



10 CROSSFIT WORKOUTS WITH DUMBBELLS

NEVER STOP EVOLVING

These WODs can be performed at home with minimal equipment—often requiring only a dumbbell or two. They ask for high volume in a short time, so pace yourself. **Don't be afraid to modify moves**, especially overhead exercises. Longevity beats training for the sake of training every time.

1. WORKOUT 1A/1B - GRACE/ISABEL

	REPS	NOTES
Clean and Jerks	30	
Snatches	30	

2. WORKOUT 2 - DUMBBELL DT

5 Rounds for Time: Set a 10-minute cap and stay committed to 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.

	REPS PER ROUND
Deadlifts	12
Hang Power Cleans	9
Push Jerks	6

3. WORKOUT 3 - ELIZABETH

21-15-9 (For Time): If you don't have rings/station for dips, or want to spare your shoulders, do close-grip pushups instead to hit the triceps.

	REP SCHEME
DB Squat Cleans	21 - 15 - 9
Ring/Box Dips (or Close-grip pushups)	21 - 15 - 9

4. WORKOUT 4 - NANCY

5 Rounds for Time

REPS/DISTANCE	
Cardio (Run, Row, Bike) OR Double-Unders	400m OR 75 Reps
Overhead Squats	15

5. WORKOUT 5 - JACOB HEPPNER'S DB BURPEE DEADLIFT

21-15-9 (For Time): Complete the 50m walk/crawl after each set of 21, 15, and 9. Leave handstand walks to seasoned athletes—go for bear crawls instead.

REP SCHEME	
Dumbbell Burpee Deadlifts	21 - 15 - 9
Handstand Walk OR Bear Crawl	50 meters

6. WORKOUT 6 - PUMP SESH

21-15-9 (For Time): If you've got just one dumbbell, do 21-15-9 on each side to get a big pump going.

REP SCHEME	
Dumbbell Strict Press	21 - 15 - 9
Bent Over Rows	21 - 15 - 9

7. WORKOUT 7 - DIANE

21-15-9 (For Time): Pike pushups are a great alternative to handstand pushups if you aren't comfortable going upside down.

REP SCHEME	
Dumbbell Deadlifts	21 - 15 - 9
Strict Handstand Pushups (or Pike Pushups)	21 - 15 - 9

8. WORKOUT 8 - KALSU

For Time: Tough workout! Start with 5 burpees at minute 0, then do thrusters. At the top of every new minute (EMOM), stop and do 5 burpees. If shoulders get too taxed, ditch the dumbbell.

	REPS	NOTES
Burpees (EMOM)	5	At the start of every minute
DB Thrusters	100	Total reps for time

9. WORKOUT 9A/B - DEVIL'S PRESS OR SCOTT PANCHIK BURNOUT

Option A: Patrick Vellner's Devil's Press Workout is a gritty 100 reps, but unfriendly for shoulder issues.

Option B (Alternative): Scott Panchik Burn Out — 5 Rounds for those with lower back or shoulder limitations.

	REPS
Devil's Press	100 Reps

	REPS PER ROUND
Push Ups	15
Deadlifts	12
Hang Cleans	9
Press Ups	6

10. WORKOUT 10 - JASON KHALIPA'S PUSH/PULL

4 Rounds: Work for 1 minute max reps per exercise. Take a 1-minute rest after completing all 4 exercises in a round. Focus on quality reps—if form slips, slow down.

	DURATION
Thrusters	1 Minute (Max Reps)
Bent Over Row	1 Minute (Max Reps)
Burpees	1 Minute (Max Reps)
Hang Snatch	1 Minute (Max Reps)
Rest	1 Minute

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.