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Muscle-ups 135-lb. snatches 100 pull-ups 100 push-ups 100 sit-ups 100 squats 20 pull-ups 30 push-ups 40 sit-ups 50 squats 20 pull-ups 40 push-ups 60 squats 5 pull-ups 10 push-ups 15 squats 5 pull-ups 10 push-ups 15 squats 225-lb. deadlifts Handstand push-ups Run 800 meters 2-pood kettlebell swings, 30 reps 30 pull-ups 95-lb. thrusters Pull-ups Clean and jerk 15-12-9 reps Run 400 meters 1.5-pood kettlebell swings, 21 reps 12 pull-ups Burpees 75-lb. power snatches Box jumps, 24-inch box 75-pound thrusters Chest-to-bar pull-ups Row 1,000 meters 45-lb. thrusters, 50 reps 30 pull-ups 150 wall-ball shots, 20-lb. ball Run 400 meters 30 box jumps, 24-inch box 30 wall-ball shots, 20-lb. ball 1 1/2 body-weight deadlifts Body-weight bench presses 3/4 body-weight cleans Body-weight bench press Pull-ups 20 handstand push-ups 40 pull-ups 60 one-legged squats , kaki bergantian Burpee/Push-up/Jumping-Jack/Sit-up/Handstand 5 handstand push-up 10 squat berkaki 1 15 pull-up Run 400 meter 95-lb. overhead squat, 15 repetisi Jalankan 400 meter Max-reps pull-up 50 – 40 – 30 – 20 – 10 For Time Double Unders Sit Ups Angie 100 Pull Ups 100 Push Ups 100 Sit Ups100 Squat Barbara 20 Pull Up 30 Push Up 40 Sit Up 50 Squats Rest 3 Mins Repeat All For 5 Rounds Chelsea 5 Pull Ups 10 Push Up 15 Squat On The Minute Setiap Menit Selama 30 Menit. Cindy 5 Pull Ups 10 Push Up 15 Squats Sebanyak Mungkin Putaran (AMRAP) dalam 20 Menit Diane 21 - 15 - 9 Repetisi 225lb Deadlift Handstand Push Ups Elizabeth 21 - 15 - 9 Reps 135lb Clean Ring Dips Eva 5 putaran untuk time Run 800m 30 KB ayunan (2 pood) 30 pullup Fran 21 - 15 - 9 Reps Thruster 95lbs Pull Up Grace 135lb Clean & Jerk 30 Reps Helen 3 Rounds For Time Run 400m 21 Kettle Bell Swings 55lb 55lb12 Pull Up Isabel 135lb Snatch 30 Reps Jackie 1000m Baris 50 Thruster 45lbs 30 Pull Up Karen Untuk Waktu 150 Wall Balls 20lbs Kelly 5 Putaran Untuk Time Run 400m 30 Box Melompat 30 Wall Balls 20lbs Linda 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1 dari 1,5x Body Weight Deadlift Body Weight Bench Tekan 3/4x Body Weight Cleans Lynne Bodyweight Bench Press Max Reps Pull Up Max Reps 5 Rounds For Max Reps Mary 5 Handstand Push Up 10 Satu Squat Berkaki Satu (Pistol) 15 Pull Up Sebanyak Mungkin Putaran (AMRAP) dalam 20 Menit Nancy 5 Putaran Untuk Waktu 400m Run 15 Overhead Squat 95lbs Nicole 20 Menit AMRAP dari: 400m Run Max Rep Pull Ups - Perhatikan pull up yang diselesaikan di semua putaran Apakah Anda ingin membatalkan perubahan filter? AngieUntuk waktu:100 pull-up100 push-up 100 sit-up100 squat Pertama diposting Juli 26, 2004Barbara5 putaran, masing-masing untuk waktu:20 pull-up30 push-up40 sit-up50 squat Istirahat tepat 3 menit antara setiap putaran. Pertama kali diposting 27 September 2003ChelseaEvery menit pada menit selama 30 menit melakukan:5 pull-up10 push-up15 squat Pertama September 7, 2003CindyComplete 2003CindyComplete many rounds possible in 20 minutes from:5 pull-ups10 push-ups15 squats First posted December 29, 2004Diane21-15-9 reps for time:225-lb. deadliftsHandstand push-ups First posted September 19, 2003Elizabeth 21-15-9 reps for time: 135-lb. First dips cleaning posted September 12, 2003Fran 21-15-9 reps for time:95-lb. ThrusterPull-up First posted August 25, 2003GraceFor a time of:135-lb. Net and, 30 Reps First posted June 24, 2004Helen3 round for time: Run 400 meters1.5-pood kettlebell swing, 21 reps12 pull-up First posted August 9, 2003IsabelFor a time: 135-lb. snatches, 30 Reps First posted Noveember 11, 2004JackieFor a time:1000 meter thruster, 50 reps30 pull-up First posted August 3, 2005KarenFor time:150 wall-ball shots, 20-lb. First ball posted August 7, 2008Linda10-9-8-7-6-5-4-3-2-1 reps for time:11/2-weight bench deadliftBody-weight press3/4-weight net First posted July 5, 2003MaryComplete as many rounds as possible in 20 minutes from:5 handstand push-ups10 one-legged squats, Alternate15 Pull-up First posted January 19, 2005Nancy5 rounds for a time:400-meter run95-lb. overhead squats, 15 reps First posted December 5, 2004THE NEW GIRLSAnnie50-40-30-20-10 reps for the time:Double-undersIt-ups First posted April 16, 2005Eva5 round to time:Run 800 meter2-pood kettlebell swing, 30 reps30 pull-up First posted February 24, 2008Kelly 5 rounds for time:Run 400 meters30 jump box, 24-inch box30 wall-ball shots, 20-lb. The ball First posted April 10, 2005Lynne5 round to max reps of:Body-weight bench pressesPull-ups First posted April 22, 2004NicoleComplete as many rounds as possible in 20 minutes:Run 400 meterMax rep pull-up First posted December 11, 2006Amanda9-7-5 reps for time:Muscle-ups135-lb. First squat snatches posted July 17, 2010GwenClean and 15-12-9 Reps Touch and go on the floor only. Even clutching back from the floor is a foul. No dumping. Use the same load for each set. Rest as needed between sets. First posted May 25, 2003Marguerita50 reps for time:Burpee/Push-ups/Jumping-Jack/Sit-ups/HandstandFirst posted January 15, 2014BisadyFive rounds for time:20 Pull-ups40 Push-ups60 MaggieFive Squats round to time:20 Handstand Push-ups40 Pull-ups60 One legged squats, First leg turns posted July 28, 2006HopeThree round time:Burpees75 pound Power snatchBox jump, 24 box75 pound ThrusterChest to pull-up bar Hope has the same format as Fight Gone Bad. In this exercise you move from each