

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.

The CrossFit Hero Workouts

Created by CrossFit and listed at www.crossfit.com

JT



PO1 Jeff Taylor

First posted 6 July 2005

21-15-9 reps of each exercise per round, for time

- Handstand Push-ups
- Ring dips
- Push-ups

In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little Creek, VA, who was killed in Afghanistan June 2005

Michael



Lt Michael McGreew

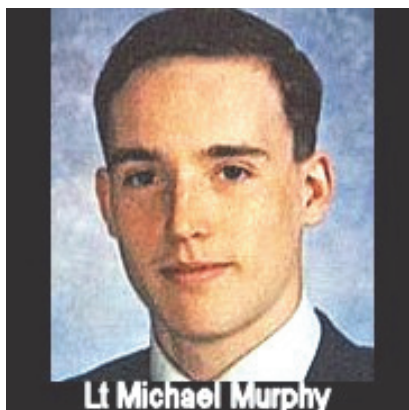
First posted 15 July 2005

3 rounds for time

- 800 meter run
- 50 Back Extensions
- 50 sit-ups

In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan June 28 2005.

Murph



Lt Michael Murphy

First posted 18 August 2005

For time. You may partition the pull-ups, push-ups and squats as needed. Start and finish the workout with a 1 mile run. If you have a 20 pound vest or body armor, wear it!

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

In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.

This workout was one of Mike's favorites and he'd named it 'Body Armor.' From here on it will be referred to as 'Murph' in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

The CrossFit Hero Workouts

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Daniel



First Posted 15 June 2006

For time.

- 50 Pull-ups
- 400 meter run
- 21 Thrusters with 95 pounds
- 800 meter run
- 21 Thrusters with 95 pounds
- 400 meter run
- 50 pull-ups

Dedicated to Army Sgt 1st Class Daniel Crabtree who was killed in Al Kut, Iraq on Thursday June 8th 2006.

Josh



First posted 26 February 2007

For time.

- 21 Overhead squats with 95 pounds
- 42 Pull-ups
- 15 Overhead squats with 95 pounds
- 30 Pull-ups
- 9 Overhead squats with 95 pounds
- 18 Pull-ups

SSG Joshua Hager, United States Army, was killed Thursday February 22 2007 in Ar Ramadi, Iraq.

Jason



First posted 2 August 2007

For time.

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

S01 (SEAL) Jason Dale Lewis was killed by an IED while conducting combat operations in Southern Baghdad July 6, 2007. We name this workout "Jason" in honor of his life, family, and courage.

The CrossFit Hero Workouts

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Badger



First posted 19 December 2007

3 rounds for time

- 30 Squat Cleans with 95 pounds
- 30 Pull-ups
- 800 meter run

In honor of Navy Chief Petty Officer Mark Carter, 27, of Virginia Beach, VA who was killed in Iraq 11 December 2007.

Joshie



First posted 22 December 2007

3 rounds for time

- 21 Dumbbell snatch, 40 pounds right arm
- 21 L Pull-ups
- 21 Dumbbell snatch, 40 pounds left arm
- 21 L Pull-ups

In honor of Army Staff Sergeant Joshua Whitaker, 23, of Long Beach, CA who was killed in Afghanistan May 15th, 2007.

Nate



First posted 12 February 2008

AMRAP20

As Many Rounds As Possible in 20 minutes

- 2 Muscle-ups
- 4 Handstand Push-ups
- 8 Kettlebell swings with 2-pood

In honor of Chief Petty Officer Nate Hardy, who was killed Sunday February 4th during combat operations in Iraq.

Nate is survived by his wife, Mindi, and his infant son Parker.

The CrossFit Hero Workouts

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Randy



First posted 13 February 2008

For time

- 75 Power snatch with 75 pounds

In honor of Randy Simmons, 51, a 27 year LAPD veteran and SWAT team member who was killed February 6 in the line of duty. Our thoughts and prayers go out to Officer Simmons' wife and two children.

Tommy V



First posted 12 March 2008

For time

- 21 Thrusters with 115 pounds
- 12 ascents Rope Climb 15 ft high
- 15 Thrusters with 115 pounds
- 9 ascents Rope Climb 15 ft high
- 9 Thrusters with 115 pounds
- 6 ascents Rope Climb 15 ft high

In honor of Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, died in an training accident in Arizona, on Feb. 13 2008.

