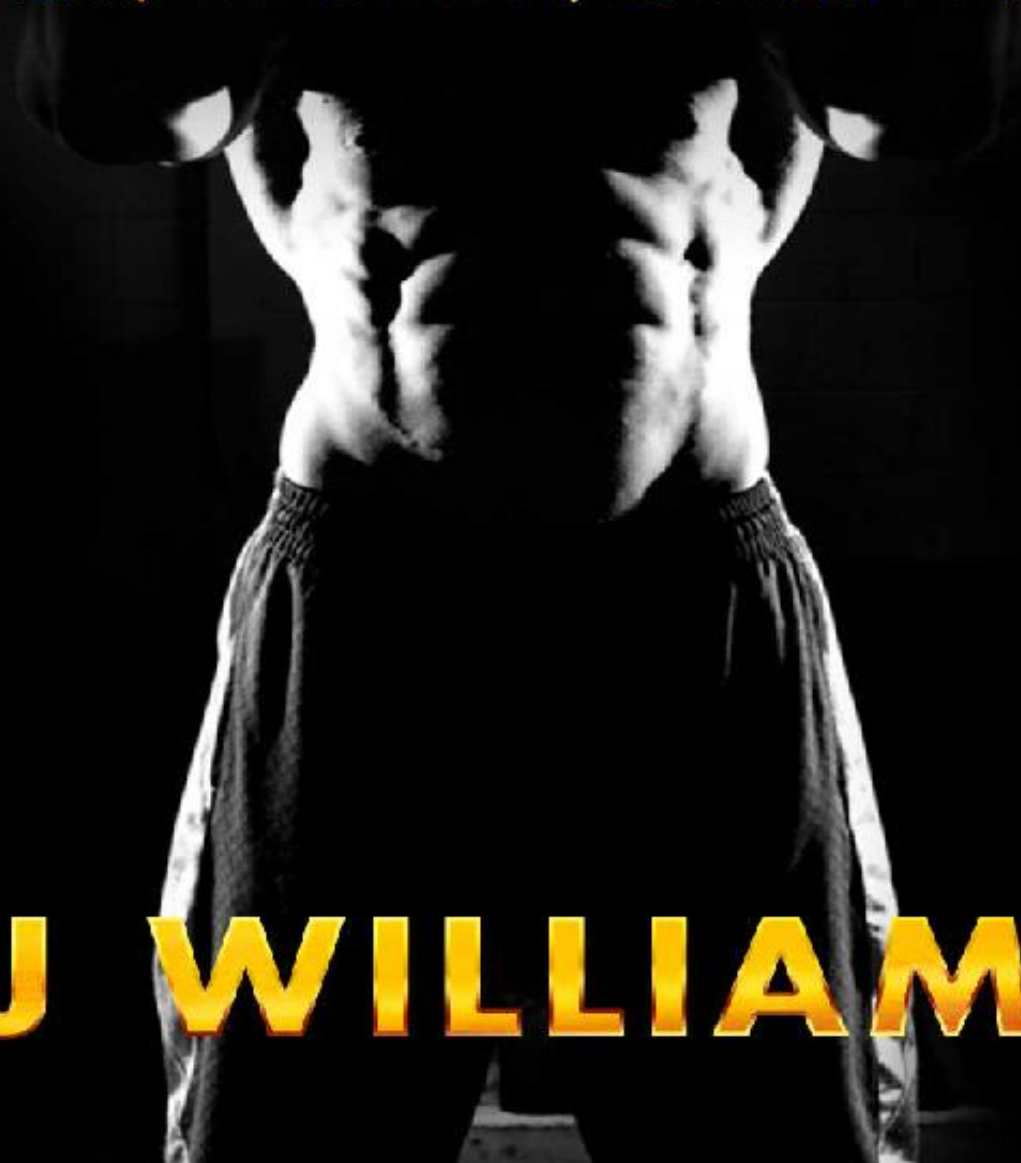


# CROSS TRAINING

1,000 WODS  
TO MAKE YOU  
FITTER, FASTER, STRONGER



TJ WILLIAMS

# **Cross Training**

*The Complete Cross Training  
Guide 1,000 WODs for  
Beginners to Beasts*

**TJ Williams**

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# Introduction

This book is your one-stop guide to Cross Training. This book will not only introduce you to this amazingly effective and often transformative sport, but it offers you 1,000 sample workouts to choose from throughout the text! Anyone can find their place in the world of Cross Training, as the workouts are widely varied, being pulled from aspects of many different sports. If you are coming to this book with a desire to learn more about the sport and get started, use the text as an introduction and continue to refer to the WODs as you become a more seasoned Cross Training athlete. If you are already a Cross Training athlete, you will find numerous workouts to match your fitness level, and likely challenge you to continue to increase your level of performance.

The short duration, high intensity WODs (workouts of the day) are what define the sport of Cross Training. This book breaks down 1,000 WODs into Beginner, Intermediate, and Advanced workout categories. Within each of these categories you will find several more subcategories, encompassing all of the sports that influence Cross Training, and allowing for anyone to find plenty of WODs of interest.

This book will also show you how to design your own WODs. So, once you've worked your way through all 1,000 WODs, you can continue to develop your own. The pain never ends!

This book isn't just about the WODs. I focus on what Cross Training is, workout frequency, implementing a weekly or monthly training plan, and the often overlooked warm ups (Preparations) and cool downs.

No matter your fitness level or athletic interests, you will not be disappointed with what this WOD manual can provide. Take your time getting familiar with what the text has to offer or dive right in. It is really up to. Just remember to be safe, warm-up, cool down, and have fun as you let Cross Training bring you to a level of fitness and performance that you never even knew to be possible!

Thanks again for downloading this book, I hope you enjoy it!

# What is Cross Training?

Cross Training is, simply put, all around exercise combining elements of cardio, strength training and gymnastics, which are then broken down further into hundreds of varieties and combined in new ways. It is an inclusive approach to training that draws from a variety of disciplines to create a dynamic and vigorous workout that is incredibly productive and effective. Its broad approach to method allows for generally improved fitness, attained by participation in comprehensive training sessions that are short, varied, and highly intense.

A Cross Training workout will incorporate elements of strength training, Olympic weightlifting, body building, calisthenics, girevoy sport, boxing, track and field, gymnastics, and other cardiovascular exercise, with the goal of improving general fitness. All of these different elements are mixed up into a cocktail that allow the athlete to find a higher level of overall fitness than can be achieved through exclusively participating in sport-specific training. An athlete is asking more from his or her body when participating in Cross Training than they would with an unvaried approach to fitness. This means that the body's level of fitness essentially has no choice but to improve in a more balanced way. Several goals can be pursued simultaneously in one workout, including, for example, gaining muscle, improving cardiovascular health, losing weight, and improving footwork.

A Cross Training workout can be done in a variety of locations with the amount of equipment that is on hand. Due to the wide variety of options for a Cross Training workout, a workout of



the day (WOD) can be completed at a gym, at home, outside, or even in a hotel room. Workouts range from those done with no equipment at all, to those utilizing several pieces of equipment. Like the different components of Cross Training, the equipment used also comes from multiple discipline sources. Pull-up bars, jump ropes, kettle bells, rowing machines, medicine balls, plyo boxes, gymnastics rings, and barbells are all included in the standard equipment utilized in Cross Training.

Cross Training is an approach to exercise that can benefit individuals of all levels of fitness. Whether you are just starting out on your fitness journey or are looking to add something new to your established routine, you will find benefits with the addition of Cross Training to your week. How you want to approach adding Cross Training to your life is up to you, but the following chapters will help to guide you on your way to a healthier, better conditioned you.

# Benefits to Cross Training

If you are consistent with your workouts and put in the time and effort, physical and mental benefits that you can see from Cross Training are huge. You will look better, feel better, and have an overall more positive attitude towards your health when you incorporate Cross Training into your fitness routine.

- You will see the positive physical effects of increased conditioning:
  - Improved endurance and stamina
  - Improved strength and speed
  - Improved flexibility and agility
  - Improved balance and coordination
- You will also see positive mental effects:
  - Improved self-esteem and confidence as you see yourself setting and then surpassing your goals.
  - Improved inner strength as you realize how tough you really can be.
  - You will develop a belief that nothing is impossible for you to achieve if you work at it, because after all, with Cross Training you will reach goals you thought were impossible on a regular basis.
  - You will never get bored with your workouts because there is a never-ending variety of options available to you in the world of Cross Training

- There are many other benefits too:
  - Cross Training is an affordable fitness option, as it does not require a lot of equipment to have an effective workout.
  - You will not be stuck paying for a personal trainer or *another* unnecessary gym membership when you have effective workouts available to you through Cross Training.
  - You will not waste hours at the gym when you can get powerful and lasting results in under an hour per workout in your favorite workout spot.
  
