

CrossFit Workouts

"Suffocation"

100 thrusters (80/45) for time

*On the top of every minute do 3 burpees then 3 knees to elbows.

Do this for all the minutes that it takes to complete all 100 thrusters.

"Diane"

21-15-9 reps of

Deadlift

Handstand push-ups

"Rookie vs Vet"

5 Rounds for time

7 pull-ups

7 thrusters (65lb)

7 ring dips

7 burpees

For time:

Reps of 10, 8, 6, 4, 2

Squat Cleans (95lb)

Reps of 50, 40, 30, 20, 10

Sit ups

Alternate btwn the two

Lumberjack 20

20 Deadlifts

Run 400m

20 KB swings

Run 400m

20 Overhead Squats

Run 400m

20 Burpees

Run 400m

20 Pull ups

Run 400m

20 Box jumps

Run 400m

20 Squat Cleans

Run 400m

3 Rounds for time:

30 Wallball shots (15)

15 Power Clean & Jerks

5 rounds for time of:

9 pull-ups

6 deadlifts (85lb)

3 jerks (85lb)

In 10 minutes complete:

5 snatches on the top of every minute, in the remaining time complete AMAP burpees

No Rest

In the next 10 minutes complete:

5 OHS on the top of every minute, in the remaining time complete AMAP double unders

4 Rounds for time of:

100 ft OH walking lunge (15lb)

15 Box jumps 24"

30 pullups

"Helen"

3 rounds for time:

400m run

21 KB swings

12 Pull-ups

1,000m row

Then 5 rounds of:

15 push-ups

15 wall balls or 15 deadlifts (65lb)

15 Sit-ups

"9 of Spades"

21-15-9 for time:

Box jumps 24"

KBS (35lb)

SDHP (55lb)

"Fran"

21-15-9 for time:

Thrusters (65lb)

Pull-ups

"Freddy's Revenge"

5 Rounds for time:

5 Push Jerks (125lb)

10 Burpees

"Bacon Strip"

4 Rounds for time:

21 box jumps 24"

15 thrusters

12 pull-ups

For Time:

21 Pull-ups

21 Handstand Push-ups

18 Pull-ups

18 Handstand Push-ups

15 Pull-ups

15 Handstand Push ups

12 Pull-ups

12 Handstand Push ups

9 Pull-ups

9 Handstand Push ups

6 Pull-ups

6 Handstand Push ups

3 Pull-ups

3 Handstand Push-ups

"Booya!"

3 Rounds for time:

10 Burpees

15 KB Swings

21 Push Jerks

"Eat the Brain"

24" Box Jump, 50 reps

Deadlifts, 21 reps

30 Pull-ups

Complete AMRAP in 20 min of:

15 Pull-ups

15 Push-ups

15 Back Extensions

15 GHD Sit-ups

"Dark Thoughts"

Run 800m

15 thrusters

30 push-ups

12 thrusters

24 push-ups

9 thrusters

21 push-ups

6 thrusters

18 push-ups

3 thrusters

15 push-ups

Run 800m

- AMRAP= As Many Rounds As Possible

- Most numbers in Parenthesis is the recommended weight for girls or 135/95lb is mens/womans recommended weight

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CrossFit Workouts

"Iron Cross"

5 Rounds for time
12 Squats
50 ft walking lunges w/barbell over head
21 Burpees
50ft waling lunges w/ barbell over head

"Death by Kettle Bell"

3 Rounds for time:
21 KB 1 pood swings
15 SDHP w/ 2 pood
9 KB Burpees

"Lucky number 7"

AMRAP in 20 min
7 Push-ups
7 deadlifts
7 Box jump 24"

"Cindy"

AMRAP in 20 min of:
5 Pull-ups
10 Push-ups
15 Squats

"Kelly"

Five rounds for time of:
Run 400m
30 box jumps 24"
30 Wall ball shots

"Dirty Thirty"

For time:
30 Front Squats
30 Box Jumps 20"
30 KBS (35lb)
30 Burpees
30 Sit-ups
30 Pull-ups
30 Wall Balls

7 Rounds for time of:

95lb SDHP 10 Reps
10 dips

"Herman the German"

3 Rounds for time:
7 deadlifts
14 push Jerk
21 Push-Ups

AMRAP in 25min

N+5 where n is the current round
Run 400m
SDHP (65lb)
Wall Ball (14lb)
Box Jump

5 Rounds for time:

15 Deadlifts
400m Run
30 sit-ups

"Super Chief"

Five 3min rounds with 1 min rest btwn rounds
3 Clean & Jerks
6 Burpees
9 Thrusters

"Barbara"

5 Rounds for time
20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats

"Filthy Sixty"

60 seconds at each station. Rest 60 seconds btwn each movement.
Box Jumps 24"
Jumping pull-ups
Kettlebell swings
Walking lunge (counting steps)
Knees to elbows
Push Press (45lbs)
Back Extensions
Wall Balls
Burpees
Double Unders
Count repetitions for each exercise, note it during the rest period, then add for a grand total.