Griff



First posted 9 June 2008

For time

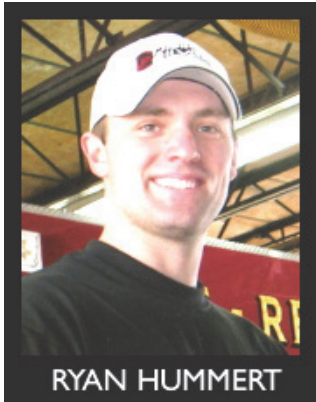
- 800 meter run
- 400 meter run backwards
- 800 meter run
- 400 meter run backwards

In honor of USAF SSgt Travis L. Griffin, 28, who was killed April 3, 2008 in the Rash-eed district of Baghdad by an IED strike to his vehicle. Travis is survived by his son Elijah.

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Ryan



First posted [8 October 2008](#)

5 rounds for time

Each burpee terminates by touching with both hands an object 12 inches above your max standing reach.

- 7 Muscle-ups
- 21 Target burpees

Maplewood, Missouri Firefighter, Ryan Hummert, 22, was killed by sniper fire July 21st 2008 when he stepped off his fire truck responding to a call.

He is survived by his parents Andrew and Jackie Hummert.

Erin



First posted [9 October 2008](#)

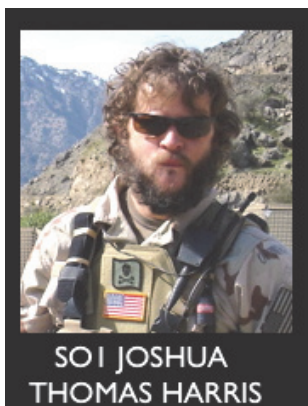
5 rounds for time

- 15 Dumbbell split cleans with 40 pounds
- 21 Pull-ups

Canadian Army Master Corporal Erin Doyle, 32, was killed in a firefight August 11th, 2008 in the Panjwahi District, Kandahar Province, Afghanistan.

He is survived by his wife Nicole and his daughter Zarine.

Mr. Joshua



First posted [10 October 2008](#)

5 rounds for time

- 400 meter run
- 30 Glute-ham sit-ups
- 15 Deadlifts with 250 pounds

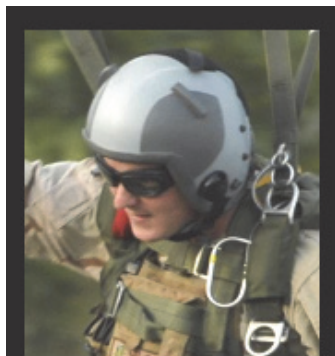
SO1 Joshua Thomas Harris, 36, drowned during combat operations, August 30th 2008 in Afghanistan.

He is survived by his parents Dr. Sam and Evelyn Harris, his brother Ranchor and twin sister Kiki.

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DT



SSGT TIMOTHY DAVIS

First posted [13 April 2009](#)

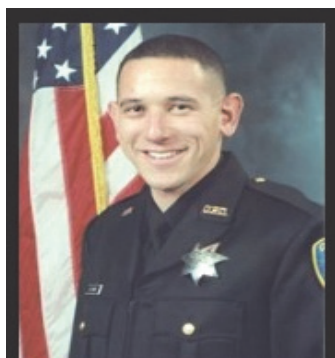
5 rounds for time

- 12 Deadlifts with 155 pounds
- 9 Hang power cleans with 155 pounds
- 6 Push presses with 155 pounds

In honor of USAF SSgt Timothy P. Davis, 28, who was killed on February, 20 2009 supporting operations in OEF when his vehicle was struck by an IED.

Timothy is survived by his wife Megan and one-year old son T.J.

Danny



SGT DANIEL SAKAI

First posted [16 April 2009](#)

AMRAP 20

- 30 Box Jumps to a 24-inch box
- 20 Push presses with 115 pounds
- 30 pull-ups

Oakland SWAT Sergeant Daniel Sakai, age 35, was killed on March 21, 2009 in the line of duty along with fellow officers Sergeant Ervin Romans, Sergeant Mark Dunakin, and Officer John Hege.

Daniel is survived by wife Jenni and daughter Jojiye.

Hansen



SSGT DANIEL HANSEN

First posted [2 May 2009](#)

5 rounds for time

- 30 Kettlebell Swings with 2 pood
- 30 Burpees
- 30 Glute-ham sit-ups

Marine Staff Sgt Daniel Hansen died February 14th in Farah Providence, Afghanistan when an IED he was working on detonated.