of the five stations after one minute. This is a five-minute round from which a one-minute break is allowed before repeating. Clock does not reset stop in between exercises. On rotation calls, athletes must move to the next station immediately for a good score. One point is awarded for each representative. First posted June 8, 2012 CrossFit benchmark exercise named after women, such a typical naming convention storm. According to Greg Glassman, founder of CrossFit, anything that makes you lie on your back gasps for air wondering what just happened to you should be named after a girl. You'll often hear people talk about their Fran time, or how they handled the three bars of death. But what is the best WOD benchmark to take, and how do you address it? I'm going to pick my five best girls, and give you some efficiency tips along the way... so put your weightlifting belt on, you're in for a treat. Fran 21-15-9 reps for the time: Thruster 95 lbs * Pull-ups * A front squat with a top-of-the-head press Note: Rx women for each of these exercises is 2/3 of the men's RX.** *RX just means as specified One of the original six girls, Fran is a pair of pushers and pullups to crush your lungs and leave your Rep structure 21-15-9 may look easy at first, but this exercise is a sprint and the pusher becomes hard, fast. The best time is just over 2 minutes, and you really shouldn't take more than 5 or you're not working for exercise purposes. This is one where you really have to scale if you're not strong on both movements. Let's Talk Unbroken Tactics? Elites will do every set of exercises without breaking up, making everything look as easy as they always do, and in an ideal world, you would do the same. But the reality is you may need to break down the reps into manageable pieces to allow you breathing space. However, do not rest too long, long enough to wiggle your arms/legs and start again. Personally, if I'm going to break I like to divide the work into rough parts, i.e. 21 reps go into 11 and then 10. Psychologically it helps to get bigger pieces done first and then what's left doesn't seem too bad. I would then do the same for 15, which is do a set of 8 and then 7, and try to do the last round without breaking up. The key standard for both movements is efficiency – get your technique absolutely right and your representation will be easier, which means you can solve less. Simple. Finally, be clearer with your movements and be strict with yourself – in this kind of exercise, where speed is the essence, you definitely don't want to be mapped back! So get your ass under the parallel and head through the window at the pusher, and get your chin above the bar on the pullup. There's no excuse. Feel the Pain After saying all that, Fran is really about through pain* and solve it. Keep yourself focused on the task at hand and rest you faster than you want... It'll be over soon! * Obviously I am referring to the inconvenience of working hard, not the actual physical injury here! Grace 30 reps for the time: WOD is another quick, Grace is a different test, this time more technique than pure pure To do a fairly heavy Olympic lift that many times requires the coolness of character and the ability to lift proficiently. Every. One. Time. The best time for this WOD is just over a minute, and up to 3-4 minutes is still very good! Let's Talk Pacing Tactics To overcome this WOD, you have to pacing well from the start. If you've ever watched Rich Froning take Grace heavily (at 225lbs instead of RX 135lbs) you'll notice that she started with a single from the first representative, took a few steps back and then went back to the bar to reset. This is a tactic that makes sense for those who take Grace (or Isabel) for the first time so you can feel the exercise. Keeping composed is key to completing this exercise as hell for the skin instantly could mean taking longer recovery towards the final stage of reps... slow and steady win the race! The bar breaks your grip. Unless you aim to finish in 2 minutes or below you really don't have to do a touch and go reps. Your grip will likely be one of the first things to do, so break early by dropping the bar (if it's safe to do so) rather than holding on to the bar longer than necessary. Do not re-adjust the bar. It is common to want to keep the bar in a certain line before each elevator, especially when on the platform. But, unless the position bar is an obvious danger, it's just a waste of energy moving it back to the position of your choice. It is much more efficient to move yourself to the bar to get the starting point of your optimal lift than to move the bar to you. Power It Up Power is clean, if you can. In addition to grip, the main problem you will face is interference in the technique. Engineering problems will mean attempts that fail through don't attract high enough, and you'll want to draw high because it's much more efficient for clean power than it is down under it each time. Karen For time: Ball wall ... Everybody loves wall balls. Or not. They may seem harmless, but this simple exercise becomes taxed very quickly and should not be underestimated so while this WOD may seem fundamental, it is a huge challenge. You will work on your mental strength as you break down the high volume of reps, as well as develop cardiovascular function, leg and