

INVICTUS

SPORTS PERFORMANCE AND FITNESS

10 CrossFit Workouts You Can Do at Home With One Dumbbell

These WODs can be performed with minimal equipment.

Your current home gym equipment may be pretty slim, limiting the types of workouts you can do. That might make matters particularly bleak if you love the typically barbell-heavy WODs associated with CrossFit, since those workouts are especially dependent on gear and space.

Below is an efficient set of CrossFit workouts you can do at home that only require a dumbbell or two if you have them.

If you want to give these CrossFit dumbbell workouts a try, just keep in mind that they ask for a lot of volume in a small amount of time. So if you are going to give them a go, just remember that you should approach each workout at your own pace.

The other major key to these dumbbell workouts: Don't be afraid to modify the moves, especially when it comes to overhead exercises. If a workout places you in a position you're not comfortable in, skip it; longevity beats training for the sake of training every time.

1. Workout 1A/1B - Grace/Isabel

- 30 Clean and Jerks
- 30 Snatches

2. Workout 2 - Dumbbell DT

- 5 Rounds for Time
- 12 Deadlifts
- 9 Hang Power Cleans
- 6 Push Jerks
 - How long can you hold on for? This is about a 10-minute workout, so set the time cap and stay committed to those 2-minute rounds. If you only have one dumbbell, do all 5 rounds on one side, rest 2 minutes, then complete on the opposite side.

3. Workout 3 - Elizabeth

- 21-15-9 (rep scheme)
- DB Squat Cleans
- Ring/Box Dips
 - Let's get those triceps pumping. If you don't have rings or another station for dips, crush your tris with close-grip pushups instead. And even if you do have a spot to do dips, consider close-grip pushups anyway; they'll still hit your triceps but they'll spare your shoulders any pain and soreness.

4. Workout 4 - Nancy

- 5 Rounds (For Time)
- 400m of Cardio OR 75 Double-Unders
- 15 Overhead Squats

INVICTUS

SPORTS PERFORMANCE AND FITNESS

- For the cardio, running, rowing, biking, skiing... if you have none of those, I suggest 75 double-unders as an alternative. Then 15 overhead squats with a single dumbbell.

5. Workout 5 - Jacob Heppner's DB Burpee Deadlift Workout

- **21-15-9 (For Time)**
- **Dumbbell Burpee Deadlifts**
- **50-meter Handstand Walk after each set OR Bear Crawl**
 - If you only have one dumbbell, just go the same rep range and aim to go faster. Unless you're a seasoned CrossFitter (and if you're inside, even then) leave the handstand walks alone. Go for the bear crawls.

6. Workout 6 - Pump Sesh

- **21-15-9 (For Time)**
- **Dumbbell Strict Press**
- **Bent Over Rows**
 - If you've got just one dumbbell, I suggest 21-15-9 on each side. Get that big pump going.

7. Workout 7 - Diane

- **21-15-9 (For Time)**
- **Dumbbell Deadlifts**
- **Strict Handstand Pushups**
 - Do strict handstand pushups... alternatively, pike pushups are way more manly than kipping. Like the handstand walk, you probably shouldn't try to go upside down for your first time to attempt this WOD. Try the pike pushups instead.

8. Workout 8 - Kalsu

- **100 DB Thrusters (For Time)**
- **Every Minute on the Minute (EMOM) - 5 Burpees**
 - This is potentially one of the toughest workouts on the list. Given the EMOM structure, you'll do 5 burpees at the start of every new minute until you're finished. The workout itself starts with 5 burpees, then your thrusters, then at the first minute, back into burpees again. If your shoulders are too taxed under the dumbbell before finishing, ditch the dumbbell and wrap up your reps using only your bodyweight.

9. Workout 9a/b - Patrick Vellner's Devil's Press Workout

- **100 Devil's Press reps**
 - This workout will be sh*t with any weight. This workout is all about grit. It's also a workout you should approach with caution if you have shoulder issues. The Devil's Press inherently involves a kettlebell-swing-type action overhead, and that can be unfriendly if you can't really go overhead.
- **Scott Panchik Burn out**
 - **5 Rounds**
 - **15 push ups**
 - **12 deadlifts**

INVICTUS

SPORTS PERFORMANCE AND FITNESS

- **9 hang cleans**
- **6 press ups**
 - Some individuals have low back issues, and 100 devil presses could be an issue. This burn out program is an alternative.

10. Workout 10 - Jason Khalipa's Push/Pull

- **4 Rounds, 1 Minute each**
- **Max Thrusters**
- **Max Bent Over Row**
- **Max Burpees**
- **Max Hang Snatch**
- **1 Minute Rest Between Sets**
 - My heart rate remained low. My arms, however, turned into spaghetti. They were completely destroyed. (This is about a 20 minute workout.) If you give this a try, don't make piling on reps as quickly as possible your only focus. Instead, focus on quality reps—if you feel your form slipping, slow down and focus up.