Daniel is survived by his mother Sheryll, his father Delbert, his younger sister Katie, and his twin brother Matthew (also a Marine).

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Tyler



First posted [17 October 2009](#)

5 rounds for time

- 7 Muscle-ups
- 21 Sumo-deadlift high-pull with 95 pounds

1LT Tyler E. Parten, 24, of Arkansas, died Sept. 10 in Konar province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small arms fire.

He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, CO.

Lumberjack 20



First posted [5 December 2009](#)

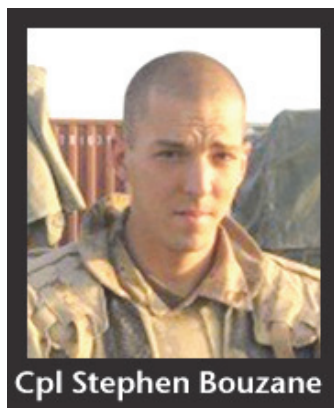
For time

- 20 Deadlifts (275 lbs)
- Run 400m
- 20 KB Swings (2 pood)
- Run 400m
- 20 Overhead Squats (115 lbs)
- Run 400m
- 20 Burpees
- Run 400m
- 20 Pullups (Chest to Bar)
- Run 400m
- 20 Box jumps (24")
- Run 400m
- 20 DB Squat Cleans (45 lbs each)
- Run 400m

On Nov. 5 2009 at 1:34 p.m., a terrorist named Major Nidal Hasan attacked fellow soldiers and civilians at Fort Hood, TX. He killed 12 soldiers and one civilian and wounded 43 others.

Spc. Frederick Greene, 29, of Mountain City, Tennessee, Pfc. Aaron Thomas Nemeika, 19, of West Jordan, Utah, Pfc. Michael Pearson, 22, of Bolingbrook, Illinois, and Spc. Kham Xiong, 23, of St. Paul, Minnesota, aaong with eleven of the wounded were active CrossFitters in the 20th Engineer Battalion, home to [Lumberjack CrossFit](#).

Stephen



First posted [7 February 2010](#)

30-25-20-15-10-5 reps per round for time

- Glute-ham sit-ups
- GHD Back extensions
- Knees to elbows
- Stiff-legged deadlifts with 95 pounds

Third Battalion, Princess Patricia's Canadian Light Infantry member Corporal Stephen Bouzane, 26, was killed by an IED strike June 20th, 2007 in the Panjwaii district in Afghanistan.

He is survived by his parents Fred and Moureen Bouzane and his sister Kelly.

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Garrett



First posted [22 February 2010](#)

5 rounds for time

- 75 Squats
- 25 Ring handstand push-ups
- 25 L-pull-ups

Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia was killed by an IED strike in Herat Province, Afghanistan on August 4, 2008.

He is survived by his wife, Trisha, and two sons, Ryan, 6, and Caden, 4.

War Frank



First posted [1 March 2010](#)

3 rounds for time

- 25 Muscle-ups
- 100 Squats
- 35 GHD Sit-ups

Captain Warren A. Frank, 26, of Cincinnati, Ohio, died November 25, 2008 while supporting combat operations in Ninewa province, Iraq. He was assigned to the 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force, Okinawa, Japan.

He is survived by his wife, Allison, and daughters Sophia Lynn and Isabella Grace.

McGhee



First posted [15 April 2010](#)

AMRAP 30

- 5 Deadlifts with 275 pounds
- 13 Push-ups
- 9 Box jumps, 24 inch box

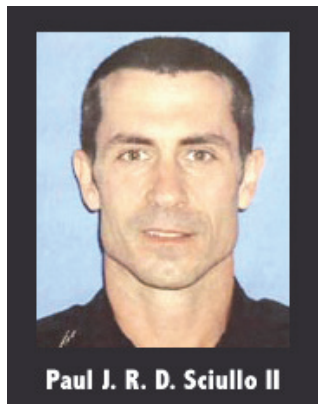
Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Ga. This was his fourth deployment, his first to Iraq.

Ryan was engaged to Ashleigh Mitchell of Fredericksburg, VA. He is survived by his father Steven McGhee of Myrtle Beach S.C., his mother Sherrie Battle McGhee, and his brother Zachary.