- The established athlete can find a new level of fitness in his or her body, as well as in his or her performance in an established sport:
  - The athlete can become a healthier, more complete competitor due to the broad and inclusive approach taken by Cross Training. For example, a runner that has not traditionally worked strength into his or her routine will find improvements in endurance due to the addition of Cross Training.
  - An already established athlete can also use Cross Training to aid in recovery for over-used muscles that can often occur in specialized training. Other muscles are strengthened, as those that are overworked

are allowed the opportunity to heal, which can then aid in improving overall performance for the athlete.

No matter where you are in your fitness journey, Cross Training has virtually endless benefits to offer. It will bring you to an improved level of fitness no matter where you start. And eventually, you may find yourself reaching goals that you did not even know you would ever have.

# How to use this book

This book is meant to be your ultimate guide to Cross Training. If you are interested in learning more about this unique approach to fitness and seeing all that it has to offer, you can read it cover-to-cover. You may also just want to read the introductory sections and then use the WOD sections as a reference. It is flexible and able to be tailored to your needs, just as Cross Training is flexible and meant to be tailored to your goals.

There are, however, some important guidelines that you will need to follow no matter your fitness level or goals:

1. *Always* warm-up. Either use one of the suggested Preparations, or do your own warm-up. It is important that you get your body ready to work before jumping into these workouts. They are short in duration, but they are high intensity and you must allow your body the chance to warm-up to avoid injury. The general rule of thumb for a basic warm up is 5-10 mins with an elevated heart rate (not out of breath).
2. Follow-up your warm-up with light mobility work or stretching to start. Mimic some of the movements that you're going to be doing during the WOD. If your WOD involves Squats and press ups, warm up with squats and press ups. Ideally, do a less intense version of the movement ie. Half squats, or press ups on a Box/Wall. Also incorporate static holds in the bottom positions for 5-10 seconds.

3. Select your specific workout from one of the WOD sections provided.
4. Keep a record of your workout to track your progress. *\*This will be especially important as you continue with Cross Training in the future so that you can see your improvements. Depending on the WOD, you'll need to record one or more of the following:*
  - Record Times
  - Record Reps
  - Record Rounds
  - Record Weight(s)
  - Date of the Workout

End with a cool down, and do not forget to hydrate. And congratulations on completing your workout! Keep up the good work!

# **Workout Programming**

This book contains 1,000 WOD's, which offers great variety for you, but where do you start?

This chapter will explore the common programming options you can utilize, how you can implement an even split of body weight training, barbell work and CV into your routine for total body fitness, and how you can select particular workouts to meet your needs.

# Workout Frequency

Your workout frequency (how many times you do a Cross Training workout during the week) will vary depending on your goals and your participation in other forms of athletics. However, here are some general guidelines to help you select the right one for you:

- For complete beginners, start Cross Training 3 days per week with at least a day off in between WODs. For example, a general Mon, Wed, Fri - WODs with the weekend off is a great place to start out.
- Over the next 3 to 6 months, work up to 4 or 5 days a week. A lot of beginners rush this phase and I would urge caution here. Take your time. Rest days are hugely important, especially when you're just starting out. You need to rest to allow your body to recover, grow and prepare for the next workout.
- You can work up to a 2 day on, 1 day off frequency, and eventually, a 3 day on, and 1 day off maximum. For example, Mon, Tue - workouts, Wed - rest day. Thu, Fri - workouts, Sat - rest day and so on. I wouldn't recommend working out more than this, and it may take you 6 to 12 months to work up to this. Listen to your body!
- Rest an extra day if you are feeling very sore. The frequencies above are general guides. You must eventually learn how to listen to your body and respond accordingly. There's a difference between feeling tired, and being completely rundown.



Training when you're tired is fine. Training when your body is rundown is asking for illness or injury. You'll generally find an extra rest day or a workout replacement by a gentle walk will do wonders to your recovery, and allow you to hit the next WOD with more energy. Leave your ego at the door and listen to your body!

- Use variety in your training. Don't do the same couple of WODs every time you workout, and make sure to use WODs that hit different muscle groups. For example, don't do a lower body workout three days in a row. If you're following a Mon, Wed, Fri split - Train your legs Mon and Fri, and your upper body on Wed to rest your legs. With the 3 day on and 1 day off approach. You can use a push, pull, and leg split - Predominantly 'pushing WODs' include Press ups, and Handstand Push ups, 'pulling WODs' include a lot of pull ups and rowing, and 'leg WODs' might include more running or squats.
- Make sure to have a balance of strength, gymnastics and cardio throughout the week. Try to incorporate this into your weekly routine.

Cross Training is all about variety. When you're reviewing how to set up a training plan for yourself, consider variance and randomness. Your ideal training plan should become something that is **not** routine in structure. You want a healthy mix of Barbell work, body weight exercises and CV conditioning during each week to progress in all areas. This

will also ensure you're improving your weaknesses. We all have weaknesses, and we are naturally inclined to avoid them. Cross Training is geared to attacking your weaknesses with the same vigor as your strengths. This will enable you to become a more well-rounded athlete.

To demonstrate what a nice well-rounded training plan might look like, let me show you a 2 day on, 1 day off schedule.

### **Key**

BB = Barbell, Dumbbell, Kettlebell work (Squats, Presses, Cleans, Kettlebell Swings, Dumbbell Press etc.)

BW = Bodyweight exercises (Press ups, Pull ups, Sit ups, Handstand Press, Dips, Air Squat etc.)

CV = Cardio Vascular exercise (Running, Rowing, Swimming, Skipping etc.)

## **2 days on, 1 day off Program**

Day 1 – BB, CV

Day 2 – BW

Day 3 – Rest Day

Day 4 – CV, BW

Day 5 – BB

Day 6 – Rest Day

Day 7 – BB, BW

Day 8 – CV

Day 9 – Rest Day

The program above has an equal split of covering each form of exercise 3 times in 9 days. Each format has a single day priority and 2 shared days. You just repeat the process every 9 days.

You can use the same process for 3 days on and 1 day off. You just need to adjust the daily formats to a single, double and triple instead. I've demonstrated what this would look like below:

## **3 days on, 1 day off Program**

Day 1 – BB

Day 2 – BW, CV

Day 3 – BB, BW, CV

Day 4 – Rest Day

Day 5 – BW

Day 6 – CV, BB

Day 7 – BW, CV, BB

Day 8 – Rest Day

Day 9 – CV

Day 10 – BW, BB

Day 11 – CV, BW, BB

Day 12 – Rest Day

The program above has an equal split of covering each form of exercise 6 times in 12 days. As you can tell this isn't for the faint-hearted! For 3 extra days, you do twice the amount of work as the 2 day on, 1 day off program. Each format has a single, double and triple day priority. You repeat the process every 12 days.

You are not restricted to these schedules. Find a schedule that you can commit to on a consistent basis, and map out the formats like I have above to allow you to focus time on all exercise formats.



# Workout Configuration

Once you have your schedule in place you can go into more detail on the actual WOD itself.

On a single BB day you can focus on low rep, heavy weight exercises for strength, like finding your 3 rep max for the Back Squat.

On a single BW day you can work on the technical aspects of Muscle ups, Pull ups, Push ups, Sit ups etc. Or perform a bodyweight only WOD.

On a single CV day you'll perform a prolonged, steady distance effort on the rowing machine, in the pool or during a run.

When you're on double and triple format days you can incorporate some of the many WOD's I've provided for you in this book. I would once again encourage you to use variety in your selection. Balance your program with task and time orientated WOD's.

**Task WODs** – The reps and exercises are set and you're against the clock. (eg. 5 rounds for time: 1 round = 5x Burpees and 20x kettlebell swings)

**Timed WODs** – The tasks are fixed, but there are unlimited rounds until the time runs out. (eg. As Many Rounds As Possible in 20 mins: 5x ½ body weight cleans, 10x push ups and 400m run)

Train your weaknesses, and as a general rule of thumb, if you don't enjoy an exercise or WOD, do more of it! Make your

weaknesses strong. The ultimate Cross Trainers are individuals with a broad base of skill and ability in all areas.

