

One of the easiest ways to improve the quality and intensity of your workouts is with motivation, and a good partner delivers motivation in spades.





In these chipper Crossfit WODs for partners, you and a friend can share the pain and playfully push each other on through an effective and (sadistically) fun workout, sharing in each other's (productive) misery.

Read on for my favorite Chipper Crossfit WODs for partners:

### **Partner Chipper WOD #1**

Partner #1 Planks while Partner #2 works continuously – switch places instead of resting

- 150 Wall Ball
- 150 Push-ups
- 150 Sit-ups

### **Partner Chipper WOD #2**

Partners split the exercises any way they want, performing each exercise together to completion. Every 2 minutes, both partners stop and perform the 10 burpees listed below. Repetitions performed by each partner *don't* have to be equal.

- 50 Pull-Ups
- 100 Wall Ball Shots
- 100 Sit-Ups



- 150 Kettlebell Swings

Perform every two minutes:

- 10 Burpees

### **Partner Chipper WOD #3**

Partner #1 performs the workout while partner #2 holds the top of a push up position. When partner #1 needs to “rest”, the two switch ultimately splitting the total reps.

- 100 Double-unders
- 50 Pull ups
- 100 Lunges
- 50 V-Ups
- 100 Wall Balls
- 50 V-Ups
- 100 Lunges
- 50 Pull ups
- 100 Double unders

### **Partner Chipper WOD #4**

- 10 Handstand Pushups
- 15 Deadlifts
- 25 Box Jumps
- 50 Pull Ups
- 100 Wall Balls
- 200 Double Unders
- 400 Meter Run

### **Partner Chipper WOD #5**

Perform this workout *with* your partner, staying on the same exercise they’re on. If you complete the workout before them, hold a plank and root them on

- 30 Pull Ups
- 50 Wall Ball Shots
- 50 Sit Ups
- 100 Kettlebell Swings
- *Every 2 minutes, perform 10 burpees*

### **Partner Chipper WOD #6**

Complete the following with one partner working at a time on their respective workout as fast as possible while the other rests. If one partner finishes before the other, both partners start “chipping” away at the remaining exercises of the same workout

Start: 200 meter sprint together

Partner #1

- 50 Box Jumps
- 50 Kettlebell Swings
- 50 Situps





- 50 Deadlifts
- 50 Burpees

#### Partner #2

- Pull Ups
- 50 Jumping Lunges
- 50 Hand Release Push Ups
- 50 Wall Balls
- 50 Double Unders

End: 200 meter sprint together

#### Partner Chipper WOD #7

Perform the following chipper WOD together, splitting reps any way preferred

- 200 Box Jumps
- 150 Wall balls
- 100 Clean and Press
- 75 Burpees
- 50 Pull Ups

#### Partner Chipper WOD #8

- 50 double-unders each
- 200 pull-ups
- 40 double-unders each
- 200 push-ups
- 30 double-unders each
- 200 sit-ups
- 20 double-unders each
- 200 squats
- 10 double-unders each

#### Partner Chipper WOD #9

Both partners perform the chipper sequence together, doing each exercise together. If one partner finishes a set before the other, alternate between 10 lunges and 10 burpees until the other partner completes the set

- 60 Deadlifts
- 60 Wall Balls
- 60 V-Ups
- 60 Box Jumps
- 60 Sumo Deadlift High Pulls (Barbell, Kettlebell, or [Backpack](#))

#### Partner Chipper WOD #10



Perform the 400 meter “buy-in” and “buy-out” runs together. Through the rest of the chipper sequence, only one athlete can be moving at a time. Both partners must complete all reps

- 400 Meters (Together)
- 90 Burpees
- 90 Air Squats
- 90 Deadlifts (same weight)
- 90 Push Ups
- 90 Box Jumps
- 90 Jumping Lunges
- 90 Wall Balls
- 400 Meter Run (Together)

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## MORE CHIPPER WODS

Though the lists above sum of my favorite Chipper WODs by category, there are more out there than I count, or do in a lifetime. Of the remainder, these are some more of my favorite Chipper WODs for an amazing workout

### Chipper WOD #41

- 100 pull-ups
- 80 V-Ups
- 60 one-legged squats, each leg
- 40 Sumo Deadlift High Pulls
- 20 Overhead Presses (Dumbbell or Barbell)

### Chipper WOD #42 – Adapted from Crossfit Games 2012

- 10 Overhead squats
- 10 Box-jump
- 10 Thrusters
- 10 Cleans
- 10 Toes to bar
- 10 Burpees
- 10 Muscle ups
- 10 Toes to bar
- 10 Cleans
- 10 Thrusters
- 10 Box-jump
- 10 Overhead squats



### Chipper WOD #43

- 50 Sumo Deadlift High Pulls (Barbell, Kettlebell, or Weighted [Backpack](#))
- 50 Box Jumps
- 50 Deadlifts
- 50 Wall Balls
- 50 Ring Dips
- 50 Wall Balls
- 50 Deadlift
- 50 Box Jumps
- 50 Sumo Deadlift High Pulls

### Chipper WOD #44

- 50 Dumbbell Goblet Squats (can be done with a weighted [Backpack](#) or kettlebell)
- 50 Push Ups
- 50 Air Squats
- 50 Push Ups
- 50 Dumbbell Goblet Squats

### Chipper WOD #45: “Lumberjack 20”

- 20 Deadlifts
- 400 Meter Run
- 20 KB Swings
- 400 Meter Run
- 20 Overhead Squats
- 400 Meter Run
- 20 Burpees
- 400 Meter Run
- 20 Pull Ups
- 400 Meter Run
- 20 Box Jumps
- 400 Meter Run
- 20 Dumbbell Squat Cleans
- 400 Meter Run

### Chipper WOD #46: “Daniel”

- 50 Pull-Ups
- 400 Meter Run
- 21 Thrusters (95#/65#)
- 800 Meter Run
- 21 Thrusters (95#/65#)
- 400 Meter Run
- 50 Pull-Ups



### Chipper WOD #47: “Arnie”

- 21 Turkish Get-Ups, Right Arm (with Kettlebell, Dumbbell, or [Backpack](#))
- 50 KB Swing
- 21 Overhead Squats, Left Arm
- 50 KB Swing
- 21 Overhead Squats, Right Arm
- 50 KB Swing
- 21 Turkish Get-Ups, Left Arm (with Kettlebell, Dumbbell, or [Backpack](#))

### Chipper WOD #48

- 2 Mile Run
- 20 Cleans
- 20 Front Squats
- 20 Push Presses
- 20 Box Jumps
- 20 Push Presses
- 20 Box Jumps
- 20 Front Squats
- 20 Cleans
- 2 Mile Run

### Chipper WOD #49

- 800m Run
- 50 Kettlebell Swings
- 40 Wall Balls
- 30 Box Jumps
- 20 HR Push Ups
- 10 Squat Cleans
- 800m Run

### Chipper WOD #50

- 3 Cleans
- 15 Ring Rows
- 6 Push Presses
- 15 Push Ups
- 12 Front Squats
- 15 Push Ups
- 6 Push Presses
- 15 ring rows
- Power clean, 3 reps

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## MORE GREAT TRAVEL FITNESS CONTENT

- [The Hotel WODs](#)
- [Travel WODs](#)
- [The Hero WODs](#)
- [The Crossfit Girl WODs & Benchmark Workouts](#)

