

The CrossFit Benchmark Girls Workouts

Created by CrossFit and listed at www.crossfit.com

Angie	<ul style="list-style-type: none">• 100 Pull-ups• 100 Push-ups• 100 Sit-ups• 100 Squats	For time. Complete all reps of each exercise before moving to the next.
Barbara	<ul style="list-style-type: none">• 20 Pull-ups• 30 Push-ups• 40 Sit-ups• 50 Squats	5 rounds for time.
Chelsea	<ul style="list-style-type: none">• 5 Pull-ups• 10 Push-ups• 15 Squats	Each minute on the minute for 30 minutes.
Cindy	<ul style="list-style-type: none">• 5 Pull-ups• 10 Push-ups• 15 Squats	AMRAP 20 (as many rounds as possible in 20 minutes)
Diane	<ul style="list-style-type: none">• Deadlifts with 225 pounds• Handstand Push-ups	21-15-9 reps, for time.
Elizabeth	<ul style="list-style-type: none">• Cleans with 135 pounds• Ring Dips	21-15-9 reps, for time.
Fran	<ul style="list-style-type: none">• Thrusters with 95 pounds• Pull-ups	21-15-9 reps, for time.
Grace	<ul style="list-style-type: none">• Clean and Jerks with 135 pounds	30 reps for time.
Helen	<ul style="list-style-type: none">• 400 meter run• 21 x Kettlebell swings with 1.5 pood• 12 Pull-ups	3 rounds for time.
Isabel	<ul style="list-style-type: none">• Snatch with 135 pounds	30 reps for time.

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Jackie	<ul style="list-style-type: none">• 1000 meter row• 50 x Thrusters with 45 pounds• 30 Pull-ups	For time.
Karen	<ul style="list-style-type: none">• Wall-ball shots	150 reps for time.
Linda (aka "3 bars of death")	<ul style="list-style-type: none">• Deadlifts with 1 & 1/2 x Bodyweight (BW)• Bench Press with 1 x BW• Cleans with 3/4 x BW	10-9-8-7-6-5-4-3-2-1 reps of each movement per round for time.
Mary	<ul style="list-style-type: none">• 5 Handstand push-ups• 10 Single-legged squats (pistols)• 15 Pull-ups	AMRAP 20 (as many rounds as possible in 20 minutes)
Nancy	<ul style="list-style-type: none">• 400 meter run• 15 Overhead squat with 95 pounds	5 rounds for time.

The CrossFit New Girls Workouts

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Annie	<ul style="list-style-type: none">• Double-unders• Sit-ups	50-40-30-20-10 reps of each movement per round for time.
Eva	<ul style="list-style-type: none">• 800 meter run• 30 Kettlebell swings, 2 pood• 30 Pull-ups	5 rounds for time.
Kelly	<ul style="list-style-type: none">• 400 meter run• 30 Box jumps, 24-inch box• 30 Wall ball shots, 20 pound ball	5 rounds for time.
Lynne	<ul style="list-style-type: none">• Bench press with 1 & 1/2 x BW• Pull-ups	5 rounds for max reps. There is NO time component for this WOD.
Nicole	<ul style="list-style-type: none">• 400 meter run• Max reps of Pull-ups	AMRAP 20 Note the number of pull-ups completed for each round. Every time your hands leave the pull-up bar counts as the end of a round.