

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

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WOD Name	Pre-WOD SMR	Post-WOD SMR
<p>Helen 3 rounds: 400m, 21 KBS (24/16kg), 12 PU</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Side Roll</p>	<p>Soleus Rotations & Slaps Inner Thigh Roll Side Roll Side Rock Mid-Back Rock & Roll Neck Bridge/Press (your choice)</p>
<p>Isabel 30 reps: 135/95# Snatch</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Inner Thigh Roll Side Roll</p>	<p>Soleus Rock & Roll Foot Roll Center Quad Flex Inner Thigh Roll TFL Rock & Roll/TFL Press (your choice) Mid-Back Rock & Roll Core Press QL Rotate & Press Rotator Cuff Rotations & Shrugs Neck Bridge/Press (your choice)</p>
<p>Jackie 1000m Row, 50 Thrusters 45/30#, 30 PU</p>	<p>Inner Thigh Roll Center Quad Rock & Roll Side Roll</p>	<p>Center Quad Flex Inner Thigh Roll Core Press Side Roll Side Rock Mid-Back Rock & Roll</p>
<p>Karen 150 Wall-ball 20/14#</p>	<p>Center Quad Rock & Roll Inner Thigh Roll</p>	<p>Inner Thigh Roll Mid-Back Rock & Roll Center Quad Flex TFL Rock & Roll Neck 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 Mid-Back Rock & Roll</p>	<p>Inner Thigh Roll Center Quad Flex Mid-Back 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>Neck Bridge/Press (your choice) Inner Thigh Roll Center Quad Rock & 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>Nancy 5 rounds: 400m Run, 15 OHS 95/65#</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Inner Thigh Roll Side Roll</p>	<p>Center Quad Flex Inner Thigh Roll Mid-Back Rock & Roll SMR Butterfly Rotator Cuff 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 Soleus Rotations & Slaps Popliteus Press & Rock Rotator Cuff 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 Mid-Back Rock & Roll</p>	<p>Soleus Rock & Roll Soleus Rotations & Slaps Mid-Back Rock & Roll Center Quad Flex Side Roll</p>
<p>Kelly 5 rounds: 400m Run, 30 BJ 24", 30 WB 20#</p>	<p>Soleus Rock & Roll Foot Roll Inner Thigh Roll Center Quad Rock & Roll Mid-Back Rock & Roll</p>	<p>Center Quad Flex Soleus Rock & Roll Soleus Rotations & Slaps Mid-Back Rock & Roll Inner Thigh Roll</p>
<p>Lynne 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>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 Soleus Rotations & Slaps Side Roll Side Rock</p>

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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

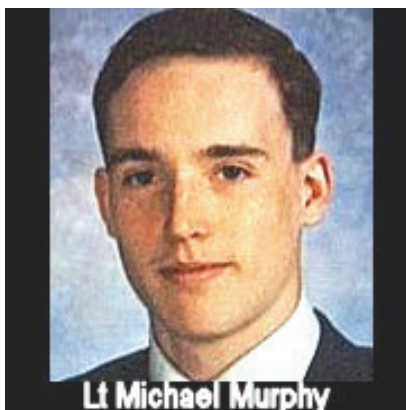
Pre-WOD SMR:

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

SMR for 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

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

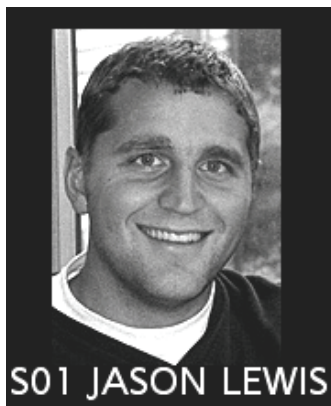
Pre-WOD SMR:

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

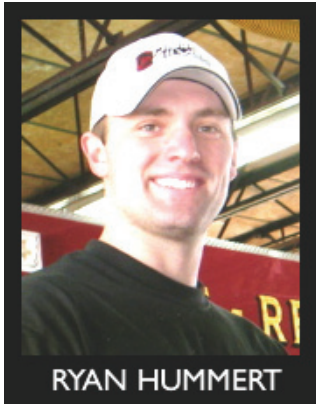
Post-WOD SMR:

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

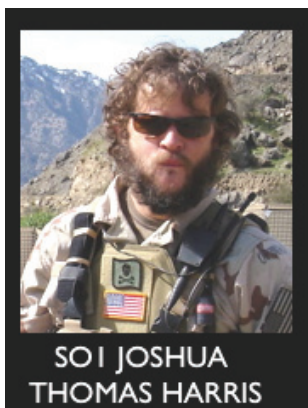
Pre-WOD SMR:

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

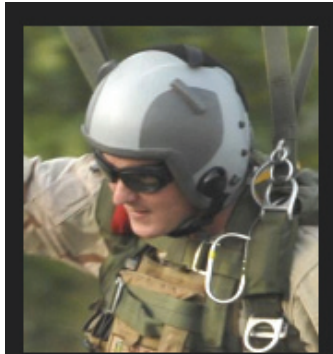
Post-WOD SMR:

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

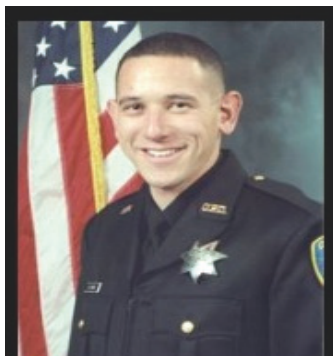
Pre-WOD SMR:

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

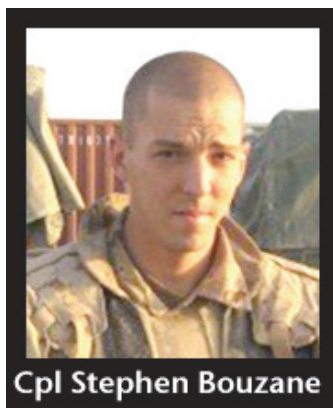
Pre-WOD SMR:

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

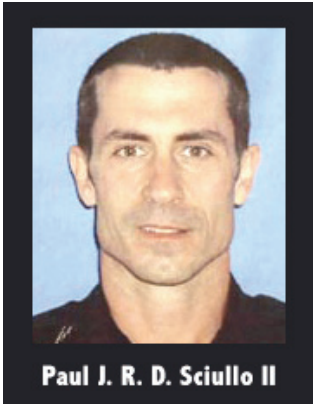
Post-WOD SMR:

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. 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

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

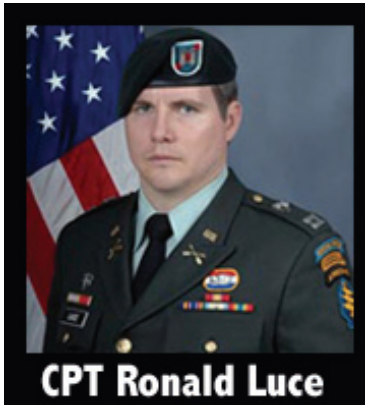
Post-WOD SMR:

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

SMR for the CrossFit Hero Workouts

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

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

SMR for the CrossFit Hero Workouts

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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

SMR for the CrossFit Hero Workouts

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

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

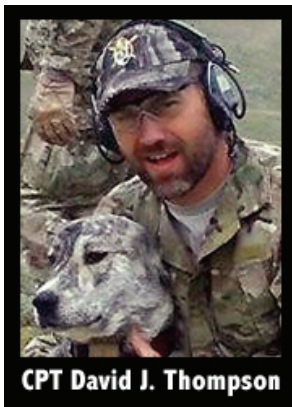
Pre-WOD SMR:

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

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

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

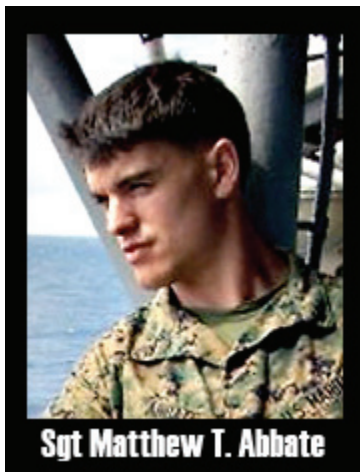
Pre-WOD SMR:

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

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

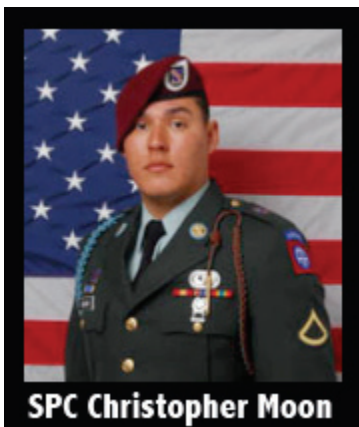
Pre-WOD SMR:

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

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