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Paul



Paul J. R. D. Sciuolo II

First posted [24 April 2010](#)

5 rounds for time

- 50 Double-unders
- 35 Knees to elbows
- 20 yard Walk with 185 pounds overhead

Pittsburgh Police Officer Paul John Rizzo Domenic Sciuolo II, 36, was shot and killed in the line of duty while [responding to a domestic disturbance call on April 4, 2009.](#)

He was engaged to be married with Lisa Esposito.

Jerry



SGM JERRY PATTON

First posted [9 May 2010](#)

For time

- 1 Mile Run
- 2K Row
- 1 Mile Run

Sgt Major Jerry Dwayne Patton, 40, died on 15 October 2008 during High Altitude High Opening (HAHO) training while assigned to Army USSOCOM preparing for deployment to Afghanistan.

He is survived by his wife Molly and his sons Chad, Cody, Chase and Connor.

Nutts



LT ANDREW NUTTALL

First posted [1 March 2010](#)

For time

- 10 Handstand Push-ups
- 15 Deadlifts, 250 pounds
- 25 Box Jumps, 30 inch box
- 50 Pull-ups
- 100 Wallball shots, 20 pounds, 10' target
- 200 Double-unders
- Run 400 meters with a 45lb plate

Lieutenant Andrew Richard Nuttall, 30, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group was killed by an improvised explosive device that detonated during a joint foot patrol near the village of Nakhonay in Panjwai District, about 25 km southwest of Kandhar City on December 23, 2009.

He is survived by his parents, Richard and Ethel Jane Nuttall.

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Arnie



Arnaldo Quinones

First posted [29 May 2010](#)

For time (With a 2 pood kettlebell):

- 21 TGU, right arm
- 50 KBS
- 21 OHS, left arm
- 50 KBS
- 21 OHS, right arm
- 50 KBS
- 21 TGU, left arm

Los Angeles County Fire Fighter Specialist Arnaldo "Arnie" Quinones, 34, was killed in the line of duty on Sunday, August 30, 2009 during the Station Fire. His emergency response vehicle went over the side of the road and fell 800 feet into a steep canyon during fire suppression activities protecting Camp 16 outside the City of Palmdale, CA.

He is survived by his wife Lori and daughter Sophia Grace, born three weeks after his death. A fund for Arnie's family has been established by the Los Angeles County Fire Department.

The Seven



THE CIA SEVEN

First posted [30 May 2010](#)

Seven rounds for time of:

- 7 Handstand push-ups
- 135 pound Thruster, 7 reps
- 7 Knees to elbows
- 245 pound Deadlift, 7 reps
- 7 Burpees
- 7 Kettlebell swings, 2 pood
- 7 Pull-ups

A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda.

Seven new stars will be etched onto the memorial wall at the CIA where every star represents grieving friends, family and colleagues dedicated to fight against the enemy, forever in their name. Killed in the attack were CIA officers Jennifer Lynne Matthews, 45; Scott Michael Roberson, 39; Harold E. Brown Jr., 37; Darren LaBonte, 35; Elizabeth Hanson, 30; and security contractors Jeremy Jason Wise, 35, and Dane Clark Paresi, 46.

RJ



SgtMaj Robert J. Cottle

First posted [22 June 2010](#)

Five rounds for time of:

- Run 800 meters
- 15 ft Rope Climb, 5 ascents
- 50 Push-ups

Veteran LAPD officer and United States Marine Corps Reservist Sergeant Major Robert J Cottle, 45, was killed by an improvised explosive device while on patrol in Southern Afghanistan on Wednesday, March 24, 2010.

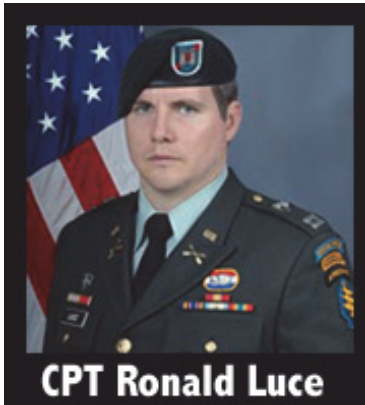
RJ joined the Marines at age 18, and the LAPD in 1990. His various LAPD assignments included Hollywood Vice, Southeast Area, LAPD Dive Team and, most recently, SWAT.

He is survived by his wife Emily and 9 month old daughter Kaila. The LAPD established a trust fund for them.

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Luce



CPT Ronald Luce

First posted [5 Jul 2010](#)

Wearing a 20 pound vest, three rounds for time of:

- Run 1K
- 10 Muscle-ups
- 100 Squats

Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 20th Special Forces Group, headquartered at Jackson, MS, [died August 2, 2009](#) in Qole Gerdsar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.