# Terminology

These are some common acronyms that you will need to know in Cross Training:

## General

- AMRAP = As Many Reps/Rounds as Possible
- WOD = Workout of the Day
- WO = Workout
- KB = Kettlebell
- PR = Personal Record
- Rep = Repetitions (of an exercise)
- Set = Number of Repetitions
- Rx'd = WOD done as prescribed (written) with no adjustments
- RM = Rep Max/Repetition Maximum/Most weight you can lift for a certain number of repetitions. (*i.e.* *10 RM is the most you can lift 10 times*)
- Subbed = Substituted (when you use one exercise in the place of a prescribed one that you cannot do in a certain workout)
- ATG = Ass to Grass
- EMOM = Every minute on the Minute

## Exercises

- AHAP = As heavy as possible
- BB = Barbell



- BP = Bench Press
- BS = Back Squat
- BW (BWT) = Body Weight
- C2B = Chest to Bar
- CLN = Clean
- C&J = Clean and Jerk
- DL = Deadlift
- DU = Double unders
- FS = Front Squat
- GHD = Glute Ham Developer
- H2H = Hand to Hand
- HSPU = Hand Stand Push-up
- HSQ = Hang Squat (Snatch or Clean)
- KTE = Knees to Elbows
- MP = Military Press
- MU = Muscle Ups
- OHS = Overhead Squat
- PC = Power Clean
- PP = Push Press
- POOD = Russian measurement for kettlebells (1 pood = 36 lbs)
- PSN = Power Snatch
- PU = Pull-up
- SLDL = Straight leg dead lift
- SDHP = Sumo deadlift high pull

- SN = Snatch
- SU = Single Unders
- SQ = Squat
- TGU = Turkish get-up
- TTB = Toes to Bar

# Preparations

Preparations, or Warm-ups, are very important before you begin your full Cross Training workout. Cross Training is fast and intense and you want your body ready to work hard so that you:

1. Perform at your best
2. Prevent injury

A warm-up is meant to get your blood flowing to the relevant muscles for your workout, including your heart. You also want to get the relevant joints moving and warm. It is best to start at about a 25% effort until you start sweating, proceed with some mobility work, and then begin your workout.

I have provided some examples of Preparations/Warm-ups that can be used before you begin your day's WOD. Some require more equipment than others. However, you may also choose to do your own favorite Warm-up. A good rule of thumb if you are designing your own Preparation is to complete 2 – 3 sets of 10 – 15 reps for 3 – 4 exercises. The complexity of the Warm-up is not what matters. The most important thing is to make sure that all of the relevant muscles are prepared to do the work that is asked of them. Once that is complete, then stretch and complete some mobility work. In total, between your warm-up and your mobility work, you should spend about 15 minutes on your preparation for a Cross Training workout.

## **Example Preparation #1**

400m run

10 squats

3x 10m bear Crawls

3x 10m lunges

### **Example Preparation #2**

25x each with a PVC/broomstick:

Shoulder dislocates

Shoulder press

Overhead squat

Romanian deadlift

Bent row

Good mornings

### **Example Preparation #3**

400m run

10 squats

400m run

10 press ups

### **Example Preparation #4**

1 round

Jog 5 minutes

Row 3 minutes

Jump rope 2 minutes

Walk 1 minute

### **Example Preparation #5**

Run 4x50m; down forward, back reverse

Then, 2 rounds of

25m Walking lunge, forward

25m Walking lunge, backward

15x Push-ups

15x PVC shoulder dislocate

### **Example Preparation #6**

Warm-up: 3 rounds

10x Walking lunges

10x Squats

10x Push-ups

10x Box jumps

Run 100m

### **Example Preparation #7**

Run 4x50m; down forward, back reverse

Then, 2 rounds of

25m Walking lunge, forward

25m Walking lunge, backward

15x Push-ups

15x PVC shoulder dislocate

### **Example Preparation #8**

10x10m shuttle

Then, 2 rounds of

5x/leg Box step-ups (20")

10x Ball slam (20#)

10x Hand-release push-ups

## **Additional Preparation Ideas**

10-15 minutes bicycle

10-15 minutes run

10-15 minutes row

10-15 minutes jump rope

# Beginner WODs

Beginner WODs are where you will want to start on your Cross Training journey. These workouts are the easiest to perform. They are ones that do not require as much technical expertise or equipment. They also generally call for fewer reps and less weight than other WODs. They are best for those starting out, but can also be a valuable tool for a seasoned Cross Training athlete who may be looking for a faster workout, a simpler workout, a lighter day, or a workout not requiring equipment (maybe they are traveling or working out at home). Even though these are considered “beginner” workouts, they are still challenging, so remember to always start your workout with a preparation and mobility work to prevent injury.



# **Bodyweight WODs / Little to No Equipment**

## **Bodyweight WOD #1**

8 rounds, Record time

20 seconds on/10 seconds off

Air squats

Push-ups

Sit-ups

Optional 4th Movement

Burpees

## **Bodyweight WOD #2 – Breezy**

3 rounds

21-15-9x reps

Pull-ups

Push-ups

Sit-ups

Squats

## **Bodyweight WOD #3**

1 round

60x Push-ups

50x Body rows

40x Sit-ups

30x Squats

20x Dips

10x Box jumps

5x Burpees

#### **Bodyweight WOD #4**

5 rounds

22x Burpees

22x Pull-ups

22x Sit-ups

#### **Bodyweight WOD #5**

Max rounds in 20 minutes

15x Pull-ups

10x Pistols

5x Handstand push-ups (can scale these to a HS kick-ups, push press or KB press)

