

# SMR for the CrossFit Benchmark Girls Workouts

Created by Network Fitness and listed at [www.networkfitness.com](http://www.networkfitness.com)

WOD Name	Pre-WOD SMR	Post-WOD SMR
<p><b>Angie</b> 100 pull-ups, push-ups, sit-ups, squats</p>	<p>Side Roll Inner Thigh Roll Center Quad Rock &amp; Roll</p>	<p>Triceps Head Grab Side Roll Center Quad Flex Core Press Pecs Knead Rotator Cuff Rotations &amp; Shrugs Inner Thigh Roll</p>
<p><b>Barbara</b> 5 rounds: 20 pull-ups, 30 push-ups, 40 sit-ups, 50 squats</p>	<p>Center Quad Rock &amp; Roll Inner Thigh Roll Side Roll</p>	<p>Center Quad Flex Core Press Side Rock Inner Thigh Roll Triceps Head Grab Pecs Knead/Pecs Leg Press (your choice)</p>
<p><b>Chelsea</b> 30 rounds, 30 minutes: 5 pull-ups, 10 push-ups, 15 squats</p>	<p>Side Roll Center Quad Rock &amp; Roll Inner Thigh Roll</p>	<p>Pecs Knead Side Roll Side Rock Rotator Cuff Rotations &amp; Shrugs Center Quad Flex Inner Thigh Roll Outer Quad Roll</p>
<p><b>Cindy</b> AMRAP20: 5 pull-ups, 10 push-ups, 15 squats</p>	<p>Side Roll Center Quad Rock &amp; Roll Inner Thigh Roll</p>	<p>Pecs Knead Side Roll Side Rock Rotator Cuff Rotations &amp; Shrugs Center Quad Flex Inner Thigh Roll Outer Quad Roll</p>
<p><b>Diane</b> 21-15-9: 225/155# DL &amp; HSPU</p>	<p>Pecs Knead/Leg Press (your choice) Neck Bridge/Press (your choice) Center Quad Rock &amp; Roll</p>	<p>Side Roll Mid-Back Rock &amp; Roll Obliques Rock &amp; Roll QL Rotate &amp; Press Center Quad Flex Neck Bridge/Press (your choice) Triceps Head Grab</p>
<p><b>Elizabeth</b> 21-15-9: 135/95# Cleans &amp; Ring Dips</p>	<p>Extensors Roll Center Quad Rock &amp; Roll Inner Thigh Roll Triceps Head Grab</p>	<p>Center Quad Flex Inner Thigh Roll Pecs Knead/Pecs Leg Press (your choice) SMR Butterfly Triceps Head Grab Extensors Rock &amp; Press</p>
<p><b>Fran</b> 21-15-9: 95/65# Thrusters &amp; Pull-ups</p>	<p>Center Quad Rock &amp; Roll Inner Thigh Roll Side Roll</p>	<p>Side Roll Side Rock Rotator Cuff Rotations &amp; Press SMR Butterfly Center Quad Flex Inner Thigh Roll</p>
<p><b>Grace</b> 30 reps: 135/95# C &amp; J</p>	<p>Inner Thigh Roll Mid-Back Rock &amp; Roll Center Quad Rock &amp; Roll</p>	<p>Inner Thigh Roll Extensors Roll Flexors Roll Mid-Back Rock &amp; Roll SMR Butterfly Core Press QL Rotate &amp; Press Center Quad Flex</p>

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<p><b>Helen</b> 3 rounds: 400m, 21 KBS (24/16kg), 12 PU</p>	<p>Soleus Rock &amp; Roll Center Quad Rock &amp; Roll Side Roll</p>	<p>Soleus Rotations &amp; Slaps Inner Thigh Roll Side Roll Side Rock Mid-Back Rock &amp; Roll Neck Bridge/Press (your choice)</p>
<p><b>Isabel</b> 30 reps: 135/95# Snatch</p>	<p>Soleus Rock &amp; Roll Center Quad Rock &amp; Roll Inner Thigh Roll Side Roll</p>	<p>Soleus Rock &amp; Roll Foot Roll Center Quad Flex Inner Thigh Roll TFL Rock &amp; Roll/TFL Press (your choice) Mid-Back Rock &amp; Roll Core Press QL Rotate &amp; Press Rotator Cuff Rotations &amp; Shrugs Neck Bridge/Press (your choice)</p>
<p><b>Jackie</b> 1000m Row, 50 Thrusters 45/30#, 30 PU</p>	<p>Inner Thigh Roll Center Quad Rock &amp; Roll Side Roll</p>	<p>Center Quad Flex Inner Thigh Roll Core Press Side Roll Side Rock Mid-Back Rock &amp; Roll</p>
<p><b>Karen</b> 150 Wall-ball 20/14#</p>	<p>Center Quad Rock &amp; Roll Inner Thigh Roll</p>	<p>Inner Thigh Roll Mid-Back Rock &amp; Roll Center Quad Flex TFL Rock &amp; Roll Neck Bridge/Press (your choice)</p>
<p><b>Linda</b> 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 &amp; Roll Mid-Back Rock &amp; Roll</p>	<p>Inner Thigh Roll Center Quad Flex Mid-Back Rock &amp; Roll QL Double-Ball Rock Extensors Roll Extensors Rock &amp; Press Flexors Roll</p>
<p><b>Mary</b> AMRAP20: 5 HSPU, 10 Pistols, 15 PU</p>	<p>Neck Bridge/Press (your choice) Inner Thigh Roll Center Quad Rock &amp; Roll Side Roll</p>	<p>Inner Thigh Roll Outer Quad Roll Center Quad Flex Neck Bridge/Press (your choice) Triceps Head Grab Side Roll Side Rock</p>
<p><b>Nancy</b> 5 rounds: 400m Run, 15 OHS 95/65#</p>	<p>Soleus Rock &amp; Roll Center Quad Rock &amp; Roll Inner Thigh Roll Side Roll</p>	<p>Center Quad Flex Inner Thigh Roll Mid-Back Rock &amp; Roll SMR Butterfly Rotator Cuff Rotations &amp; Shrugs</p>

# SMR for the CrossFit New Girls Workouts

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