

SMR for the CrossFit Benchmark Girls Workouts

Created by Network Fitness and listed at www.networkfitness.com

WOD Name	Pre-WOD SMR	Post-WOD SMR
<p>Angie 100 pull-ups, push-ups, sit-ups, squats</p>	<p>Side Roll VMO Rollout Center Quad Rock & Roll</p>	<p>Triceps Head Grab Side Roll RF Flex Core Press Pecs Squeeze Infraspinatus Rotations & Shrugs VMO Rollout</p>
<p>Barbara 5 rounds: 20 pull-ups, 30 push-ups, 40 sit-ups, 50 squats</p>	<p>Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>RF Flex Core Press Side Rock VMO Rollout Triceps Head Grab Pecs Squeeze/Pecs Leg Press (your choice)</p>
<p>Chelsea 30 rounds, 30 minutes: 5 pull-ups, 10 push-ups, 15 squats</p>	<p>Side Roll Center Quad Rock & Roll VMO Rollout</p>	<p>Pecs Squeeze Side Roll Side Rock Infraspinatus Rotations & Shrugs RF Flex VMO Rollout VLO Rollout</p>
<p>Cindy AMRAP20: 5 pull-ups, 10 push-ups, 15 squats</p>	<p>Side Roll Center Quad Rock & Roll VMO Rollout</p>	<p>Pecs Squeeze Side Roll Side Rock Infraspinatus Rotations & Shrugs RF Flex VMO Rollout VLO Rollout</p>
<p>Diane 21-15-9: 225/155# DL & HSPU</p>	<p>Pecs Squeeze/Leg Press (your choice) Levator Bridge/Press (your choice) Center Quad Rock & Roll</p>	<p>Side Roll SPI Rock & Roll Obliques Rock & Roll QL Rotate & Press RF Flex Levator Bridge/Press (your choice) Triceps Head Grab</p>
<p>Elizabeth 21-15-9: 135/95# Cleans & Ring Dips</p>	<p>Extensors Roll Center Quad Rock & Roll VMO Rollout Triceps Head Grab</p>	<p>RF Flex VMO Rollout Pecs Squeeze/Pecs Leg Press (your choice) TP Butterfly Triceps Head Grab Extensors Rock & Press</p>
<p>Fran 21-15-9: 95/65# Thrusters & Pull-ups</p>	<p>Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>Side Roll Side Rock Infraspinatus Rotations & Press TP Butterfly RF Flex VMO Rollout</p>
<p>Grace 30 reps: 135/95# C & J</p>	<p>VMO Rollout SPI Rock & Roll Center Quad Rock & Roll</p>	<p>VMO Rollout Extensors Roll Flexors Roll SPI Rock & Roll TP Butterfly Core Press QL Rotate & Press RF Flex</p>

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<p>Helen 3 rounds: 400m, 21 KBS (24/16kg), 12 PU</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Side Roll</p>	<p>Post Tib Rotations & Slaps VMO Rollout Side Roll Side Rock SPI Rock & Roll Levator Bridge/Press (your choice)</p>
<p>Isabel 30 reps: 135/95# Snatch</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>Soleus Rock & Roll Foot Roll RF Flex VMO Rollout TFL Rock & Roll/Frontal Hip Rock (your choice) SPI Rock & Roll Core Press QL Rotate & Press Infraspinatus Rotations & Shrugs Levator Bridge/Press (your choice)</p>
<p>Jackie 1000m Row, 50 Thrusters 45/30#, 30 PU</p>	<p>VMO Rollout Center Quad Rock & Roll Side Roll</p>	<p>RF Flex VMO Rollout Core Press Side Roll Side Rock SPI Rock & Roll</p>
<p>Karen 150 Wall-ball 20/14#</p>	<p>Center Quad Rock & Roll VMO Rollout</p>	<p>VMO Rollout SPI Rock & Roll RF Flex TFL Rock & Roll Levator Bridge/Press (your choice)</p>
<p>Linda 10-9-8-7-6-5-4-3-2-1: DL 3/2 BW, Bench Press BW, Cleans 3/4 BW</p>	<p>Center Quad Rock & Roll SPI Rock & Roll</p>	<p>VMO Rollout RF Flex SPI Rock & Roll QL Double-Ball Rock Extensors Roll Extensors Rock & Press Flexors Roll</p>
<p>Mary AMRAP20: 5 HSPU, 10 Pistols, 15 PU</p>	<p>Levator Bridge/Press (your choice) VMO Rollout Center Quad Rock & Roll Side Roll</p>	<p>VMO Rollout VLO Rollout RF Flex Levator Bridge/Press (your choice) Triceps Head Grab Side Roll Side Rock</p>
<p>Nancy 5 rounds: 400m Run, 15 OHS 95/65#</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>RF Flex VMO Rollout SPI Rock & Roll TP Butterfly Infraspinatus Rotations & Shrugs</p>


