

CrossFit Benchmark WODs

“The Girls”

Amanda

3 Rounds For Time
12-9-6 Reps
Muscle Up
Snatch (135/95)

Angie

For Time
100 Pullups
100 Pushups
100 Situps
100 Air Squats

Annie

5 Rounds For Time
50-40-30-20-10 Reps
Double Unders
Situps

Barbara

5 Rounds For Time
20 Pullups
30 Pushups
40 Situps
50 Squats
Rest 3 minutes between rounds. Add times from each round to get total time.

Chelsea

On the minute, for 30 minutes:
5 Pullups
10 Pushups
15 Air Squats

Christine

3 Rounds For Time
Row 500m
12 Deadlifts (bodyweight)
21 Box Jumps (20")

Cindy

AMRAP in 20 minutes:
5 Pullups
10 Pushups
15 Air Squats

Diane

3 Rounds For Time
21-15-9 Reps
Deadlifts (225/155)
Handstand Pushups

Elizabeth

3 Rounds For Time
21-15-9 Reps
Clean (135/95)
Ring Dips

Eva

5 Rounds For Time
Run 800m
30 KB Swings (52/35)
30 Pullups

Fran

3 Rounds For Time
21-15-9 Reps
Thrusters (95/65)
Pullups

Grace

30 Reps For Time
Clean and Jerk (135/95)

Helen

3 Rounds For Time
Run 400m
21 KB Swings (52/35)
12 Pullups

Isabel

30 Reps For Time
Snatch (135/95)

Jackie

For Time
Row 1000m
50 Thrusters (45/35)
30 Pullups

Karen

For Time
150 Wall Ball Shots (20/14)

Kelly

5 Rounds For Time
Run 400m
30 Box Jumps (24/20)
30 Wall Ball (20/14)

Linda

10 rounds
10! (10, 9, 8, 7...)
Deadlift (1.5x Bodyweight)
Bench Press (1x Bodyweight)
Clean (3/4x Bodyweight)

CrossFit



Durham

Lynne

5 Rounds For Max Reps (Not for Time)

Bench Press (1x Bodyweight)

Pullups

Mary

AMRAP in 20 minutes:

5 Handstand Pushups

10 Pistols/1-Leg Squats

15 Pullups

Nancy

5 Rounds For Time

Run 500m

15 Overhead Squats (95/65)

Nicole

AMRAP in 20 minutes

Run 400m

Max Rep Pullups