He is survived by his wife Kendahl Shoemaker and 5 year old daughter Carrie, and parents Ronald and Katherine Luce.

Johnson



1st Lt Michael E. Johnson

First posted [9 Jul 2010](#)

AMRAP20

- 245 pound Deadlift, 9 reps
- 8 Muscle-ups
- 155 pound Squat clean, 9 reps

1st Lt. Michael E. Johnson, 25, of the U.S. Marine Corps 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, headquartered in Okinawa, Japan, died September 8, 2009 while supporting combat operations in Kunar province, Afghanistan.

He is survived by his wife Durinda Johnson.

Roy



Sgt Michael C. Roy

First posted [27 Jul 2010](#)

Five rounds for time

- 225 pound Deadlift, 15 reps
- 20 Box jumps, 24 inch box
- 25 Pull-ups

Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, FL, assigned to the 3rd Marine Special Operations Battalion, Marine Special Operations Advisor Group, Marine Corps Forces Special Operations Command at Camp Lejeune, was [killed in action](#) on July 8th, 2009 in Nimroz Province, Afghanistan, while supporting combat operations.

He is survived by his wife Amy and three children, Michael, Landon and Olivia.

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Adam Brown



SOC (SEAL) Adam Lee Brown

First posted [10 Aug 2010](#)

Two rounds for time

- 295 pound Deadlift, 24 reps
- 24 Box jumps, 24 inch box
- 24 Wallball shots, 20 pound ball
- 195 pound Bench press, 24 reps
- 24 Box jumps, 24 inch box
- 24 Wallball shots, 20 pound ball
- 145 pound Clean, 24 reps

Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, AR, was killed on March 17th, 2010 in Komar Province, Afghanistan, in a battle against heavily armed militants.

He is survived by his wife, Kelley, two children, Nathan and Savannah, and by his parents.

Coe



Sgt Keith Adam Coe

First posted [12 Aug 2010](#)

Ten rounds for time

- 95 pound Thruster, 10 reps
- 10 Ring push-ups

Army Sgt. Keith Adam Coe, 30, of Auburndale, FL, assigned to the 1st Battalion, 37th Field Artillery Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, WA, died April 27th, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device.

He is survived by his wife Katrina Coe, two sons, Killian and Keith Jr., and daughter, Klover.

Severin



SFC SEVERIN SUMMERS

First posted [5 September 2010](#)

For time

- 50 Strict Pull-ups
- 100 Push-ups, release hands from floor at the bottom
- Run 5K

If you've got a twenty pound vest or body armor, wear it.

U.S. Army Sergeant First Class Severin W. Summers III, 43, of Benton, MS, assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), headquartered at Jackson, MS, died August 2, 2009 in Qole Gerdar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.

Summers is survived by his wife Tammy Fraser and his daughters Jessica, Shelby & Sarah.

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Helton



First posted [9 September 2010](#)

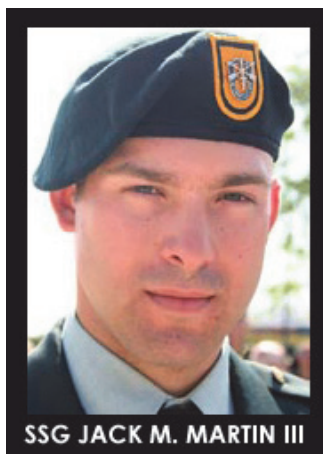
Three rounds for time

- Run 800 meters
- 30 reps, 50 pound dumbbell squat cleans
- 30 Burpees

U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, GA, assigned to the 6th Security Forces Squadron at MacDill Air Force Base in Tampa, FL, was killed September 8th, 2009, while on a mission near Baghdad, Iraq, when an improvised explosive device detonated near his vehicle.

Helton is survived by his mother, Jiffy Helton.

Jack



First posted [29 September 2010](#)

Max Rounds in 20 Min

- 115 pound Push press, 10 reps
- 10 KB Swings, 1.5 pood
- 10 Box jumps, 24 inch box

Army Staff Sgt. Jack M. Martin III, 26, of Bethany, OK, assigned to the 3rd Battalion, 1st Special Forces Group, Fort Lewis, WA, died September 29th, 2009, in Jolo Island, Philippines, from the detonation of an improvised explosive device.

Martin is survived by his wife Ashley Martin, his parents Jack and Cheryl Martin, and siblings Abe, Mandi, Amber and Abi.

