

MEET THE GIRLS

BENCHMARK CROSSFIT WORKOUTS

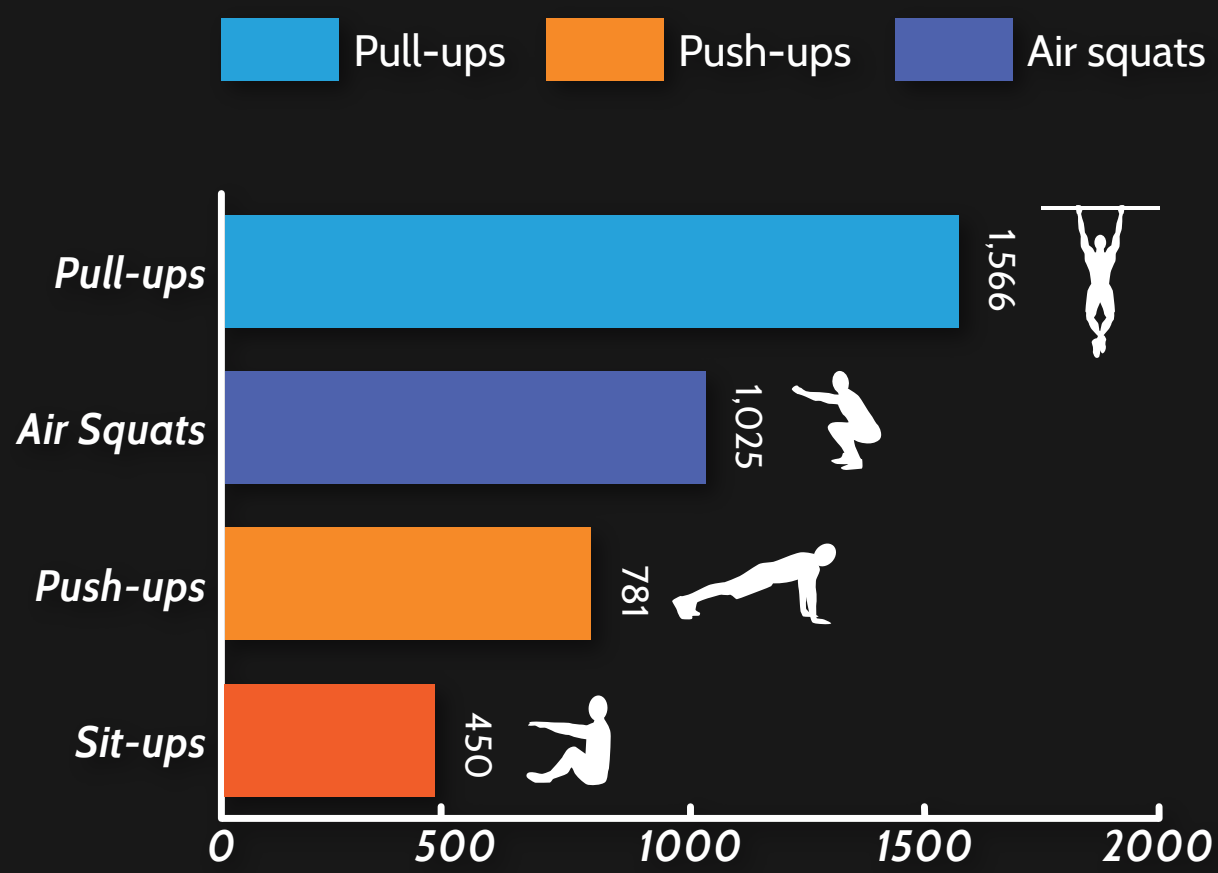
HELEN
FRAN
KAREN
ANGIE
KELLY
LYNNE
NICOLE