#### **Bodyweight WOD #6**

3 rounds, 50-35-20x reps

Push-ups

Pull-ups

Backward walking lunge steps

### **Bodyweight WOD #7**

3 rounds

Run 400m

25m Burpee broad jumps

25m Walking lunges

25m Burpee broad jumps

25m Bear crawl

### **Bodyweight WOD #8**

1 round

50x Push-ups

10x Star jumps

50x Sit-ups

10x Star jumps

50x Squats

10x Star jumps

50x Body rows

10x Star jumps

### **Bodyweight WOD #9**

10 rounds

10x Walking lunge steps, forward

10x Walking lunge steps, backward

10x Push-ups

### **Bodyweight WOD #10**

5 rounds

20m Handstand walk to a wall

50x Shoulder taps

### **Bodyweight WOD #11 – Ivan**

4 rounds

50x Double-unders

50-40-30-20x Walking lunges

50-40-30-20x Push-ups

50-40-30-20x Sit-ups

### **Bodyweight WOD #12 – Jimmy**

3 rounds

Walking lunge steps 100 ft

10x Handstand push-ups

### **Bodyweight WOD #13 – Coach Walter**

3 rounds

Run 400m

40x Walking lunge steps

30x Sit ups

20x Push ups

10x Burpees

### **Bodyweight WOD #14**

4 rounds

50x Squats

40x Back extensions

30x Push-ups

### **Bodyweight WOD #15**

For time

90x Double unders

50x Walking lunges

40x Push-ups

30x Sit-ups

20x Burpees

10x Handstand push-ups

### **Bodyweight WOD #16**

7 rounds

7x Burpees

7x Sit-ups

### **Bodyweight WOD #17**

1 round

15x Spiderman push-ups

10x Squats

15x Mountain climbers

10x Squats

15x Spartan push-ups

10x Squats

15x Hindu push-ups

10x Squats

15x Dips

### **Bodyweight WOD #18 – The Runway**

For time

400m Burpee broad jumps

400m Walking lunges

Run 400m

400m Bear crawl

### **Bodyweight WOD #19**

For time

3-minute Handstand hold

100x Squats

50m Handstand walk

100x Squats

30x Handstand push-ups

### **Bodyweight WOD #20**

10 rounds

10x Vertical jumps

10x Push-ups

### **Bodyweight WOD #21**

6 RFT

30x Jumping jacks

30x Burpees

100m Walking lunges

### **Bodyweight WOD #22**

20x Inverted burpees

50x Jumping jacks

30x Push-ups

### **Bodyweight WOD #23**

4 RFT

30x Tuck jumps

15x Burpees

10x HSPU

### **Bodyweight WOD #24**

Max rounds in 16 minutes

100m Crab walk

30x Burpees

20x Pull-ups

### **Bodyweight WOD #25**

6 RFT

200m Run

30x Star jumps

200m Run

30x Burpees

20x Sit-ups



# **Basic Barbell WODs**

## **Basic Barbell WOD #1**

15 min to work to 1RM

Back Squat

## **Basic Barbell WOD #2**

10 min to work to 3RM

Back Squat

## **Basic Barbell WOD #3**

10 min to work to 10RM

Back Squat

## **Basic Barbell WOD #4**

12 min to work to 10RM

Back Squat

## **Basic Barbell WOD #5**

12 min to work to 3x3 @ 80%

## **Basic Barbell WOD #6**

12 min to work to 1RM

Front Squat

**Basic Barbell WOD #7**

12 min to work to 3RM

Front Squat

**Basic Barbell WOD #7**

12 min to work to 10RM

Front Squat

**Basic Barbell WOD #8**

12 min to work to 4x4 @ 75%

Front Squat

**Basic Barbell WOD #9**

10 min to work to heavy but perfect

Overhead Squat

**Basic Barbell WOD #10**

12 min to work to 3RM

Overhead Squat

**Basic Barbell WOD #11**

12 min to work to 1RM

Strict press

**Basic Barbell WOD #12**

12 min to work to 3RM

Strict press

**Basic Barbell WOD #12**

10 min to work to 1RM

Push Press

**Basic Barbell WOD #13**

10 min to work to 3RM

Push Press

**Basic Barbell WOD #14**

15 minutes to work to 1RM

Deadlift

**Basic Barbell WOD #15**

15 minutes to work to a 3R

Deadlift

**Basic Barbell WOD #16**

For time

15x SDHP

**Basic Barbell WOD #17**

15 minutes to work to 1RM

Bench Press

**Basic Barbell WOD #18**

15 minutes to work to 3RM

Bench Press

**Basic Barbell WOD #19**

Max Rounds in 20 minutes

Each round 10x Bench Press

# Running WODs

## Running WOD #1

For time

Run 1 mile

Stop every minute and do 30x jumping jacks

## Running WOD #2

For time

Run 1 mile

30x Chest to bar pull-ups

## Running WOD #3

3 rounds

Run 200m

25x Push-ups

## Running WOD #4

1 round

30x Pull-ups, kipping

Run 400m

12x Pull-ups, strict

Run 400m

5x Pull-ups, weighted (40#/25#)

Run 400m

### **Running WOD #5**

For time

100x Double-unders

Run 1 mile

100x Burpees

Run 1 mile

100x Double-unders

### **Running WOD #6**

10 rounds

20m Walking handstand

Sprint 100m between each set

For time

Run 1 mile

Do 100x squats at 1/2 mile mark

### **Running WOD #7 – Jared**

4 rounds

Run 800m

40x Pull-ups

70x Push-ups

**Running WOD #8 - Prison Break**

20-19-18-...-3-2-1x

Burpees

Sprint 50m

**Running WOD #9 - No Excuses**

For time

Run 2km

100s Push-ups

100x Sit-ups

50x Burpees

**Running WOD #10 – Capoot**

4 rounds

100-75-50-25x Push-ups

Run 800-1200-1600-2000m

**Running WOD #11**

For time

30x Push-ups

Run 300m

30x Squats

Run 200m

30x Burpees

Run 100m

30x Sit-ups

Run 50m

30x Jumping jacks

### **Running WOD #12**

3 rounds

Run 400m

Muscle-ups 18-15-12x

### **Running WOD #13**

For time

Run 1200-800-400-200-100m

50-40-30-20-10x Push-ups

50-40-30-20-10x Sit-ups

### **Running WOD #14**

For time

Run 1 mile

100x “Bodyblasters” (burpee + pull-up + knees to elbows)



Run 1 mile

**Running WOD #15 - The heat**

3 rounds

21-15-9x reps, start and finish WOD with 800m run

Handstand push-ups

Burpees

Knees to elbows

**Running WOD #16 - Five for the road**

10 rounds, start and finish WOD with 1 mile run

20-18-16-14-12-10-8-6-4-2x reps

Pull-ups

Burpees

Push-ups

Sit-ups

Squats

**Running WOD #17**

For time

Run 1600m

100x Push-ups

Run 800m

75x Squats

Run 400m

50x Sit-ups

Run 200m

### **Running WOD #18**

For time

Run 1/2 mile

50x Push-ups

50x Sit-ups

50x Squats

50x Pull-ups

50x Double-unders

Run 1/2 mile

### **Running WOD #19 – Little Evil**

3 rounds

Run 800m

30x Pull-ups

30x Burpees

### **Running WOD #20**

1 round

Run 1200m

100x Push-ups

150x Sit-ups

200x Squats

Run 1200m

### **Running WOD #21**

For time

Run 1 mile

100x “Bodyblasters” (burpee + pull-up + knees to elbows)

Run 1 mile

### **Running WOD #22 - Mark Owns**

4 rounds

Run 800m

30x Sit-ups

10x Pull-ups

### **Running WOD #23**

3 RFT

Run 800

50x Air squats

### **Running WOD #24**

5 RFT

Run 200m

10x Air squats

10x Push-ups

### **Running WOD #25**

3 RFT

Run 200m

25x Push-ups

### **Running WOD #26**

3 RFT

10x HSPU

Run 200m

### **Running WOD #27**

10-9-8-7-6-5-4-3-2-1 Set of sit-ups

100m sprint between each set

### **Running WOD #28**

10 RFT

10x Push-ups

Run 100m

**Running WOD #29**

For time

Run 1 mile, lunging 30 steps every minute

**Running WOD #30**

5 RFT

Run 400m

5 Burpees

**Running WOD #31**

10 RFT

100m Sprints

1ox Sit-ups

**Running WOD #32**

5 RFT

Run 1 minute

Squat 1 minute

**Running WOD #33**

3 RFT

Run 400m

50 Air squats

25 Push-ups

### **Running WOD #34**

10 RFT

5x Push-ups with 30 second plebs plank at top

100m dash

### **Running WOD #35**

25x tries at free handstand

Run 1 mile @ 80%

### **Running WOD #36**

For time

50x Walking lunges

800m Run

50 Walking lunges

### **Running WOD #37**

For time

60x Push-ups

400m Run

4ox Push-ups

800m Run

20x Push-ups

1 mile Run

### **Running WOD #38**

100x Air squats

75x Sit-ups

50x Box jumps

25x KTEs

400m Run

### **Running WOD #39 – Michael**

3 RFT

800m Run

50x Back extensions

50x Sit-ups

### **Running WOD #40**

5 RFT

200m Run

10x Thrusters

### **Running WOD #41**

18 TTB

200m Run

15x KB Swing

### **Running WOD #42**

4 RFT

25x Power snatches

400m Run

### **Running WOD #43**

5 RFT

400m Run

25x Dips

### **Running WOD #44**

3 RFT

25x Box jumps

15x Wall balls

800m Run

### **Running WOD #45**

3 RFT



1 mile Run  
5 Clean and jerks

### **Running WOD #46**

For time  
5x OH Presses  
25 DUs  
5x OH Presses  
400m Run  
5x OH Presses  
400m Run

### **Running WOD #47**

5 RFT  
25x Ab mat sit-ups  
25x Ring rows  
200m Sprint

### **Running WOD #48**

For time  
800m Run  
25 Air squats  
800m Run

1 minute plank

**Running WOD #49**

3 RFT

600m run

35 KB Swing

15 Jumping pull-ups

**Running WOD #50**

3 RFT

6 HSPU

400m Run

# **Single Element WODs**

## **Single Element WOD #1**

For time

1600m on a track, using either Bear Crawl, Crab Walk, or  
Broad Jump to move

## **Single Element WOD #2**

Max reps in 12 minutes

Handstand Push-up

## **Single Element WOD #3**

For time

100x Squats

## **Single Element WOD #4 - Burpee Heaven**

For time

1000x Burpees

This is an incredibly advanced workout that you should take your time working up to. However, it is included here because it requires no equipment and consist of just the one exercise.