Forrest



First posted [October 17 2010](#)

Three rounds for time

- 20 L-pull-ups
- 30 Toes to bar
- 40 Burpees
- Run 800 meters

U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed October 26th, 2009, while on a counternarcotics mission in Western Afghanistan when the helicopter he was in crashed.

He is survived by his wife Ana, his son Luke, his parents, Sue and Richard Leamon, and his sister Heather.

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Bulger



First posted [October 19 2010](#)

Ten rounds of:

- Run 150 meters
- 7 Chest to bar pull-ups
- 135 pound Front squat, 7 reps
- 7 Handstand push-ups

Canadian Forces Corporal Nicholas Bulger, 30, of Peterborough, Ontario, assigned to the 3rd Battalion of Princess Patricia's Canadian Light Infantry, based out of Edmonton, Alberta, died July 3, 2009 while on patrol in the Zhari district of Afghanistan when an improvised explosive device exploded near his vehicle.

Cpl. Bulger is survived by his wife Rebeka, and daughters Brookelynn and Elizabeth.

Brenton



First posted [October 21 2010](#)

Five rounds of:

- Bear crawl 100 feet
- Standing broad-jump, 100 feet

Do three Burpees after every five broad-jumps. If you've got a twenty pound vest or body armor, wear it.

Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, was shot and killed in a drive-by shooting while on duty on October 31, 2009.

He is survived by his wife Lisa, his son Quinn, and daughter Kayliegh.

Blake



First posted [November 13 2010](#)

Four rounds of:

- 100 foot Walking lunge with 45lb plate held overhead
- 30 Box jump, 24 inch box
- 20 Wallball shots, 20 pound ball
- 10 Handstand push-ups

U.S. Navy Senior Chief Cryptologic Technician David Blake McLendon, 30, of Thomasville, Georgia, assigned to Naval Special Warfare Group 2 Support Activity in Norfolk, VA, was killed September 21, 2010, in a helicopter crash during combat operations in the Zabul province of Afghanistan.

McLendon is survived by his wife Kate McLendon, his parents David and Mary-Ann McLendon, his brother Chris McLendon, and his sister Kelly Lockman.

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Colin



First posted [November 21 2010](#)

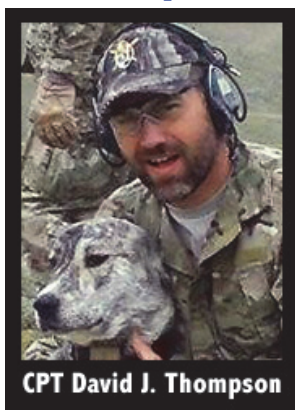
Six rounds of:

- Carry 50 pound sandbag 400 meters
- 115 pound Push press, 12 reps
- 12 Box jumps, 24 inch box
- 95 pound Sumo deadlift high-pull, 12 reps

Navy Special Warfare Operator Chief Collin Trent Thomas, 33, of Morehead, Kentucky, assigned to a Navy SEAL team based out of Little Creek, VA, was fatally shot on August 18, 2010, during combat operations in Eastern Afghanistan.

He is survived by his fiancée Sarah Saunders, his parents Clay and Jean Thomas, and his sister Meghan Edwards.

Thompson



First posted [November 30 2010](#)

10 rounds of:

- 15 ft Rope Climb, 1 ascent
 - 95 pound Back squat, 29 reps
 - 135 pound barbells Farmer carry, 10 meters
- Begin the rope climbs seated on the floor.

U.S. Army Captain David J. Thompson, 39, of Hooker, Oklahoma, commander of Operational Detachment Alpha 3334, Company C, 3rd Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, was killed on January 29, 2010, while supporting combat operations in the Wardak Province of Afghanistan.

Thompson is survived by his wife, Emily, their two daughters, Isabelle and Abigail, his parents, Charles and Freida, and his sister Alisha Mueller.

Whitten



First posted [December 12 2010](#)

Five rounds of:

- 22 Kettlebell swings, 2 pood
- 22 Box jump, 24 inch box
- Run 400 meters
- 22 Burpees
- 22 Wall ball shots, 20 pound ball

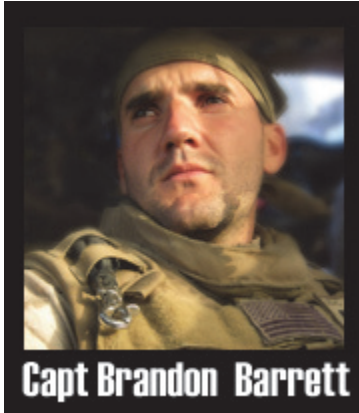
Army Captain Dan Whitten, 28, of Grimes, Iowa, assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died February 2, 2010, when enemy forces in Zabul, Afghanistan attacked his vehicle with an improvised explosive device.