DIANE
CINDY
CHELSEA
BARBARA
MARY
NANCY
GRACE

ISABEL
JACKIE
LINDA
EVA
ANNIE
AMANDA
ELIZABETH

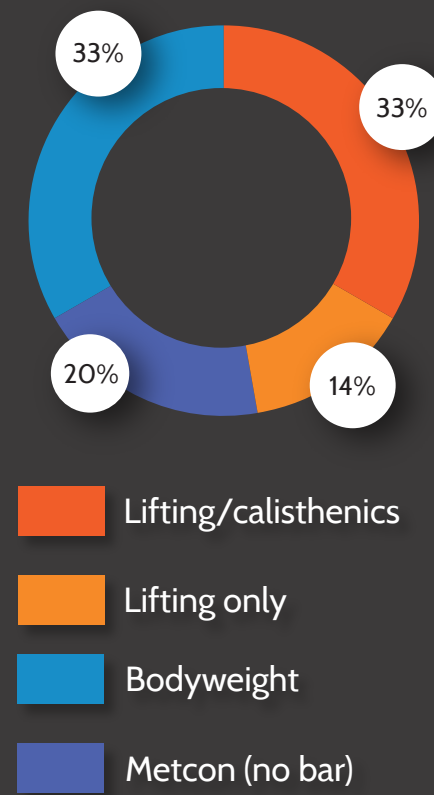
NICE TO MEET YOU.

TOTAL REPS OF BODYWEIGHT MOVEMENTS



The graph represents the total number of combined bodyweight reps in all the benchmark WODs. For the AMRAP workouts, it was calculated assuming the athlete completed 10 rounds of Mary and 15 rounds of Cindy.

TRAINING FOCUS



The graph shows the different types of WODs that each benchmark represents. For example, Angie represents a "bodyweight" WOD, while Isabel represents a "lifting only" WOD. The girls are also color coded according to this standard below.



Q: WHY ARE THEY NAMED AFTER GIRLS?

"According to the National Weather Service the use of short, distinctive given names in written as well as spoken communications is quicker and less subject to error than more cumbersome identification methods, so since 1953 storms have been assigned female given names. The convenience and logic inspired our granting a special group of workouts women's names."

GREG GLASSMAN
THE CROSSFIT JOURNAL ARTICLES
"BENCHMARK WORKOUTS"
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JUST YO' BODY

These first girls represent the "lightest" as they consist only of body weight movements.

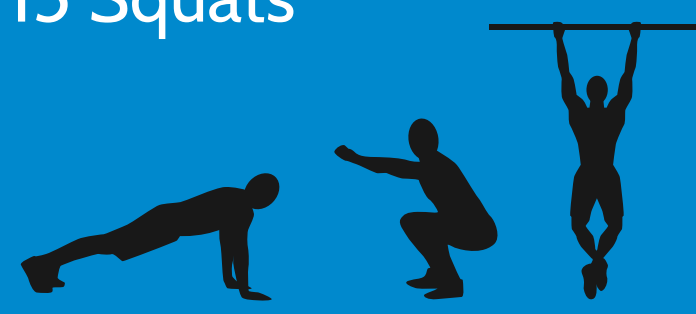
BARBARA

5 ROUNDS 3 MIN REST
20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats



CHELSEA

EMOM FOR 30 MIN
5 Pull-ups
10 Push-ups
15 Squats



MARY

AMRAP IN 20 MIN
5 handstand push-ups
10 single leg squats
15 pull-ups



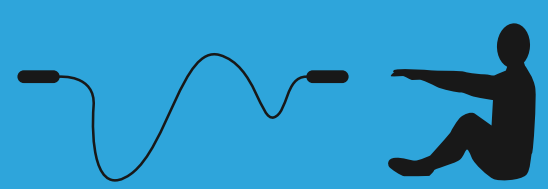
CINDY

AMRAP IN 20 MIN
5 pull-ups
10 push-ups
15 squats



ANNIE

50-40-30-20-10
Double unders
Sit-ups



NICOLE

AMRAP IN 20 MIN
400m run
Max rep pull-ups



ANGIE

AFAP
100 Pull-ups
100 Push-ups
100 Sit-ups
100 Squats



NO BARS HERE

Here come the props as bodyweight movements and fun things like wall balls collide.