"Angie"

For time
100 Pull-ups
100 Push-ups
100 Sit-ups
100 Squats
Must be completed in order

AMRAP in 20 min

Clean 50% Body Weight
Run 400m
15 Push-ups

"Baby Fitz"

AMRAP in 20min
5 Thrusters
7 Cleans
10 SDHP

"Murph"

For time:
1 mile run
100 Pull-ups
200 Push-ups
300 Squats
1 mile run
* Partition the pull-ups, push-ups, & squats as needed. Start & finish w/ a mile run.

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CrossFit Workouts

"Lynne"

Five Rounds for Max reps of:
Body weight bench press
Pull-ups
Count reps for both exercise in all per round

"Grace"

Clean and Jerk (135lb men)
For time 30 reps

"Josh" For time:

(95lb men) Overhead Squat, 21 reps
42 Pull-ups
95lb Overhead Squat, 15 reps
30 Pull-ups
95lb Overhead Squats, 9 reps
18 Pull-ups

Complete AMRAP in 20 min.:

5 Handstand Push-ups
10 Bench Press
(135lb men, 95lb women)
15 Push-Ups
20 Dips

For time:

21 Thrusters (95lb)
15 Pull-ups
21 Thrusters
15 Box Jumps
21 Thrusters
15 Push-ups

On the minute for 15 minutes:

3 OHS
3 Push Press
Rest time left
*After each round record the number of seconds left. Your score will be the number of rds you complete plus the fastest time finished or most amount of over after all 15 rds. If you can't finish record the number of rounds completed.

5 Rounds for time:

20 Lunges w/ bar over head (45lb)
20 Burpees

3 Rounds for time:

50 Squats
21 Pull-ups
135lb Hang power cleans, 10 reps

3 Rounds for time:

20 OH walking lunge 45/25lb
20 front squats 95/65lb
20 box jumps
20 deadlifts 185/135lb
20 air squats
500m Row

21-15-9 of:

Overhead Squat
Sit-ups
SDHP

"Grover" AMRAP in 15min.

5 Push-ups
10 Lunges
15 Sit-ups
*Be strict w/ your form

"Jeremy"

21-15-9 for time:
OHS (95/65lb)
Burpees

For time:

Reps of 10, 9, 8,1 of
KB swings
Reps of 1, 2, 3,10 of
Overhead Squat
*alternate btwn the two: 10 KB swings, 1 overhead squat, etc..

For time:

15 Deadlifts
15 Handstand push-ups
15 Thrusters
15 Pull-ups
15 Squat Cleans
15 Ring Dips

30 reps for time:

With a 135lb(rec. men) barbell; barbell rollout (like an ab wheel) set your feet to a squat clean, thruster.

4 Rounds for time:

Row or Run 750m
30 Double Unders
15 Burpees

"Tabata This"

Tabata Row
Rest 1 min
Tabata Squat
Rest 1 min
Tabata Pull-up
Rest 1 min
Tabata Push-Up
Rest 1 min
Tabata Sit-up

The tabata interval is 20 seconds of work followed by 10 seconds of rest for 8 intervals. Tabata score is the least number of reps performed in any of the eight intervals. Unit for the row is "calories". Post Tabata score for each exercise to comments and total for final score. E.G., 10, 22, 9, 15, 15 = 71

AMRAP in 20min

15 Front Squats w/ weight
10 Box Jumps
5 Overhead Squats w/ weight

For Reps:

5 minutes of Rowing for calories
4 minutes of Box Jumps for reps (20/24)
3 minutes of hang squat snatches for reps (45/75)
2 minutes of wall balls for reps (10 ft high)
1 minute of Handstand Push-ups for reps

For Time:

500m row
40 squat
30 sit ups
20 push ups
10 pull ups

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CrossFit Workouts

3 rounds

1 min wall ball (20/14)
1 min ground to overhead (95/65)
1 min box jump 20"
1 min rower (cal)
1 min rest
*record total reps

Run 1 mile
Row 2,500m
Run 1 mile
Rest time in between efforts is equal to work time.

“No Joke”

For time:
Run 600m
Then 2 rounds of 30 deadlifts
(155/105)
30 KB swings (35/26)
30 Ring push-ups

“Khalipa/Speal”

For time:
1 pwr clean & jerk (155/100)
1 round of Cindy
2 pwr clean & jerk
1 round of Cindy
3 pwr clean & jerk
1 round of Cindy
Continue until you complete 10 clean & jerks and 1 round of Cindy

Cindy
5 pull-ups
10 Push-ups
15 Air Squats

Max rounds plus reps in 10 minutes

of:
7 Thrusters (115/75lbs)
12 Kettlebell Swings (53/35lbs)
7 Pull-ups

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