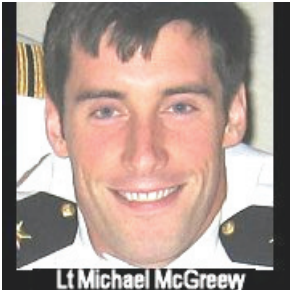
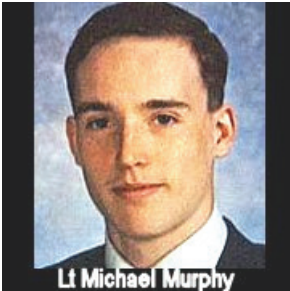
SMR for the CrossFit New Girls Workouts

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WOD Name	Pre-WOD SMR	Post-WOD SMR
<p>Annie 50-40-30-20-10: DU, Sit-ups</p>	<p>Soleus Rock & Roll Foot Roll Center Quad Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Popliteus Press & Rock Infraspinatus Rotations & Shrugs</p>
<p>Eva 5 rounds: 800m Run, 30 KBS 2 Pood, 30 PU</p>	<p>Soleus Rock & Roll Foot Roll Center Quad Rock & Roll SPI Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps SPI Rock & Roll RF Flex Side Roll</p>
<p>Kelly 5 rounds: 400m Run, 30 BJ 24", 30 WB 20#</p>	<p>Soleus Rock & Roll Foot Roll VMO Rollout Center Quad Rock & Roll SPI Rock & Roll</p>	<p>RF Flex Soleus Rock & Roll Post Tib Rotations & Slaps SPI Rock & Roll VMO Rollout</p>
<p>Lynne 5 rounds max reps (NO time component): Bench Press BW, PU</p>	<p>Pecs Squeeze/Leg Press (your choice) Side Roll</p>	<p>Pecs Squeeze/Leg Press (your choice) Triceps Head Grab Side Roll Side Rock</p>
<p>Nicole AMRAP20 (note number of PU per round): 400m Run, max reps PU</p>	<p>Soleus Rock & Roll Side Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Side Roll Side Rock</p>




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<p style="text-align: center;">JT</p>  <p style="text-align: center;">PO1 Jeff Taylor</p> <p>21-15-9: HSPU, Ring dips, Push-ups</p>	<p>Pecs Squeeze Levator Bridge</p>	<p>Triceps Head Grab Biceps Rock & Press Levator Press Pecs Leg Press/Lying Pecs Arm Circles (your choice)</p>
<p style="text-align: center;">Michael</p>  <p style="text-align: center;">Lt Michael McGreew</p> <p>3 rounds: 800m Run, 50 Back Extensions, 50 Sit-ups</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Core Press SPI Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Thigh Press Core Press Side Roll SPI Rock & Roll QL Rotate & Press QL Double-Ball Rock</p>
<p style="text-align: center;">Murph</p>  <p style="text-align: center;">Lt Michael Murphy</p> <p>1 mile Run, 100 PU, 100 Push-ups, 100 AS, 1 mile Run</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Side Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Pecs Squeeze/Leg Press (your choice) Side Roll Side Rock Infraspinatus Rotations & Shrugs Center Quad Rock & Roll VMO Rollout</p>