## **Single Element WOD #6 - Death by box**

5 rounds

Total reps=score

45 seconds Box jumps (18 inch)

15 seconds rest

45 seconds Box jumps (24 inch)

15 seconds rest

45 seconds Box jumps (30+ inch)

15 seconds rest

### **Single Element WOD #7 - G.I. Jane**

For time

100x Burpee pull-ups

### **Single Element WOD #8**

For time

100m Walking handstand

### **Single Element WOD #9**

Max reps in 12 minutes

Pull-ups, strict

### **Single Element WOD #10**

For time

50x Double Unders

**Single Element WOD #11**

For time

75x Press ups for time

**Single Element WOD #12**

For time

100x Wall Balls

**Single Element WOD #13**

For time

75x Power snatches

**Single Element WOD #14**

Max reps in 12 minutes

Snatches

**Single Element WOD #15**

For time

100x Pull-ups

**Single Element WOD #16**

Max reps in 8 minutes

Pull-ups (weighted for Rx+)

**Single Element WOD #17**

Max Reps in 8 minutes

Double-unders

**Single Element WOD #18**

For time

50x Dips

**Single Element WOD #19**

Max reps in 8 minutes

Dips

**Single Element WOD #20**

Max reps in 12 minutes

Wall Balls

**Single Element WOD #21**

Max reps in 12 minutes

Walking lunges with wall ball

**Single Element WOD #22**

For time

50 Walking lunges with KB (50/35)

### **Single Element WOD #23**

For time

100 Walking lunges (no weight)

### **Single Element WOD #24**

For time

5x Muscle-ups

Rest 3 minutes

5x Muscle-ups

Rest 3 minutes

5x Muscle-ups

### **Single Element WOD #25**

For time

50x Ring rows

### **Single Element WOD #26**

Max reps in 12 minutes

Ring rows

**Single Element WOD #27**

For time

75x Jumping squats

**Single Element WOD #28**

Max reps in 12 minutes

Bar facing burpees

**Single Element WOD #29**

For time

50x Back extensions

**Single Element WOD #30**

Max reps in 12 minutes

Weighted back extensions

**Single Element WOD #31**

For time

100x Toes to bar (TTB)

**Single Element WOD #32**

For time

100x Knees to elbows (KTE)



**Single Element WOD #33**

For time

75x Push Jerks

**Single Element WOD #34**

For time

75x Split jerks

**Single Element WOD #35**

For time

75x Cleans

**Single Element WOD #36**

For time

50x Clean and Jerk

**Single Element WOD #37**

Max Reps 12 minutes

OH Walking Lunges (45/25)

**Single Element WOD #38**

For time

50 Jumping pull-ups

**Single Element WOD #39**

For time

100 Box jump-overs

**Single Element WOD #40**

Max reps in 8 minutes

Deadlift (225/155)

**Single Element WOD #41**

For time

100 Ab mat-sit-ups

**Single Element WOD #42**

Max reps in 12 minutes

Medicine ball sit-ups

**Single Element WOD #43**

Max reps in 12 minutes

Push-ups

**Single Element WOD #44**

Max reps in 12 minutes

Wide arm push-ups

**Single Element WOD #45**

Max reps in 12 minutes

Triceps push-ups

**Single Element WOD #46**

For time

50x OH Squats

**Single Element WOD #47**

Max reps in 12 minutes

KB OH Presses (left then right)

**Single Element WOD #48**

Max reps in 8 minutes

Thrusters (135/80)

**Single Element WOD #49**

For time

75x Back squats

**Single Element WOD #50**

For time

75x Back squats

**Single Element WOD #51**

Max reps in 12 minutes

Push Press

**Single Element WOD #52**

Max reps in 8 minutes

OH Press/Strict press

**Single Element WOD #53**

For time

100 KB Swings

**Single Element WOD #54**

For time

15x Rope Climb

**Single Element WOD #55**

For time

250x Press-ups

**Single Element WOD #56**

For time

50x Burpee thrusters

**Single Element WOD #57**

For time

100x Pull-up bar kipping

**Single Element WOD #58**

Max reps in 12 minutes

Hang squat snatches

**Single Element WOD #59**

Max reps 8 minutes

Butterfly pull-ups

**Single Element WOD #60**

For time'

100x Goblet squats

**Single Element WOD #61**

For time

50x Inverted burpees

**Single Element WOD #62**

Hold plank for 1 minutes

Rest 1 minute

Hold plank for 2 minutes

Rest 1 minute

Hold plank for 3

As you become stronger, increase plank times in 1 minute intervals

# **Double Element WODs**

## **Double Element WOD #1**

5 rounds

25-20-15-10-5x

Hand release push-ups

Box jumps (24/20 inch)

## **Double Element WOD #2**

10 rounds

10-9-8-...-3-2-1x Strict pull-ups

30-27-24-...9-6-3x Push-ups

## **Double Element WOD #3**

10 rounds

Start and finish couplet with 800m run

10x Handstand push-up

10x Pistols

## **Double Element WOD #4 - Cottage cheese and flying squirrels**

3 rounds

50x Ring dips

100x Squats

Sweet pea

**Double Element WOD #5**

1 round

50x Double unders

10x Box jumps

40x Double unders

20x Box jumps

30x Double unders

30x Box jumps

20x Double unders

40x Box jumps

10x Double unders

50x Box jumps

**Double Element WOD #6**

5 rounds

20x Double unders

15 ft Rope climb, 1 ascent

**Double Element WOD #7**

Max rounds in 12 minutes



7x Handstand push-ups

12x L pull-ups

### **Double Element WOD #8**

Max rounds in 12 minutes

15 ft Rope climb, 1 ascent

15x Push-ups

### **Double Element WOD #9**

5 rounds

20x Double unders

15 ft Rope climb, 1 ascent

### **Double Element WOD #10**

For time

50x Double unders

10x Handstand push-ups

40x Double unders

8x Handstand push-ups

30x Double unders

6x Handstand push-ups

20x Double unders

4x Handstand push-ups

10x Double unders  
2x Handstand push-ups

**Double Element WOD #11**

8 rounds  
30-sec Handstand  
10x Squats

**Double Element WOD #12**

Escalating/Deescalating WOD

Record time  
50 push ups  
20 air squats  
40 push ups  
40 air squats  
30 push ups  
60 air squats  
20 push ups  
80 air squats  
10 push ups  
100 air squats