Whitten is survived by his wife, Starr Whitten, his mother, Jill Whitten, his father, Dan Whitten, and his sister, U.S. Army Captain Sarah Whitten.

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Bull



First posted [December 26 2010](#)

Two rounds of:

- 200 Double-unders
- 135 pound Overhead squat, 50 reps
- 50 Pull-ups
- Run 1 mile

U.S. Marine Corps Captain Brandon "Bull" Barrett, 27, of Marion, IN, assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based out of Camp Lejeune, NC, was killed on May 5, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by his parents Cindy and Brett Barrett, his sisters Ashley and Taylor Barrett, his brother Brock Barrett, and his grandmother Carmen Johnson.

Rankel



First posted [January 7 2011](#)

AMRAP, 20 Minutes

- 225 pound Deadlift, 6 reps
- 7 Burpee pull-ups
- 10 Kettlebell swings, 2 peop
- Run 200 meters

U.S. Marine Corps Sergeant John Rankel, 23, of Speedway, IN, assigned to 3d Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan.

He is survived by mother and stepfather Don and Trisha Stockhoff; father and stepmother, Kevin and Kim Rankel; and brothers Nathan Stockhoff and Tyler Rankel.

Holbrook



First posted [January 27, 2011](#)

Ten rounds, each round for time

- 115 pound Thruster, 5 reps
- 10 Pull-ups
- 100 meter Sprint
- Rest 1 minute

US Army Captain Jason Holbrook, 28, of Burnet, TX, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based out of Fort Bragg, NC, was killed on July 29th, 2010 in Tsagay, Afghanistan when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his wife Heather Holbrook and his parents Joan and James Holbrook.

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Ledesma



First posted [February 8, 2011](#)

Complete as many rounds as possible in 20 Minutes of:

- 5 Parallette handstand push-ups
- 10 Toes through rings
- 20 pound Medicine ball cleans, 15 reps

Narcotics Detective and Special Assignment Unit Operator Carlos Ledesma, 34, of the Chandler Police Department, Chandler, AZ, was shot and killed by drug dealers on July 28, 2010, during an undercover operation in Phoenix, AZ.

He is survived by his wife Sherry and sons Luciano and Elijo.

Wittman



First posted [February 10, 2011](#)

Seven rounds for time of:

- 1.5 pood Kettlebell swing, 15 reps
- 95 pound Power clean, 15 reps
- 15 Box jumps, 24" box

U.S. Army Sergeant Jeremiah Wittman, 26, of Darby, MT, assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, CO, was killed on February 13, 2010, when insurgents attacked his unit with a roadside bomb in Zhari province, Afghanistan.

He is survived by his daughters Miah and Ariauna, wife Karyn, siblings Robert H., Charity, Jenell, and Natasha, father Robert, and mother Cynthia Church.

MCCLUSKEY



First posted [March 01, 2011](#)

Three rounds of:

- 9 Muscle-ups
- 15 Burpee pull-ups
- 21 Pull-ups
- Run 800 meters

U.S. Army Sergeant Jason "Mick" McCluskey, 26, of McAlester, OK, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, NC, was killed on November 4, 2010, when insurgents attacked his unit with small arms fire in Zarghun Shahr, Mohammad Agha district, Afghanistan.

He is survived by his son Landen, and his mother Delores Olivares.

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WEAVER



1LT TODD WEAVER

First posted [March 18 2011](#)

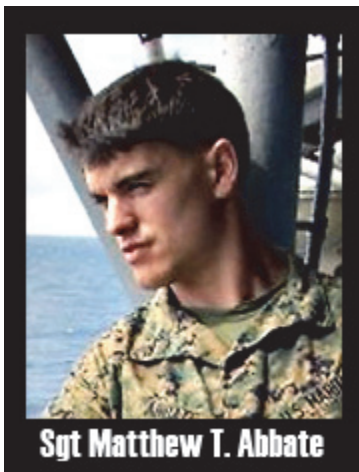
Four rounds of:

- 10 L-pull-ups
- 15 Push-ups
- 15 Chest to bar Pull-ups
- 15 Push-ups
- 20 Pull-ups
- 15 Push-ups

U.S. Army First Lieutenant Todd W. Weaver, 26, of Hampton, VA, assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based out of Fort Campbell, KY, died on September 9, 2010, of wounds suffered when insurgents attacked his unit with a roadside bomb in Kandahar, Afghanistan.