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<p style="text-align: center;">Daniel</p>  <p style="text-align: center;">SFC Daniel Crabtree</p> <p>50 PU, 400m Run, 21 Thrusters 95#, 800m Run, 21 Thrusters 95#, 40m Run, 50 PU</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>VMO Rollout SPI Rock & Roll RF Flex Side Roll TP Butterfly Infraspinatus Rotations & Shrugs Extensors Roll</p>
<p style="text-align: center;">Josh</p>  <p style="text-align: center;">SSG JOSHUA HAGER</p> <p>21 OHS 95#, 42 PU, 15 OHS 95#, 30 PU, 9 OHS 95#, 18 PU</p>	<p>Center Quad Rock & Roll Side Roll VMO Rollout</p>	<p>Side Roll Side Rock TP Butterfly SPI Rock & Roll RF Flex VLO Rollout VMO Rollout Core Press QL Rotate & Press</p>
<p style="text-align: center;">Jason</p>  <p style="text-align: center;">S01 JASON LEWIS</p> <p>100 AS, 5 MU, 75 AS, 10 MU, 50 AS, 15 MU, 25 AS, 20 MU</p>	<p>Center Quad Rock & Roll Side Roll Subscap Press Flexors Roll</p>	<p>RF Flex VMO Rollout Side Roll Side Rock Subscap Press Pecs Squeeze/Leg Press (your choice) Triceps Head Grab Flexors Roll Extensors Roll</p>


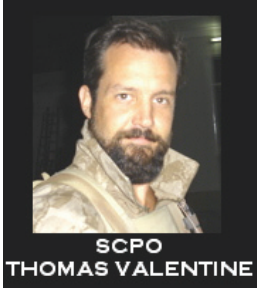

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<p style="text-align: center;">Badger</p> <div style="text-align: center;">  <p>CPO MARK CARTER</p> </div> <p>3 rounds: 30 Squat Cleans 95#, 30 PU, 800m Run</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>VMO Rollout RF Flex Extensors Roll Side Roll Side Rock Soleus Rock & Roll</p>
<p style="text-align: center;">Joshie</p> <div style="text-align: center;">  <p>SSGT JOSHUA WHITAKER</p> </div> <p>3 rounds (full squat snatches): 21 Snatches with right arm 40# DB, 21 L PU, 21 Snatches with left arm 40# DB, 21 L PU</p> <p>Soleus Rock & Roll</p>	<p>Center Quad Rock & Roll Core Press SPI Rock & Roll Side Roll</p>	<p>RF Flex Core Press SPI Rock & Roll Side Roll Side Rock</p>
<p style="text-align: center;">Nate</p> <div style="text-align: center;">  <p>CPO NATHAN HARDY</p> </div> <p>AMRAP20: 2 MU, 4 HSPU, 8 KBS 2-pood</p>	<p>Center Quad Rock & Roll Side Roll SPI Rock & Roll</p>	<p>SPI Rock & Roll RF Flex Core Press QL Rotate & Press Triceps Head Grab</p>