**Double Element WOD #13**

21 - 15 - 9

Box Jumps

Sit-ups

**Double Element WOD #14**

21 - 15 - 9

Box Jumps

Deadlift

**Double Element WOD #15**

21 - 15 - 9

Box Jumps

TTB

**Double Element WOD #16**

21 - 15 - 9

Box Jumps

KTE

**Double Element WOD #17**

21 - 15 - 9

Box Jumps

Walking Lunges

**Double Element WOD #18**

21 - 15 - 9

Box Jumps

Thrusters

**Double Element WOD #19**

21 - 15 - 9

Box Jumps

Push Press

**Double Element WOD #20**

21 - 15 - 9

Box Jumps

OH Press

**Double Element WOD #21**

21 - 15 - 9

Box Jumps

OH Squat

**Double Element WOD #22**

21 - 15 - 9

Box Jumps

## Back Extensions

### **Double Element WOD #23**

21 - 15 - 9

Box Jumps

Push-ups

### **Double Element WOD #24**

21 - 15 - 9

Box Jumps

Ring rows

### **Double Element WOD #25**

21 - 15 - 9

Box Jumps

Pull-ups

### **Double Element WOD #26**

21 - 15 - 9

Box Jumps

Dips

### **Double Element WOD #27**

21 - 15 - 9

Box Jumps

Wall balls

**Double Element WOD #28**

21 - 15 - 9

Sit-ups

Double-unders

**Double Element WOD #29**

21 - 15 - 9

Sit-ups

Single-unders

**Double Element WOD #30**

21 - 15 - 9

Sit-ups

Deadlift

**Double Element WOD #31**

21 - 15 - 9

Sit-ups

TTB

**Double Element WOD #32**

21 - 15 - 9

Sit-ups

KTE

**Double Element WOD #33**

21 - 15 - 9

Sit-ups

Walking lunges

**Double Element WOD #34**

21 - 15 - 9

Sit-ups

Thrusters

**Double Element WOD #35**

21 - 15 - 9

Sit-ups

Push press

**Double Element WOD #36**

21 - 15 - 9

Sit-ups

OH press

**Double Element WOD #37**

21 - 15 - 9

Sit-ups

OH squat

**Double Element WOD #38**

21 - 15 - 9

Sit-ups

Push-ups

**Double Element WOD #39**

21 - 15 - 9

Sit-ups

Pull-ups

**Double Element WOD #40**

21 - 15 - 9

Sit-ups

Dips



**Double Element WOD #41**

21 - 15 - 9

Sit-ups

Wall balls

**Double Element WOD #42**

21 - 15 - 9

Sit-ups

Ring rows

**Double Element WOD #43**

21 - 15 - 9

Double-unders

Deadlift

**Double Element WOD #44**

21 - 15 - 9

Double-unders

TTB

**Double Element WOD #45**

21 - 15 - 9

Double-unders

KTE

**Double Element WOD #46**

21 - 15 - 9

Double-unders

Walking lunges

**Double Element WOD #47**

21 - 15 - 9

Double-unders

Thrusters

**Double Element WOD #48**

21 - 15 - 9

Double-unders

Push press

**Double Element WOD #49**

21 - 15 - 9

Double-unders

Push press

**Double Element WOD #50**

21 - 15 - 9

Double-unders

OH press

Double Element WOD #51

21 - 15 - 9

Double-unders

OH Squat

**Double Element WOD #52**

21 - 15 - 9

Double-unders

Back extensions

**Double Element WOD #53**

21 - 15 - 9

Double-unders

Push-ups

**Double Element WOD #54**

21 - 15 - 9

Double-unders

Pull-ups

**Double Element WOD #55**

21 - 15 - 9

Double-unders

Wall balls

**Double Element WOD #56**

21 - 15 - 9

Double-unders

Ring rows

**Double Element WOD #57**

21 - 15 - 9

Single-unders

Deadlift

**Double Element WOD #58**

21 - 15 - 9

Single-unders

TTB

**Double Element WOD #59**

21 - 15 - 9

Single-unders

KTE

**Double Element WOD #60**

21 - 15 - 9

Single-unders

Walking lunges

**Double Element WOD #61**

21 - 15 - 9

Single-unders

Thrusters

**Double Element WOD #62**

21 - 15 - 9

Single-unders

Push press

**Double Element WOD #63**

21 - 15 - 9

Single-unders

Push press

**Double Element WOD #64**

21 - 15 - 9

Single-unders

OH press

**Double Element WOD #65**

21 - 15 - 9

Single-unders

OH Squat

**Double Element WOD #66**

21 - 15 - 9

Single-unders

Back extensions

**Double Element WOD #67**

21 - 15 - 9

Single-unders

Push-ups

**Double Element WOD #68**

21 - 15 - 9

Single-unders

Pull-ups

**Double Element WOD #69**

21 - 15 - 9

Single-unders

Wall balls

**Double Element WOD #70**

21 - 15 - 9

Single-unders

Ring rows

**Double Element WOD #71**

21 - 15 - 9

TTB

Deadlift

**Double Element WOD #72**

21 - 15 - 9

TTB

Walking lunges

**Double Element WOD #73**

21 - 15 - 9

TTB

Push press

**Double Element WOD #74**

21 - 15 - 9

TTB

OH press

**Double Element WOD #75**

21 - 15 - 9

TTB

OH squat

**Double Element WOD #76**

21 - 15 - 9

TTB

Back extensions

**Double Element WOD #77**

21 - 15 - 9

TTB

Push-ups



**Double Element WOD #78**

21 - 15 - 9

TTB

Pull-ups

**Double Element WOD #79**

21 - 15 - 9

TTB

Dips

**Double Element WOD #80**

21 - 15 - 9

TTB

Dips

**Double Element WOD #81**

21 - 15 - 9

KTE

Deadlift

**Double Element WOD #82**

21 - 15 - 9

KTE

Walking lunges

**Double Element WOD #83**

21 - 15 - 9

KTE

Push press

**Double Element WOD #84**

21 - 15 - 9

KTE

OH press

**Double Element WOD #85**

21 - 15 - 9

KTE

OH squat

**Double Element WOD #86**

21 - 15 - 9

KTE

Back extensions

**Double Element WOD #87**

21 - 15 - 9

KTE

Push-ups

**Double Element WOD #88**

21 - 15 - 9

KTE

Pull-ups

**Double Element WOD #89**

21 - 15 - 9

KTE

Dips

**Double Element WOD #90**

21 - 15 - 9

KTE

Wall balls

**Double Element WOD #91**

21 - 15 - 9

Walking lunges

Push press

**Double Element WOD #92**

21 - 15 - 9

Walking lunges

OH press

**Double Element WOD #93**

21 - 15 - 9

Walking lunges

OH squat

**Double Element WOD #94**

21 - 15 - 9

Walking lunges

Back extensions

**Double Element WOD #95**

21 - 15 - 9

Walking lunges

Push-ups

**Double Element WOD #96**

21 - 15 - 9

Walking lunges

Pull-ups

**Double Element WOD #97**

21 - 15 - 9

Walking lunges

Dips

**Double Element WOD #98**

21 - 15 - 9

Walking lunges

Wall balls

**Double Element WOD #99**

21 - 15 - 9

Walking lunges

Thrusters

**Double Element WOD #100**

21 - 15 - 9

Walking lunges

Deadlift

**Double Element WOD #101**

21 - 15 - 9

Wall balls

Push press

**Double Element WOD #102**

21 - 15 - 9

Wall balls

OH press

**Double Element WOD #103**

21 - 15 - 9

Wall balls

OH squat

**Double Element WOD #104**

21 - 15 - 9

Wall balls

Back extensions

**Double Element WOD #105**

21 - 15 - 9

Wall balls

Push-ups

**Double Element WOD #106**

21 - 15 - 9

Wall balls

Pull-ups

**Double Element WOD #107**

21 - 15 - 9

Wall balls

Dips

**Double Element WOD #108**

21 - 15 - 9

Wall balls

Thrusters

**Double Element WOD #109**

21 - 15 - 9

Wall balls

Deadlift

**Double Element WOD #110**

21 - 15 - 9

Ring rows

Back extensions

**Double Element WOD #111**

21 - 15 - 9

Jumping jacks

Thrusters

**Double Element WOD #112**

21 - 15 - 9

Jumping jacks

OH Squats

**Double Element WOD #113**

21 - 15 - 9

Jumping jacks

OH Presses

**Double Element WOD #114**

21 - 15 - 9

Jumping jacks



Ring rows

# Intermediate WODs

Intermediate WODs are the next step after your “beginner” workouts. These WODs are going to be a bit more challenging, require more equipment, and generally last a bit longer. These workouts can be scaled down or “Rx+”ed should you need an easier or more challenging workout. As with all levels of Cross Training, always start your workout with a preparation and mobility work to prevent injury, and remember to listen to your body. Make sure to challenge yourself, but if something feels like it may cause injury, then set it down and either lower your weight or scale your movement. An injury can set you back significantly in your training, so it is important to work at a level that is right for your body.

# **Intermediate Mixed WODs**

## **Intermediate Mixed WOD #1**

3 rounds

50x Prisoner squats

40x Sit-ups

30x Push-ups

20x Pull-ups

10x Burpees

15 ft Rope climb, 1 ascent

## **Intermediate Mixed WOD #2**

3 rounds

21-15-9x reps

Burpees

Pull-ups

Box jumps (24 inch)

Dips

## **Intermediate Mixed WOD #3**

2 rounds

10x Handstand push-ups

20x Burpees

30x Pull-ups

40x Pistols

50x Push-ups

10x Inverted burpees

20x Squat jumps

30x Sit-ups

40x Box jumps

50x Knees to elbows

#### **Intermediate Mixed WOD #4**

8 rounds

5x Weighted pull-ups (35#/15#)

10x Toes to bar

15x Deck squats

20x Push-ups

#### **Intermediate Mixed WOD #5**

4 rounds

40-30-20-10x reps

Burpees

Pull-ups

Squat jumps

Toes to bar

Hand release push-ups

Double-unders

### **Intermediate Mixed WOD #6**

2 rounds

1 minute max reps pull-ups

Rest 1 minute

1 minute max reps sit-ups

Rest 1 minute

1 minute max reps box jumps (24/20")

Rest 1 minute

1 minute max reps push-ups

Rest 1 minute

1 minute max reps dips

Rest 3 minutes

### **Intermediate Mixed WOD #7**

2 rounds

Burpee broad jumps 25m out and back

25x Pull-ups

Walking lunge 25m out and back

50x Box jumps (20 inch)

4x Sprint (25m out and back)

40x Double-unders

Bear crawl 25m out and back

20x Knees to elbows

### **Intermediate Mixed WOD #8**

Max rounds

12 minute time cap

1x Pull-up

2x Push-ups

3x Squats

Add 1 rep to all movements each successive round, continue until failure or time elapses