He is survived by his wife Emma, daughter Kiley, parents Don and Jeanne, and siblings Glenn, Adrianna, and Christina.

ABBATE



Sgt Matthew T. Abbate

First posted [March 26, 2011](#)

For time

- Run 1 mile
- 155 pound Clean and jerk, 21 reps
- Run 800 meters
- 155 pound Clean and jerk, 21 reps
- Run 1 Mile

U.S. Marine Corps Sergeant Matthew T. Abbate, 26, of Honolulu, HI, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on December 2, 2010, while conducting combat operations in Helmand province, Afghanistan.

He is survived by his wife Stacie Rigall, son Carson, mother Karen Binion, father Salvatore Abbate, and siblings Dominica Abbate, Elliot Abbate, Valerie Binion, and Kelly Binion.

HAMMER



1SG Michael Bordelon

First posted [April 17, 2011](#)

Five rounds, each round for time

- 135 pound Power clean, 5 reps
- 135 pound Front squat, 10 reps
- 135 pound Jerk, 5 reps
- 20 Pull-ups

Rest 90 seconds between each round

U.S. Army First Sergeant Michael "Hammer" Bordelon, 37, of Morgan City, LA, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, WA, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq on April 23, 2005.

He is survived by his wife Mila; children Mike Jr., Jacob, and Johanna; mother Dolores; and sister Doreen Scioneaux.

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MOORE



First posted [April 28, 2011](#)

Rounds in 20 min

- 15 ft Rope Climb, 1 ascent
- Run 400 meters
- Max rep Handstand push-ups

Officer David S. Moore, 29, of the Indianapolis Metropolitan Police Department, died on January 26, 2011 from gunshot wounds suffered on January 23, 2011 when he stopped a stolen vehicle and the driver opened fire at him.

He is survived by his mother Jo Ann, father Spencer, and sister Carol Bongfeldt.

WILMOT



First posted [May 20 2011](#)

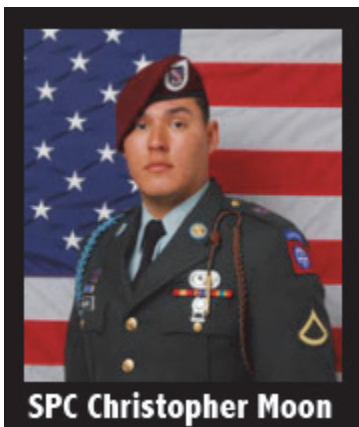
Six rounds of:

- 50 Squats
- 25 Ring dips

Canadian Forces Private Colin Wilmot, 24, of Fredericton, NB, assigned to the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, AB, died on July 6, 2008 from wounds suffered when an explosive device detonated near him in the Panjwali District of Afghanistan.

He is survived by his fiancée Laura, father Eric Craig, and sister Kathleen.

MOON



First posted [June 2 2011](#)

Seven rounds of:

- 40 pound dumbbell Hang split snatch, 10 reps
Right arm
- 15 ft Rope Climb, 1 ascent
- 40 pound dumbbell Hang split snatch, 10 reps
Left arm
- 15 ft Rope Climb, 1 ascent

Alternate feet in the split snatch sets.

U.S. Army Specialist Christopher Moon, 20, of Tucson, AZ, assigned to 2d Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died on July 13, 2010, from injuries sustained on July 6, 2010 in Arghandab, Afghanistan when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his parents Marsha and Brian and sister Sunday.

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Created by CrossFit and listed at www.crossfit.com

SMALL



First posted [June 12 2011](#)

Three rounds of:

- Row 1000 meters
- 50 Burpees
- 50 Box jumps, 24" box
- Run 800 meters

U.S. Army Staff Sergeant Marc Small, 29, of Collegeville, PA, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, died on February 12, 2009, from wounds sustained when insurgents attacked his unit with a rocket-propelled grenade launcher and small arms fire in Faramuz, Afghanistan.

He is survived by his father and stepmother, Murray and Karen, mother and stepfather, Mary and Peter MacFarland, and fiancée Amanda Charney.