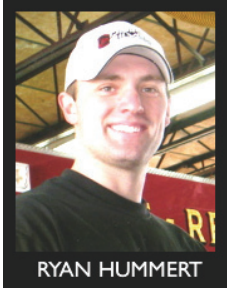

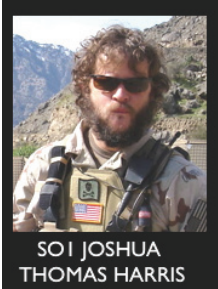
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<p>Randy</p>  <p>RANDY SIMMONS</p> <p>75 P Snatch 75#</p>	<p>Gastroc Press & Rock Center Quad Rock & Roll SPI Rock & Roll</p>	<p>Soleus Rock & Roll VMO Rollout VLO Rollout SPI Rock & Roll Obliques Rock & Roll Core Press QL Rotate & Press</p>
<p>Tommy V</p>  <p>SCPO THOMAS VALENTINE</p> <p>21 Thrusters 115#, 12 Rope climbs 15', 15 Thrusters 115#, 9 Rope climbs 15', 9 Thrusters 115#, 6 Rope climbs 15'</p>	<p>Center Quad Rock & Roll Side Roll Flexors Roll</p>	<p>Side Roll VMO Rollout VLO Rollout RF Flex Flexors Roll Extensors Roll</p>
<p>Griff</p>  <p>SSgt Travis Griffin</p> <p>800m Run, 400m Run Backwards, 800m Run, 400m Run Backwards</p>	<p>Soleus Rock & Roll AT Press/Rock & Roll (your choice) Center Quad Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps AT Press/Rock & Roll (your choice) PB Rock & Roll PL Rock & Roll Foot Roll Arch Rock</p>

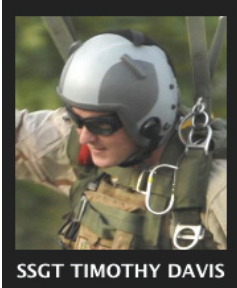
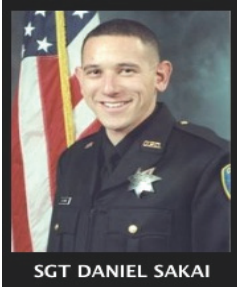

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<p style="text-align: center;">Ryan</p>  <p style="text-align: center;">RYAN HUMMERT</p> <p>5 rounds (12" Target Burpees): 7 MU, 21 Burpees</p>	<p>Side Roll Core Press Center Quad Rock & Roll Soleus Rock & Roll</p>	<p>Side Roll SPI Rock & Roll QL Rotate & Press Core Press RF Flex Thigh Press Pecs Squeeze/Leg Press (your choice) Subscap Press</p>
<p style="text-align: center;">Erin</p>  <p style="text-align: center;">MASTER CORPORAL ERIN DOYLE</p> <p>5 rounds: 15 Split Clean 40# DBs, 21 PU</p>	<p>Center Quad Rock & Roll Side Roll SPI Rock & Roll</p>	<p>RF Flex VLO Rollout SPI Rock & Roll Side Roll Side Rock TP Butterfly</p>
<p style="text-align: center;">Mr. Joshua</p>  <p style="text-align: center;">SOI JOSHUA THOMAS HARRIS</p> <p>5 rounds: 400m Run, 30 GHD Sit-ups, 15 DL 250#</p>	<p>Soleus Rock & Roll RF Flex Side Roll</p>	<p>SPI Rock & Roll Core Press QL Rotate & Press Soleus Rock & Roll RF Flex VLO Rollout</p>


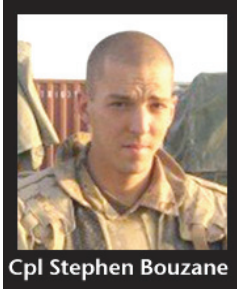

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<p style="text-align: center;">DT</p>  <p style="text-align: center;">SSGT TIMOTHY DAVIS</p> <p>5 rounds: 12 DL 155#, 9 P Clean 155#, 6 PJ 155#</p>	<p>SPI Rock & Roll Center Quad Rock & Roll Gastroc Press & Rock Soleus Rock & Roll</p>	<p>RF Flex Soleus Rock & Roll Post Tib Rotations & Slaps Side Roll SPI Rock & Roll Slow Leg Drop Rollover & Press</p>
<p style="text-align: center;">Danny</p>  <p style="text-align: center;">SGT DANIEL SAKAI</p> <p>AMRAP20: 30 BJ 24", 20 PP 115#, 30 PU</p>	<p>Gastroc Press & Rock Soleus Rock & Roll Center Quad Rock & Roll Side Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps RF Flex VLO Rollout Rollover & Press SPI Rock & Roll Side Roll Side Rock Infraspinatus Rotations & Shrugs</p>
<p style="text-align: center;">Hansen</p>  <p style="text-align: center;">SSGT DANIEL HANSEN</p> <p>5 rounds: 30 KBS 2 pood, 30 Burpees, 30 GHD Sit-ups</p>	<p>Center Quad Rock & Roll RF Flex SPI Rock & Roll Core Press</p>	<p>VLO Rollout RF Flex Thigh Press SPI Rock & Roll QL Rotate & Press Core Press</p>