### **Intermediate Mixed WOD #9**

3 rounds

25x Squats

25x Push-ups

25x Lateral jumps over 16" obstacle

25x Sit-ups

25x Pull-ups

Run 400m

### **Intermediate Mixed WOD #10**

For time

50x Sit-ups

50x Double unders

50x Sit-ups

50x Walking lunge steps

50x Sit-ups

50x Burpees

50x Sit-ups

### **Intermediate Mixed WOD #11**

1 round

60x Push-ups

50x Body rows

40x Sit-ups

30x Squats

20x Dips

10x Box jumps

5x Burpees

### **Intermediate Mixed WOD #12**

1 round

60x Push-ups

50x Body rows

40x Sit-ups

30x Squats

20x Dips

10x Box jumps

5x Burpees

### **Intermediate Mixed WOD #13 - Daxon**

5 rounds

Run 200m

20x Pull-ups

20x Hand release push-ups

30x Sit-ups

30x Squats

### **Intermediate Mixed WOD #14 - Widowmaker**

2 rounds

10x Handstand push-ups

20x Box jumps

30x Pull-ups

40x Push-ups

50x Double unders

10x Knees to elbows

20x Dips

30x Burpees

40x Sit-ups (feet anchored)



50x Squats

**Intermediate Mixed WOD #15**

5 rounds

10x Pull-ups

20x Burpees

10x Toes to bar

20x Sit-ups

**Intermediate Mixed WOD #16 - No guts, no glory**

3 rounds

20x Box jumps

20x Dips

20x Lunges

20x Under-the-fence push-up

20x Squats

20x Pull-ups

20x Knees to elbows

20x Burpees

20x Sit-ups

Sprint 100m (backwards on round 2)

**Intermediate Mixed WOD #17**

For time

50x Squats

25x Push-ups

50x Pistols

25x Fingertip push-ups

50x Jumping alternating lunges

25x knuckle push-ups

50x Walking lunges

25x Diamond push-ups

### **Intermediate Mixed WOD #18**

For time

100x Squats

100x Pull-ups

200x Push-ups

300x Squats

100x Walking lunge steps

### **Intermediate Mixed WOD #19**

2 rounds

35x Squats

35x Knees to elbows

35x Push-ups

35x Sit-ups

35x Pull-ups

35x Burpees

35x Double unders

**Intermediate Mixed WOD #20 - Bitch better have my  
money**

3 rounds

Run 400m

20x Pull-ups

20x Push-ups

20x Burpees

20x Squats

20x Walking lunge steps, each leg

**Intermediate Mixed WOD #21**

3 rounds

25x Squats

25x Push-ups

25x Lateral jumps over 16" obstacle

25x Sit-ups

25x Pull-ups

Run 400m

## **Intermediate Mixed WOD #22 - The Gorilla**

5 rounds

15 ft Rope climb, 1 ascent

10x Pull-ups

20x Elevated sit-ups

30x Push-ups

## **Intermediate Mixed WOD #23 - Gizmo**

3 rounds

Run 800m

10x Burpee pull-ups

20x Walking lunge steps, each leg

30x Push-ups

40x Squats

50x Double-unders

## **Intermediate Mixed WOD #24 - Deadbeat Dad**

For time

25x Pull-ups

50x Push-ups

50x Lunges

50x Sit-ups

50x Squats

50x Flutter kicks

25x Pull-ups

**Intermediate Mixed WOD #25 - Harry**

3 rounds

50x Prisoner squats

40x Push ups

30x Knee to elbows

20x Burpees

10x Pull ups

**Intermediate Mixed WOD #26**

1 round

100x Push-ups

40x Sit-ups

30x Box jumps

20x Push-ups

10x L pull-ups

100x Burpees

**Intermediate Mixed WOD #27 - Apollo**

For time

50x Push-ups

50x Pull-ups

50x Hanging leg raises

50x Squats

50x Sit-ups

50x Jumping jacks

### **Intermediate Mixed WOD #28**

For time

60x Push-ups

50x Body rows

40x Sit-ups

30x Squats

20x Dips

10x Box jumps

5x Burpees

### **Intermediate Mixed WOD #29**

3 rounds

25x Body rows

100x Squats

35x Sit-ups

50x Jumping jacks

### **Intermediate Mixed WOD #30 - Tricky-Beltran**

10 rounds

10-9-8-7-6-5-4-3-2-1x reps

Burpee pull-ups

Handstand push-ups

Box jumps (24 inch)

### **Intermediate Mixed WOD #31 - Harry**

3 rounds

50x Prisoner squats

40x Push ups

30x Knee to elbows

20x Burpees

### **Intermediate Mixed WOD #32**

2 rounds

30x Burpees

40x Overhead squat (45#)

50x Double-unders

Row 60 calories

### **Intermediate Mixed WOD #33**

5 RFT

8x Thrusters (135#)

6x Rope climb

11x Box jumps

400m Sandbag carry

### **Intermediate Mixed WOD #34**

3 RFT

15x Ring push-ups

10x Overhead squat (95#/65#)

10x Sumo deadlift high pull (95#/65#)

15x Lateral jumps over 20 inch obstacle

### **Intermediate Mixed WOD #35**

5 RFT

Run 200m

10x Pull-ups

5x Power snatch (135#/95#)

Row 200m

### **Intermediate Mixed WOD #36**

3 rounds, 21-15-9x

Knees to elbows



Turkish get-ups (40#/30# DBs)

GHD sit-ups

Back extensions

Ring push-ups

**Intermediate Mixed WOD #37**

6 RFT

21-18-15-12-9-6x reps

Knees to elbows

Dips (bar or rings)

Squat jumps

KB swings (53#/36#)

**Intermediate Mixed WOD #38 – Junk in the Trunk**

For time

25x Back squat (225#)

50x Box jump (24 inch)

75x Wall ball (20#)

100x Squats

**Intermediate Mixed WOD #39**

3 RFT

1-15-9x reps of

Push press (135#/95#)

Ring dips

Burpees

**Intermediate Mixed WOD #40**

3 RFT

Row 250m

5x Power clean (135#/95#)

10x KB swings (53#/36#)

15x Wall-ball (20#/14#)

**Intermediate Mixed WOD #41 - Kickapoo**

3 RFT

Row 500m

Run 400m

21x Deadlift (225#/155#)

15x Double KB jerk (53#/24#)

9x Box jumps (30/20 inch)

4x Muscle-ups

# **Gymnastics WODs**

## **Gymnastics WOD #1**

3 rounds

50x Squats

20x Ring push-ups

12x Pull-ups

## **Gymnastics WOD #2**

30 rounds

2x Pistols, left leg

2x Pistols, right leg

1x Muscle-up

100m Walking lunge

## **Gymnastics WOD #3 - Krypto6924**

10 rounds

10x Burpees

25x Squats

25x Push-ups

10x Pull-ups

10x Ring dips

25x Sit-ups

### **Gymnastics WOD #4**

5 rounds

3x Muscle-ups

6x Forward rolls

9x Handstand push-ups

12x Pistols

### **Gymnastics WOD #5**

3 rounds, 10-20-30x reps

Squats

Ring dips

Squats

Pull-ups

Squats

### **Gymnastics WOD #6**

5 rounds

10x Ring dips

15x Pull-ups

20x Double unders

### **Gymnastics WOD #7 - Seppuku**

10 rounds

10x Knees to elbows

10x Ring push-ups

10x L pull-ups

### **Gymnastics WOD #8**

3 rounds, 10-20-30x reps

Squats

Ring dips

Squats

Pull-ups

Squats

Push-ups

### **Gymnastics WOD #9**

5 rounds

50-40-30-20-10x

Pull-ups

Ring dips

### **Gymnastics WOD #10**

4 rounds

50x Squats

7x Muscle-ups

### **Gymnastics WOD #11 - Glassman**

3 rounds, 15-12-9x reps

Ring dips

Ring pull-ups

Ring Push-ups

Skin-the-cat

Muscle-ups

### **Gymnastics WOD #12**

3 rounds

10x Handstand push-ups

15x Ring dips

20x Push-ups

45x Pull-ups

### **Gymnastics WOD #13**

7 rounds

20x Ring dips

20x Pull-ups

20x Walking lunge steps

## **Gymnastics WOD #14 – Falcon Punch**

10 rounds

10-9-8...3-2-1x reps

Handstand push-ups

Ring dips

Pull-ups

# Rowing WODs

## Rowing WOD #1

5 rounds

20x Pull-ups

30x Push-ups

## Rowing WOD #2

2 rounds

Rest for exact amount of time required to complete previous interval

Row 600m

Rest

Row 1200m

Rest

Row 2000m

Rest

## Rowing WOD #3

Time trial

Row 4000m

## Rowing WOD #4



Intervals

Rest 2 minutes between intervals

Row 6x500m

### **Rowing WOD #5**

Intervals

2 rounds, cover max distance

Row 1 minute

Rest 1 minute

Row 1 minute

Rest 50 seconds

Row 1 minute

Rest 40 seconds

Row 1 minute

Rest 30 seconds

Row 1 minute

Rest 20 seconds

Row 1 minute

Rest 10 seconds

### **Rowing WOD #6**

4 rounds for max distance

Row 2 minutes

Rest 1 minute

**Rowing WOD #7**

Time trial

Row 8000m

**Rowing WOD #8**

Time trial

Row 3000m

**Rowing WOD #9**

Intervals

Cover max distance during each interval

Row 3 minutes

Rest 1 minute

Row 3 minutes

Rest 3 minute

Row 3 minutes

Rest 1 minute

Row 3 minutes

Rest 3 minute

Row 3 minutes

## **Rowing WOD #10**

Intervals

Record average time for all intervals, this is an all-out effort.

