

# SMR for the CrossFit Hero Workouts

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

## JT



*First posted 6 July 2005*

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

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

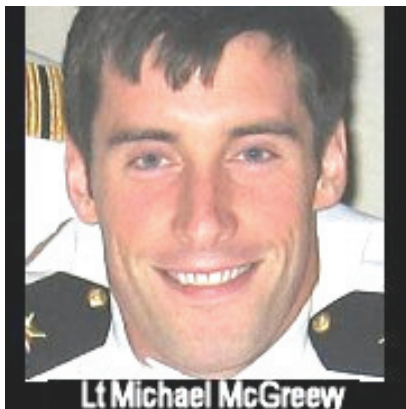
Pre-WOD SMR:

Pecs Knead  
Levator Bridge

Post-WOD SMR:

Triceps Head Grab  
Biceps Rock & Press  
Levator Press  
Pecs Leg Press/Lying Pecs Arm Circles  
(your choice)

## Michael



*First posted 15 July 2005*

3 rounds for time

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

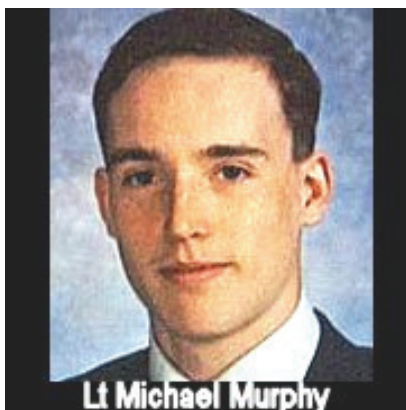
Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Rock & Roll  
Core Press  
Mid-Back Rock & Roll

Post-WOD SMR:

Soleus Rock & Roll  
Soleus Rotations & Slaps  
Thigh Press  
Core Press  
Side Roll  
Mid-Back Rock & Roll  
QL Rotate & Press  
QL Double-Ball Rock

## Murph



*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

Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Rock & Roll  
Side Roll

Post-WOD SMR:

Soleus Rock & Roll  
Soleus Rotations & Slaps  
Pecs Knead/Leg Press (your choice)  
Side Roll  
Side Rock  
Rotator Cuff Rotations & Shrugs  
Center Quad Rock & Roll  
Inner Thigh Roll

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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

Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Inner Thigh Roll  
Mid-Back Rock & Roll  
Center Quad Flex  
Side Roll  
SMR Butterfly  
Rotator Cuff Rotations & Shrugs  
Extensors Roll

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Inner Thigh Roll

Post-WOD SMR:

Side Roll  
Side Rock  
SMR Butterfly  
Mid-Back Rock & Roll  
Center Quad Flex  
Outer Quad Roll  
Inner Thigh Roll  
Core Press  
QL Rotate & Press

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Pit Press  
Flexors Roll

Post-WOD SMR:

Center Quad Flex  
Inner Thigh Roll  
Side Roll  
Side Rock  
Pit Press  
Pecs Knead/Leg Press (your choice)  
Triceps Head Grab  
Flexors Roll  
Extensors Roll

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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

Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Inner Thigh Roll  
Center Quad Flex  
Extensors Roll  
Side Roll  
Side Rock  
Soleus Rock & Roll

## 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

Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Rock & Roll  
Core Press  
Mid-Back Rock & Roll  
Side Roll

Post-WOD SMR:

Center Quad Flex  
Core Press  
Mid-Back Rock & Roll  
Side Roll  
Side Rock

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Mid-Back Rock & Roll

Post-WOD SMR:

Mid-Back Rock & Roll  
Center Quad Flex  
Core Press  
QL Rotate & Press  
Triceps Head Grab

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## Randy



**RANDY SIMMONS**

*First posted 13 February 2008*

For time

- 75 Power snatch with 75 pounds

Pre-WOD SMR:

Gastroc Press & Rock  
Center Quad Rock & Roll  
Mid-Back Rock & Roll

Post-WOD SMR:

Soleus Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Mid-Back Rock & Roll  
Obliques Rock & Roll  
Core Press  
QL Rotate & Press

## Tommy V



**SCPO  
THOMAS VALENTINE**

*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

Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Flexors Roll

Post-WOD SMR:

Side Roll  
Inner Thigh Roll  
Outer Quad Roll  
Center Quad Flex  
Flexors Roll  
Extensors Roll

## Griff



**SSgt Travis Griffin**

*First posted 9 June 2008*

For time

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

Pre-WOD SMR:

Soleus Rock & Roll  
Shin Rock/Grab (your choice)  
Center Quad Rock & Roll

Post-WOD SMR:

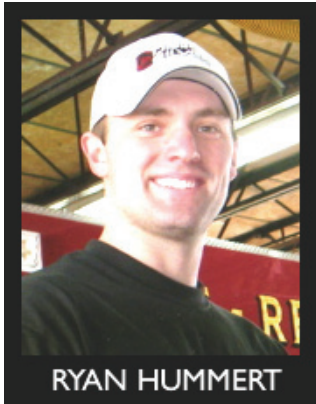
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Shin Rock/Grab (your choice)  
Short Peroneal Roll  
Long Peroneal Roll  
Foot Roll  
Arch Rock



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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

Pre-WOD SMR:

Side Roll  
Core Press  
Center Quad Rock & Roll  
Soleus Rock & Roll

Post-WOD SMR:

Side Roll  
Mid-Back Rock & Roll  
QL Rotate & Press  
Core Press  
Center Quad Flex  
Thigh Press  
Pecs Knead/Leg Press (your choice)  
Pit Press

## Erin



*First posted [9 October 2008](#)*

5 rounds for time

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

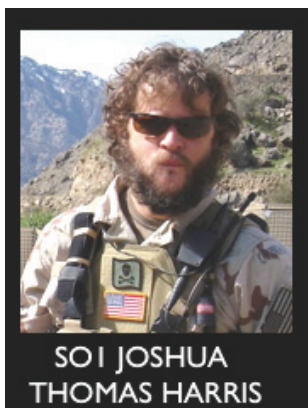
Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Mid-Back Rock & Roll

Post-WOD SMR:

Center Quad Flex  
Outer Quad Roll  
Mid-Back Rock & Roll  
Side Roll  
Side Rock  
SMR Butterfly

## Mr. Joshua



*First posted [10 October 2008](#)*

5 rounds for time

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

Pre-WOD SMR:

Soleus Rock & Roll  
Center Quad Flex  
Side Roll

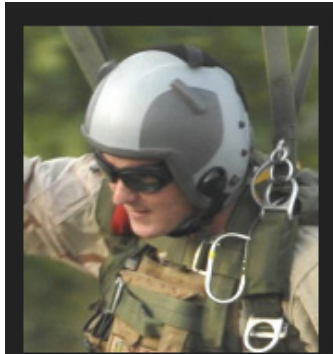
Post-WOD SMR:

Mid-Back Rock & Roll  
Core Press  
QL Rotate & Press  
Soleus Rock & Roll  
Center Quad Flex  
Outer Quad Roll

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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

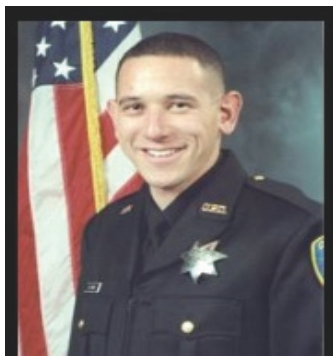
Pre-WOD SMR:

Mid-Back Rock & Roll  
Center Quad Rock & Roll  
Gastroc Press & Rock  
Soleus Rock & Roll

Post-WOD SMR:

Center Quad Flex  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Side Roll  
Mid-Back Rock & Roll  
Slow Leg Drop  
Side Hip Roll Over & Press

## 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

Pre-WOD SMR:

Gastroc Press & Rock  
Soleus Rock & Roll  
Center Quad Rock & Roll  
Side Roll

Post-WOD SMR:

Soleus Rock & Roll  
Soleus Rotations & Slaps  
Center Quad Flex  
Outer Quad Roll  
Side Hip Roll Over & Press  
Mid-Back Rock & Roll  
Side Roll  
Side Rock  
Rotator Cuff Rotations & Shrugs

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Center Quad Flex  
Mid-Back Rock & Roll  
Core Press

Post-WOD SMR:

Outer Quad Roll  
Center Quad Flex  
Thigh Press  
Mid-Back Rock & Roll  
QL Rotate & Press  
Core Press

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## Tyler



**1LT TYLER PARTEN**

*First posted [17 October 2009](#)*

5 rounds for time

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

Pre-WOD SMR:

Inner Thigh Roll  
Side Roll  
Pecs Knead/Leg Press (your choice)

Post-WOD SMR:

Inner Thigh Roll  
Center Quad Flex  
Side Roll  
Pecs Knead/Leg Press (your choice)  
Pit Press  
Neck Bridge/Press (your choice)  
SMR Butterfly

## 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

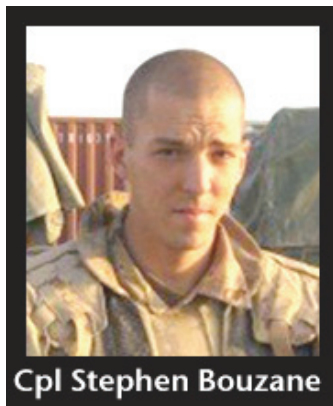
Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Pecs Knead  
Core Press  
Outer Quad Roll  
QL Rotate & Press  
Soleus Rock & Roll  
Foot Roll  
Soleus Rotations & Slaps

## Stephen



**Cpl Stephen Bouzane**

*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

Pre-WOD SMR:

Center Quad Rock & Roll  
Core Press  
Side Roll  
Mid-Back Rock & Roll

Post-WOD SMR:

Center Quad Flex  
TFL Rock & Roll  
TFL Press  
Core Press  
Side Roll  
Mid-Back Rock & Roll  
QL Rotate & Press

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## Garrett



**CAPT GARRETT LAWTON**

*First posted [22 February 2010](#)*

5 rounds for time

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll  
Pecs Knead/Leg Press (your choice)

Post-WOD SMR:

Inner Thigh Roll  
Thigh Press  
Core Press  
Shoulder Bridge/Press (your choice)  
Side Roll  
Pecs Knead/Leg Press (your choice)  
Triceps Head Grab

## War Frank



**Capt Warren Frank**

*First posted [1 March 2010](#)*

3 rounds for time

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Core Press  
Pecs Knead/Leg Press (your choice)

Post-WOD SMR:

Center Quad Flex  
Inner Thigh Roll  
Core Press  
QL Rotate & Press  
Flexors Rock & Press  
Thigh Press

## McGhee



**Cpl Ryan McGhee**

*First posted [15 April 2010](#)*

AMRAP 30

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

Pre-WOD SMR:

Outer Quad Roll  
Center Quad Rock & Roll  
Inner Thigh Roll  
Mid-Back Rock & Roll

Post-WOD SMR:

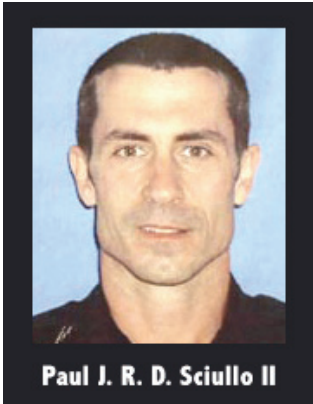
Inner Thigh Roll  
Center Quad Flex  
QL Rotate & Press  
Core Press  
Pecs Knead/Leg Press (your choice)  
Neck Bridge/Press (your choice)



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## Paul



**Paul J. R. D. Sciuillo II**

First posted [24 April 2010](#)

5 rounds for time

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

Pre-WOD SMR:

Soleus Rock & Roll  
Core Press  
Mid-Back Rock & Roll

Post-WOD SMR:

Soleus Rock & Roll  
Soleus Rotations & Slaps  
Shin Rock/Grab  
Core Press  
Side Roll  
Mid-Back Rock & Roll  
QL Double-Ball Rock

## Jerry



**SGM JERRY PATTON**

First posted [9 May 2010](#)

For time

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Soleus Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Mid-Back Rock & Roll  
Center Quad Flex  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Inner Thigh Roll  
Adductor Rock  
Core Press  
QL Rotate & Press

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Soleus Rock & Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Biceps Rock & Press  
SMR Butterfly  
Rotator Cuff Rotations & Shrugs  
Extensors Roll

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## Arnie



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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Side Roll  
SMR Butterfly  
Center Quad Rock & Roll  
Triceps Head Grab  
Core Press  
QL Rotate & Press  
Mid-Back Rock & Roll  
Pit Press  
Rotator Cuff Rotations & Shrugs

## The 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Neck Nods  
Neck Bridge  
SMR Butterfly  
Center Quad Rock & Roll  
Triceps Head Grab  
Core Press  
QL Rotate & Press  
Mid-Back Rock & Roll  
Rotator Cuff Rotations & Shrugs