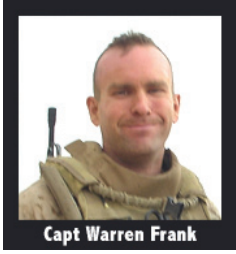

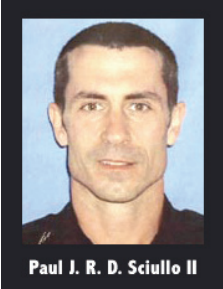
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<p style="text-align: center;">Tyler</p> <div style="text-align: center;">  <p>1LT TYLER PARTEN</p> </div> <p style="text-align: center;">5 rounds: 7 MU, 21 SDHP 95#</p>	<p>VMO Rollout Side Roll Pecs Squeeze/Leg Press (your choice)</p>	<p>VMO Rollout RF Flex Side Roll Pecs Squeeze/Leg Press (your choice) Subscap Press Levator Bridge/Press (your choice) TP Butterfly</p>
<p style="text-align: center;">Stephen</p> <div style="text-align: center;">  <p>Cpl Stephen Bouzane</p> </div> <p style="text-align: center;">30-25-20-15-10-5: GHD Sit-ups, GHD Back Extensions, K2E, Stiff-legged DL 95#</p>	<p>Center Quad Rock & Roll Core Press Side Roll SPI Rock & Roll</p>	<p>RF Flex TFL Rock & Roll Frontal Hip Rock Core Press Side Roll SPI Rock & Roll QL Rotate & Press</p>
<p style="text-align: center;">Garrett</p> <div style="text-align: center;">  <p>CAPT GARRETT LAWTON</p> </div> <p style="text-align: center;">5 rounds: 75 AS, 25 Ring HSPU, 25 L PU</p>	<p>Center Quad Rock & Roll VMO Rollout Side Roll Pecs Squeeze/Leg Press (your choice)</p>	<p>VMO Rollout Thigh Press Core Press Supra Bridge/Press (your choice) Side Roll Pecs Squeeze/Leg Press (your choice) Triceps Head Grab</p>

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<p>War Frank</p>  <p>Capt Warren Frank</p> <p>3 rounds: 25 MU, 100 AS, 35 GHD Sit-ups</p>	<p>Center Quad Rock & Roll VMO Rollout Core Press Pecs Squeeze/Leg Press (your choice)</p>	<p>RF Flex VMO Rollout Core Press QL Rotate & Press Flexors Rock & Press Thigh Press</p>
<p>McGhee</p>  <p>Cpl Ryan McGhee</p> <p>AMRAP30: 5 DL 275#, 13 Push-ups, 9 BJ 24"</p>	<p>VLO Rollout Center Quad Rock & Roll VMO Rollout SPI Rock & Roll</p>	<p>VMO Rollout RF Flex QL Rotate & Press Core Press Pecs Squeeze/Leg Press (your choice) Levator Bridge/Press (your choice)</p>
<p>Paul</p>  <p>Paul J. R. D. Sciuillo II</p> <p>5 rounds: 50 DU, 35 K2E, 20 yards with 185# overhead</p>	<p>Soleus Rock & Roll Core Press SPI Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps AT Press/Rock & Roll Core Press Side Roll SPI Rock & Roll QL Double-Ball Rock</p>