shoulder strength and endurance, accuracy and precision. Let's Talk Rest Tactics This exercise 100% need such a strategy. You MUST break down the reps and it is better to do this in a methodical way so that you can count and have a small break to look forward to. How many reps you do per set it's up to you, and not at all fixed. Some like to do 10 sets, others 20. The real key to this exercise is how, and for how long, you rest. Instead of dropping the ball to the floor, put it on the wall, support it with your body. This will allow your arms to rest but save you having to bend over to choose the pick get up again before starting the next set – just grab it and sit down to your squat to start the rep. Try not to rest longer than a few breaths or you will add significant time to the number of sets you may be doing. There's no point throwing the ball much higher than it takes to go, similarly, you don't want to be undershooting or going sideways. If you aim for the same spot on the wall or target every time you don't have to adjust or catch the ball at a funny angle on your return. Once you get into that rhythm these kinds of things lead to no reps, and when you've done 150 reps you really don't want to repeat anything! Nancy Five rounds to time: 400 meters running Overhead squat 95 lbs (15 reps) This exercise is a bit Jekyll and Hyde. You have an all-out speed in running, super-organized with movements that require focus and control. Overhead squats are a challenge for many people – they challenge your flexibility, coordination, strength, and stability in one straight motion – and running seems to be a lot of CrossFitters enemies. Let's Talk Tactics Pacing The first round should be completed at a convenient pace, especially running, because getting out too fast can really mess up your game for the rest of the practice. Running all-out will make your breathing heavy, and lactic acid begins to build up, making stability in such squats a nightmare and once you start failing reps you will lose valuable time... all for not much profit on the run. Disconnected? The weight is light enough for strong legs, but if you have to break it down then, of course, do. If you have to break down reps to more than two sets per round then it may need scaling up to the weight you can manage unbroken or in two sets – the time it takes to put the bar down and get it back to eat in your workout is too much for such a low rep volume. You can get the bar then, of course, do, but seizing will be the most efficient, especially since you may want to squat with a wide grip anyway. Other options include clearing the bar up, then widening your grip before pressing out. Although you have to question, if you can't seize the weight, should you overhead squat for 5 rounds 15? Linda 10-9-8-7-6-5-4-3-2-1 for the time: Clean 3/4 bodyweight Bench bodyweight Deadlift 1 1/2 bodyweight Oh Linda, a.k.a. three bars of death. This exercise is very easy to underestimate. It's easy to see the weight (remember that the women's RX is 2/3 RX for men, so 1/2 BW net, 2/3 stool weight and deadlift bodyweight) compare it total your one-rep max (1RM) and smug smile. But remember that in total, you will complete 55 reps from each exercise. Lower representation at the end of the scale may look easy on paper, but they will find it more difficult than Think! You can see anywhere between 35-45 minutes for the first time, less if your 1RM is much higher than the RX. Let's Talk Scale Tactics It's funny how CrossFitters start thinking about losing and gaining weight in terms of their Linda RX – if you gain weight you think about how much weight Linda will, if you lose weight you think how much lighter it will be! Chances are you'll scale weights the first time you do Linda. You may only need to scale one movement, but really think about it before you start - it's a pain to change the weight of the halfway road. Break Early You may be able to do a set of 10 on your RX weight, but should you? The bench is what catches most people out with Linda, and it is advisable to break up the reps into small sets from the start. My max stool is more than 10kg taller than my RX weight for this WOD, but I did set 2-3 reps off the world go. But try not to rest too long - put the bar back on the shelf, shake your arms out and start again. Cleaning and deadlift (usually) is more of an inconvenience than anything else, partly because they will damage your grip. Keep shape good form for any movement – flat back for deadlift, good starting position and solid pull for cleaning, and tight elbows for stools. The efficiency of the movement will greatly help keep the reps clean. It also helps to have someone nearby who can see you when the bench starts to become a struggle. Or who can kick your ass when you want to give up! Your Favorite Benchmarks are fun to do and they give you a great testing point to check progress, but not intended to be done every session, or every week. If your box has a 1RM test cycle every 12 weeks or so, try to slot in some WOD benchmarks around this so you can check your met-con progress along with your strengths. So it was my top 5 benchmark and my tips for getting it done without crying/vomiting. Have you ever tried any of these? What is your favorite CrossFit Girls? Girl?

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