

## Benchmark WODS

### GIRLS

#### **ANGIE**

##### **FOR TIME**

100 Pull-ups  
100 Push-ups  
100 Sit-ups  
100 Squats

#### **ANNIE**

##### **50-40-30-20-10 REP ROUNDS FOR TIME**

Double Unders  
Sit-ups (anchored)

#### **BARBARA**

##### **5 ROUNDS FOR TIME W/EXACTLY 3m REST B/W ROUNDS OF**

20 Pull-ups  
30 Push-ups  
40 Sit-ups  
50 Squats

\*Score each round & total time to complete WOD\*

#### **CHELSEA**

##### **COMPLETE 1 ROUND EVERY MIN ON THE MIN OF**

5 Pull-ups  
10 Push-ups  
15 Squats

\*Score # of rounds completed on time, + any additional rounds completed in the 30 min\*

#### **CINDY**

##### **AMRAP 20**

5 Pull-ups  
10 Push-ups  
15 Squats

#### **DIANE**

##### **21-15-9 REP ROUNDS FOR TIME**

Deadlift (225/155#)  
Handstand Push-ups

#### **ELIZABETH**

##### **21-15-9 REP ROUNDS FOR TIME**

Clean (135#/95#)  
Ring Dips

#### **EVA**

##### **5 ROUNDS FOR TIME**

800m Run  
30 KBS (32kg/20kg)  
30 Pull-ups

#### **FRAN**

##### **21-15-9 REP ROUNDS FOR TIME**

Thrusters (95#/65#)  
Pull-ups

#### **GRACE**

##### **30 REPS FOR TIME**

Clean & Jerk (135#/95#)

#### **HELEN**

##### **3 ROUNDS FOR TIME**

400m Run  
21 KBS (24kg/16kg)  
12 Pull-ups

#### **ISABELLE**

##### **30 REPS FOR TIME**

Snatch (135#/95#)

## Benchmark WODS

### **JACKIE**

#### **FOR TIME**

1,000m Row  
50 Thrusters (45#/45#)  
30 Pull-ups

### **LINDA**

(aka "3 bars of death")

#### **FOR TIME**

10-9-8-7-6-5-4-3-2-1 Rep  
Rounds of  
Deadlift (1 1/2BW)  
Bench Press (BW)  
Clean (3/4BW)

### **NANCY**

#### **5 ROUNDS FOR TIME**

400m Run  
15 Overhead Squats  
(95#/65#)

## HEROES

### **BADGER**

#### **3 ROUNDS FOR TIME**

30 Squat Cleans  
(95#/65#)  
30 Pull-ups  
800m Run

### **KAREN**

#### **FOR TIME**

150 Wall Ball (20#/12#)

### **LYNNE**

#### **5 ROUNDS OF MAX REPS**

Bench Press (BW)  
Pull-ups  
\*Score BP reps + pull-ups  
reps = total reps\*

### **NICOLE**

#### **AMRAP 20**

400m Run  
Pull-ups (max reps)  
\*Score # of pull-ups in  
each round & total # of  
pull-ups\*

### **DANIEL**

#### **FOR TIME**

50 Pull-ups  
400m Run  
21 Thrusters (95#/65#)  
800m Run  
21 Thrusters  
400m Run  
50 Pull-ups

### **KELLY**

#### **5 ROUNDS FOR TIME**

400m Run  
30 Wall Ball (20#/12#)  
30 Box Jumps (24")

### **MARY**

#### **AMRAP 20**

5 Handstand Push-ups  
10 1-Leg Squats  
15 Pull-ups

### **DANNY**

#### **AMRAP 20**

30 Box Jumps (24")  
20 Push Press (115#/75#)  
30 Pull-ups

## Benchmark WODS

### **DT**

#### **5 ROUNDS FOR TIME**

12 DL (155#/115#)  
9 Hang Power Cleans  
(155#/115#)  
6 Push Press (155#/115#)

### **ERIN**

#### **5 ROUNDS FOR TIME**

15 DB Split Cleans (40#/25#)  
21 Pull-ups

### **GRIFF**

#### **FOR TIME**

800m Run  
400m Run Backwards  
800m Run  
400m Run Backwards

### **HANSEN**

#### **5 ROUNDS FOR TIME**

30 Kettlebell Swings  
(32kg/20kg)  
30 Burpees  
30 GHD Sit-ups

### **JASON**

#### **FOR TIME**

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

### **JOSH**

#### **FOR TIME**

21 Overhead Squats (95#/65#)  
42 Pull-ups  
15 Overhead Squats  
30 Pull-ups  
9 Overhead Squats  
18 Pull-ups

### **JOSHIE**

#### **3 ROUNDS FOR TIME**

21 Right-Arm DB Snatch  
(40/25#)  
21 L Pull-ups  
21 Left-Arm DB Snatch  
21 L Pull-ups

### **MURPH**

#### **FOR TIME**

1 mile run  
100 Pull-ups  
200 Push-ups  
300 Squats  
1 mile run

### **NATE**

#### **AMRAP 20**

2 Muscle-ups  
4 Handstand Push-ups  
8 Kettlebell Swings (32kg/20kg)

### **RANDY**

#### **75 REPS FOR TIME**

Power Snatch (75#/55#)

### **RYAN**

#### **5 ROUNDS FOR TIME**

7 Muscle-ups  
21 Burpees

### **TOMMY V**

#### **FOR TIME**

21 Thrusters (115#/75#)  
12 Rope Climbs  
15 Thrusters  
9 Rope Climbs  
9 Thrusters  
6 Rope Climbs

### **TYLER**

#### **FOR TIME**

7 Muscle-ups  
21 Sumo-deadlift High-pulls (95#/65#)