EVA

Rx = 2 POOD

5 ROUNDS
800m run
30 kettlebell swings
30 pull-ups



HELEN

Rx = 1.5 POOD

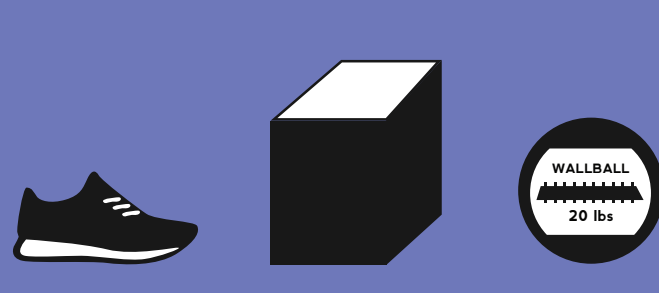
3 ROUNDS
400m run
21 kettlebell swings
12 pull-ups



KELLY

Rx = 20 LBS

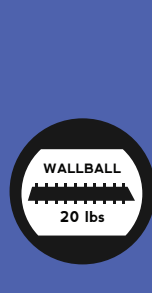
5 ROUNDS
400m run
30 24" box jumps
30 wall balls



KAREN

Rx = 20 LBS

AFAP
150 wall balls



MIX IT UP

These girls represent some of the most difficult WODs with the combinations of heavier barbell movements and calisthenics.

AMANDA

Rx = 135 LBS

9-7-5
Muscle-ups
Snatch



JACKIE

Rx = 45 LBS

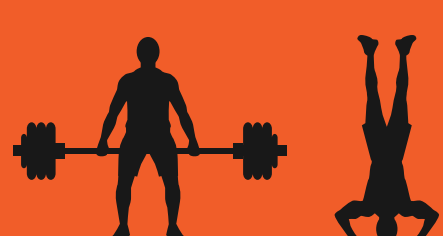
AFAP
1000m row
50 thrusters
30 pull-ups



DIANE

Rx = 225 LBS

21-15-9
Deadlift
Handstand push-ups



FRAN

Rx = 95LBS

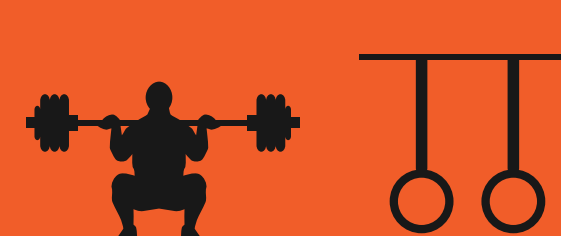
21-15-9
Thrusters
Pull-ups



ELIZABETH

Rx = 135LBS

21-15-9
Cleans
Ring dips



NANCY

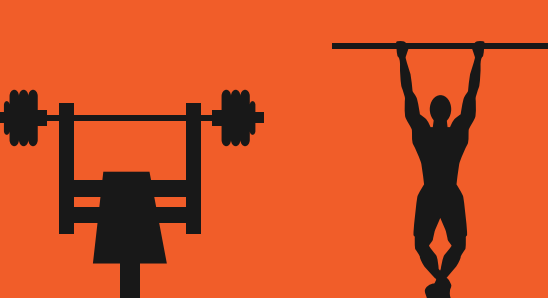
Rx = 95 LBS

5 ROUNDS
400 m run
15 overhead squats



LYNNE

5 ROUNDS MAX REPS
Body weight bench press
Pull-ups



GET HEAVY

Finally, the "heavies". These girls are all about barbell movements that use heavy weight to build strength and nothing else.

ISABEL

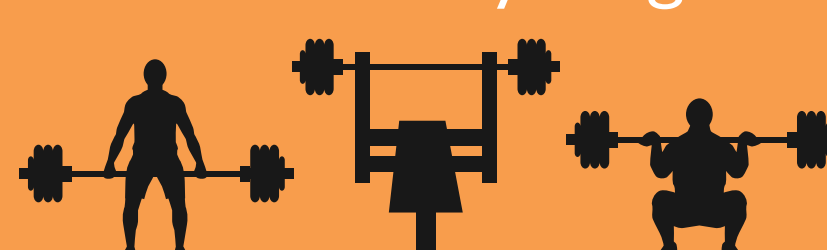
Rx = 135 LBS

AFAP
30 Snatches



LINDA

10/9/8/7/6/5/4/3/2/1
Deadlift 1 1/2 body weight
Bench body weight
Clean 3/4 body weight



GRACE

Rx = 135 LBS

AFAP
30 clean and jerks