## RJ



First posted [22 June 2010](#)

Five rounds for time of:

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Soleus Rock & Roll  
Side Roll

Post-WOD SMR:

Side Roll  
Side Rock  
Pecs Knead  
SMR Butterfly  
Triceps Head Grab  
Core Press  
Mid-Back Rock & Roll  
Pit Press  
Rotator Cuff Rotations & Shrugs

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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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Soleus Rock & Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Flexors Roll  
Biceps Rock & Press  
Side Roll  
Side Rock  
SMR Butterfly  
Core Press  
Pit Press  
Rotator Cuff Rotations & Shrugs

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Core Press  
Inner Thigh Roll  
Flexors Roll  
Biceps Rock & Press  
Side Roll  
Neck Bridge  
SMR Butterfly  
Rotator Cuff Rotations & Shrugs

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Hamstrings Rock  
Core Press  
Inner Thigh Roll  
Side Roll  
Side Rock  
Rotator Cuff Rotations & Shrugs  
Soleus Rock & Roll  
Soleus Rotations & Slaps

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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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Hamstrings Rock  
Inner Thigh Roll  
Pecs Knead  
Side Rock  
Neck Bridge  
SMR Butterfly  
Soleus Rock & Roll  
Soleus Rotations & Slaps

## Coe



Sgt Keith Adam Coe

First posted [12 Aug 2010](#)

Ten rounds for time

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Pecs Knead  
Pit Press  
Side Roll  
Side Rock  
Neck Bridge  
SMR Butterfly  
Neck Nods  
Side Neck Rock

## 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.

Pre-WOD SMR:

Center Quad Rock & Roll  
Pecs Knead  
Side Roll

Post-WOD SMR:

Side Roll  
Side Rock  
Center Quad Rock & Roll  
Pecs Knead  
SMR Butterfly  
Soleus Rock & Roll  
Soleus Rotations & Slaps



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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

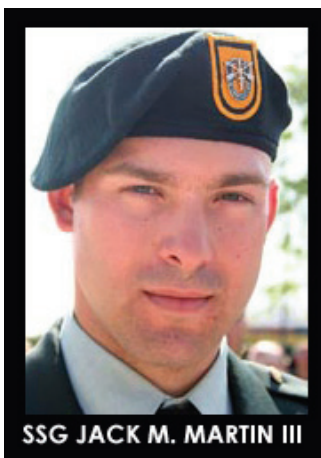
Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Core Press  
Mid-Back Rock & Roll  
QL Rotate & Press  
Inner Thigh Roll  
Side Roll  
Neck Bridge  
SMR Butterfly

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Soleus Rock & Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Core Press  
QL Rotate & Press  
Inner Thigh Roll  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Foot Roll  
Neck Bridge  
SMR Butterfly

## Forrest



First posted [October 17 2010](#)

Three rounds for time

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Core Press  
QL Rotate & Press  
Side Roll  
Biceps Rock & Press  
Pecs Knead  
SMR Butterfly  
Soleus Rock & Roll

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## Bulger



Cpl Nicholas 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll  
Extensors Roll  
Neck Bridge  
SMR Butterfly  
Rotator Cuff Rotations & Shrugs

## Brenton



Timothy Q. 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.

Pre-WOD SMR:

Center Quad Rock & Roll  
Soleus Rock & Roll  
Foot Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Core Press  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Long Peroneal Roll  
Short Peroneal Roll  
Foot Roll  
Arch Rock  
Toe Wrap

## Blake



SCPO David Blake McLendon

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Hamstrings Rock  
Pecs Knead  
Neck Bridge  
SMR Butterfly  
Rotator Cuff Rotations & Shrugs  
Soleus Rock & Roll  
Foot Roll

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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

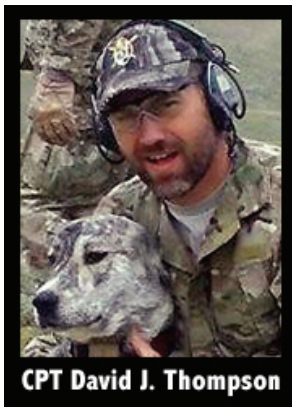
Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Adductor Rock  
Outer Quad Roll  
Hamstrings Rock  
Neck Bridge  
Neck Nods  
SMR Butterfly  
Soleus Rock & Roll  
Foot Roll

## 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.

Pre-WOD SMR:

Center Quad Rock & Roll  
Outer Quad Roll  
Side Roll

Post-WOD SMR:

Side Roll  
Rotator Cuff Rotations & Shrugs  
Side Rock  
Center Quad Rock & Roll  
Outer Quad Roll  
Neck Bridge  
Neck Nods  
Flexors Roll

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Neck Bridge  
Neck Nods  
SMR Butterfly  
Mid-Back Rock & Roll  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Foot Roll

# SMR for the CrossFit Hero Workouts

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

## Bull



First posted [December 26 2010](#)

Two rounds of:

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll  
Soleus Rock & Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
SMR Butterfly  
Mid-Back Rock & Roll  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Foot Roll  
Arch Rock

## Rankel



First posted [January 7 2011](#)

AMRAP, 20 Minutes

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Hamstrings Rock  
Inner Thigh Roll  
Outer Quad Roll  
Side Roll  
Side Rock  
Core Press  
Mid-Back Rock & Roll  
Soleus Rock & Roll  
Foot Roll

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll  
Soleus Rock & Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Side Roll  
Neck Bridge  
Side Neck Rock  
Neck Nods  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Foot Roll



# SMR for the CrossFit Hero Workouts

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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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Core Press  
Side Roll  
Side Rock  
Neck Bridge  
Side Neck Rock  
Neck Nods

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Neck Bridge  
Side Neck Rock  
Neck Nods  
Mid-Back Rock & Roll  
Soleus Rock & Roll  
Foot Roll

## MCCLUSKEY



First posted [March 01, 2011](#)

Three rounds of:

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Flexors Roll  
Biceps Rock & Press  
Side Roll  
Side Rock  
Rotator Cuff Rotations & Shrugs  
SMR Butterfly  
Soleus Rock & Roll

# SMR for the CrossFit Hero Workouts

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

## 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

Pre-WOD SMR:

Side Roll  
Extensors Roll  
Pecs Knead

Post-WOD SMR:

Pecs Knead  
Triceps Head Grab  
Inside Elbow Rock  
Biceps Rock & Press  
Side Roll  
Side Rock  
Rotator Cuff Rotations & Shrugs  
SMR Butterfly  
Core Press  
Center Quad Rock & Roll

## 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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Neck Bridge  
Neck Nods  
Mid-Back Rock & Roll  
Soleus Rock & Roll  
Soleus Rotations & Slaps  
Foot Roll  
Arch Rock

## HAMMER



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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Side Roll  
Center Quad Rock & Roll  
Outer Quad Roll  
Side Neck Rock  
Neck Bridge  
Neck Nods  
Mid-Back Rock & Roll  
Extensors Roll  
Soleus Rock & Roll  
Foot Roll

# SMR for the CrossFit Hero Workouts

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

## MOORE



First posted [April 28, 2011](#)

Rounds in 20 min

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Side Roll  
Pecs Knead

Post-WOD SMR:

Side Roll  
Flexors Roll  
Triceps Head Grab  
Inside Elbow Rock  
Biceps Rock & Press  
Side Rock  
Rotator Cuff Rotations & Shrugs  
SMR Butterfly  
Center Quad Rock & Roll

## WILMOT



First posted [May 20 2011](#)

Six rounds of:

- 50 Squats
- 25 Ring dips

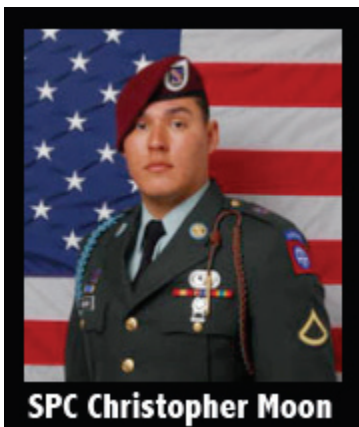
Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Triceps Head Grab  
Pecs Knead  
Extensors Roll  
Soleus Rock & Roll

## 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.

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Outer Quad Roll  
Triceps Head Grab  
Pecs Knead  
Extensors Roll  
Soleus Rock & Roll

# SMR for the CrossFit Hero Workouts

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

## SMALL



First posted [June 12 2011](#)

Three rounds of:

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

Pre-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Side Roll

Post-WOD SMR:

Center Quad Rock & Roll  
Inner Thigh Roll  
Core Press  
Outer Quad Roll  
QL Rotate & Press  
Side Roll  
Mid-Back Rock & Roll  
Pecs Knead  
SMR Butterfly