

The Girls Workouts					
WOD Name	WOD Description	1	2	3	4
Angie	For time complete all reps of each exercise before moving to the next: 100 Pull-ups 100 Push-ups 100 Sit-ups 100 Squats				
Annie	50-40-30-20 and 10 rep rounds; for time: Double-unders Sit-ups				
Barbara	5 rounds for time: 20 Pull-ups 30 Push-ups 40 Sit-ups 50 Squats				
Chelsea	Each min on the min for 30 min: 5 Pull-ups 10 Push-ups 15 Squats				
Cindy	As many rounds as possible in 20 min: 5 Pull-ups 10 Push-ups 15 Squats				
Diane	21-15-9 reps, for time: Deadlift 225 lbs Handstand push-ups				
Elizabeth	21-15-9 reps, for time: Clean 135 lbs Ring Dips				
Eva	5 Rounds for time: Run 800 meters 2 pood KB swing, 30 reps 30 pullups				
Fran	21-15-9 reps, for time: Thruster 95 lbs Pull-ups				
Grace	30 reps for time: Clean and Jerk 135 lbs				
Helen	3 rounds for time: 400 meter run 1.5 pood Kettlebell swing x 21 Pull-ups 12 reps				
Isabel	30 reps for time: Snatch 135 pounds				
Jackie	For time: 1000 meter row Thruster 45 lbs (50 reps) Pull-ups (30 reps)				
Karen	For time: Wall-ball 150 shots				

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WOD Name	WOD Description	1	2	3	4
Kelly	5 Rounds for time: Run 400 meters 30 box jump, 24 inch box 30 Wall ball shots, 20 pound ball				
Linda (aka "3 bars of death")	10/9/8/7/6/5/4/3/2/1 rep rounds for time: Deadlift 1 1/2 BW Bench BW Clean 3/4 BW				
Lynne	5 rounds for max reps. There is NO time component to this WOD. Bodyweight bench press (e.g., same amount on bar as you weigh) pullups				
Mary	As many rounds as possible in 20 min: 5 Handstand push-ups 10 1-legged squats 15 Pull-ups				
Nancy	5 Rounds for time: 400 meter run Overhead squat 95 lbs x 15				
Nasty Girls	3 rounds for time of: 50 Squats 7 Muscle-ups 135 lb Hang power cleans, 10 reps				
Nicole	As many rounds as possible in 20 minutes. Note number of pull-ups completed for each round. Run 400 meters Max rep Pull-ups				

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Angie	For time complete all reps of each exercise before moving to the next: 100 Pull-ups 100 Push-ups 100 Sit-ups 100 Squats				
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The Hero Workouts					
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JT	21-15-9 reps, for time: Handstand push-ups Ring dips Push-ups				
Michael	3 rounds for time: Run 800 meters 50 Back Extensions 50 Sit-ups				
Murph	For time. Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it. 1 mile Run 100 Pull-ups 200 Push-ups 300 Squats 1 mile Run				
Daniel	For time: 50 Pull-ups 400 meter run 95 pound Thruster, 21 reps 800 meter run 95 pound Thruster, 21 reps 400 meter run 50 Pull-ups				
Josh	For time: 95 pound Overhead squat, 21 reps 42 Pull-ups 95 pound Overhead squat, 15 reps 30 Pull-ups 95 pound Overhead squat, 9 reps 18 Pull-ups				
Jason	For time: 100 Squats 5 Muscle-ups 75 Squats 10 Muscle-ups 50 Squats 15 Muscle-ups 25 Squats 20 Muscle-ups				
Badger	3 rounds for time: 95 pound Squat clean, 30 reps 30 Pull-ups Run 800 meters				

The Hero Workouts					
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Joshua	3 rounds for time: 40 pound Dumbbell snatch, 21 reps, right arm 21 L Pull-ups 40 pound Dumbbell snatch, 21 reps, left arm 21 L Pull-ups The snatches are full squat snatches.				
Nate	As many rounds as possible in 20 minutes: 2 Muscle-ups 4 Handstand Push-ups 8 2-Pood Kettlebell swings				
Randy	For time: 75# power snatch, 75 reps				
Tommy V	For time: 115 pound Thruster, 21 reps 15 ft Rope Climb, 12 ascents 115 pound Thruster, 15 reps 15 ft Rope Climb, 9 ascents 115 pound Thruster, 9 reps 15 ft Rope Climb, 6 ascents				
Griff	For time: Run 800 meters Run 400 meters backwards Run 800 meters Run 400 meters backwards				
Ryan	For time five rounds of: 7 Muscle-ups 21 Burpees Each burpee terminates with a jump one foot above max standing reach.				
Erin	For time: Five rounds of: 40 pound Dumbbells split clean, 15 reps 21 Pull-ups				
Mr. Joshua	For time five rounds of: Run 400 meters 30 Glute-ham sit-ups 250 pound Deadlift, 15 reps				

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Other Workouts					
WOD Name	WOD Description	1	2	3	4
Fight Gone Bad	Three rounds of: Wall-ball, 20 pound ball, 10 ft target (Reps) Sumo deadlift high-pull, 75 pounds (Reps) Box Jump, 20" box (Reps) Push-press, 75 pounds (Reps) Row (Calories)				
Tabata Something Else	Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises.				
Filthy Fifty	For time: 50 Box jump, 24 inch box 50 Jumping pull-ups 50 Kettlebell swings, 1 pood Walking Lunge, 50 steps 50 Knees to elbows 50 Push press, 45 pounds 50 Back extensions 50 Wall ball shots, 20 pound ball 50 Burpees 50 Double unders				
The Chief	Max rounds in 3 minutes of: 135 pound Power cleans, 3 reps 6 Push-ups 9 Squats Rest 1 minute. Repeat for a total of 5 cycles.				

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Strength Workouts				
WOD Name	1	2	3	4
CFT				
Squat				
Showlder Press				
Deadlift				
Back Squat				
Clean				
Clean & Jerk				
Front Squat				
Overhead Squat				
Push Jerk				
Push Press				
Showlder Press				
Snatch				
Squat Clean				
Thruster				

Strength Workouts				
WOD Name	5	6	7	8
CFT				
Squat				
Shoulder Press				
Deadlift				
Back Squat				
Clean				
Clean & Jerk				
Front Squat				
Overhead Squat				
Push Jerk				
Push Press				
Shoulder Press				
Snatch				
Squat Clean				
Thruster				

Endurance Workouts				
WOD Name	1	2	3	4
400 meter run				
800 meter run				
1K run				
5K run				
1 mile run				
500 meter row				
1K row				
5K row				

Endurance Workouts				
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400 meter run				
800 meter run				
1K run				
5K run				
1 mile run				
500 meter row				
1K row				
5K row				