Row 10x250m

Rest for 5x (interval time) after each row interval

## **Rowing WOD #11**

Tabata

Cover max distance possible

Row 8x [20:10]

## **Rowing WOD #12**

Intervals

Row 4x1200m

Rest 2 minutes between intervals

## **Rowing WOD #13**

Intervals

Row 10x250m

Rest 1 minute between intervals

## **Rowing WOD #14**

Intervals

Row 4x1200m

Rest 2 minutes between intervals

### **Rowing WOD #15**

2 rounds

Rest for exact amount of time as previous row interval

Row 250m

Rest

Row 500m

Rest

Row 1000m

Rest

Row 2000m

Rest

### **Rowing WOD #16**

Intervals

Row 3x2500m

Rest 1 minute between intervals

### **Rowing WOD #17**

Intervals

Cover max distance during each interval

Row 3 minutes

Rest 2 minutes

Row 3 minutes

Rest 3 minute

Row 3 minutes

Rest 1 minute

Row 3 minutes

Rest 3 minute

Row 3 minutes

Rest 1 minute

### **Rowing WOD #18**

Intervals

Cover max distance

Row 10x [60:60]

### **Rowing WOD #19**

Intervals

Row 20x [15:10]

Time trial

Cover max distance

Row 10 min

## **Rowing WOD #20**

Time trial

Cover max distance

Row 25 minutes

## **Rowing WOD #21**

Intervals

Rest 45 seconds between intervals

Row 8x250m

## **Rowing WOD #22**

Intervals

Cover max distance

Row 8x [30:20]

## **Rowing WOD #23**

Intervals

Row 10x250m

Rest 1 minute between intervals

## **Rowing WOD #24**

5 rounds

Partner effort, one rows while the other rests, switch until all rounds done

Row 50-40-30-20-10 calories

### **Rowing WOD #25**

Time trial

Row 1500m

Damper setting at 10

### **Rowing WOD #26**

Intervals

Record average time for all intervals

Row 10x250m

Rest for 5x (interval time)

### **Rowing WOD #27**

3 rounds

Row 500m

Row 200m, upper body only

Rest 1 minute

### **Rowing WOD #28**

6 rounds

Row 1000m

Rest 90 seconds

### **Rowing WOD #29**

3 rounds

Rest for exact amount of time required to complete previous  
row interval

Row 250m

Rest

Row 500m

Rest

Row 750m

Rest

### **Rowing WOD #30**

Intervals

Row 2x2500m

Rest 3 minutes between intervals

### **Rowing WOD #31**

Rowing ladder

For total distance

Row 1 minute ON 1 minute OFF



Row 1 minute ON 50 seconds OFF

Row 1 minute ON 40 seconds OFF

Row 1 minute ON 30 seconds OFF

Continue down ladder until 1 minute ON 10 seconds OFF then  
back up and finish with 1 minute ON 50 seconds OFF

### **Rowing WOD #32**

5 rounds

Rowing intervals, use total distance or calories as score

10:10

20:10

10:10

30:10:00

15:10

25:60

### **Rowing WOD #33**

Calorie Row, 2 rounds

20:15

50:15:00

30:20:00

60:15:00

15:30

30:10:00

60:60

### **Rowing WOD #34**

Intervals

Cover max distance

Row 6x [90:90]

### **Rowing WOD #35**

Intervals

Rest 2 minutes between intervals

Row 6x500m

### **Rowing WOD #36**

Intervals

Rest 45 seconds between intervals

Row 8x250m

### **Rowing WOD #37**

3RFT

30 cal row

30 Ab mat sit-ups

### **Rowing WOD #38**

3RFT

20 cal row

25x snatches

### **Rowing WOD #39**

Max rounds in 15 minutes

200m row

15x Bar facing burpees

20x Push-ups

### **Rowing WOD #40**

5RFT

300m row

20x Wall ball

# Swimming WODs

## Swimming WOD #1

3 rounds

Swim 25m freestyle

30x Squats

Swim 25m underwater

50x Push-ups

## Swimming WOD #2

15 minute AMRAP

Swim 25m

25x Push-ups

10x KB goblet (36#/24#)

## Swimming WOD #3

15 minute AMRAP

Swim 50m

2x Handstand push-ups (add 2 reps each successive round - 2, 4, 6, 8, etc.)

## Swimming WOD #4

5 rounds

10x/arm KB clean & jerk (53#/36#) in shallow water

Swim 50m

Rest 1 minute

### **Swimming WOD #5**

For time

50x Pull-ups

Swim 50m backstroke

50x Push-ups

Swim 50m butterfly

50x Sit ups

Swim 50m freestyle

### **Swimming WOD #6**

For time/reps

Max reps unbroken handstand push-ups

Swim 50m for time

Rest 2 minutes

Max reps unbroken push-ups

Swim 50m for time

Rest 2 minutes

Max reps unbroken pull-ups

Swim 50m for time

### **Swimming WOD #7**

5 rounds

Underwater swim 25m

50x Squats

### **Swimming WOD #8**

3 rounds

Swim 200m

30x KB swings (53#/36#)

30x Pull-ups or body rows

### **Swimming WOD #9**

For max reps

Tread water 3 minutes

1 minute push-ups

Tread water 2 minutes

1 minute sit-ups

Tread water 1 minute

1 minute squats

### **Swimming WOD #10**

3 rounds

Swim 50m  
15x Deadlift (225#/185#)  
30x Double-unders

### **Swimming WOD #11**

7 rounds  
100m freestyle  
50x Squats  
Rest 2 minutes

### **Swimming WOD #12**

2 rounds  
20x Man-makers (50#/35# DBs)  
Swim 100m  
10x/arm KB snatch (53#/36#)  
Swim 100m  
20x Deadlift (185#/135#)

### **Swimming WOD #13**

For time  
Swim 200m  
Then,  
21-15-9x reps of

Push-press (115#/80#)

KB swing (53#/36#)

Then,

Finish with 200m swim

### **Swimming WOD #14**

Max rounds in 10 minutes

Swim 50m

10x Burpees

15x Squats

### **Swimming WOD #15**

3 rounds

Swim 50m

15x Deadlift (225#/185#)

30x Box jumps

### **Swimming WOD #16**

For time

Swim 50m

50x Squats

Swim 50m, pull only

50x Sit-ups



Swim 50m, kick only

50x Push-ups

Swim 50m

### **Swimming WOD #17**

Max rounds in 15 minutes

Swim 25m

9x HSPU

10x KB goblet (36#/24#)

### **Swimming WOD #18**

4 rounds

Swim 25m

Walking lunges 25m

Swim 25m underwater

Bear crawl 25m

Rest 1 minute

### **Swimming WOD #19**

3 rounds

Swim 25m

25x Push-ups

Swim 25m underwater

5x Snatches

10x Burpees

### **Swimming WOD #20**

For time

200m Underwater dolphin kick with fins

50m KB farmers carry underwater (2x53#/36#)

100x Double-unders

50m KB farmers carry underwater

Swim 100m freestyle

Swim 100m backstroke

### **Swimming WOD #21**

3 rounds

Swim 25m backstroke

Swim 25m underwater

15x Deadlift (185#/135#)

30x Push-ups

### **Swimming WOD #22**

For time

50m Single KB farmers carry poolside (72#/53#)

Swim 50m

100m Farmers Carry

Swim 100m

150m Farmers Carry

Swim 200m

### **Swimming WOD #23**

8 rounds

25m Farmers carry underwater (2x53#/36#)

25m Farmers carry poolside

### **Swimming WOD #24**

3 rounds

Wearing fins and snorkel

Swim 200m

35x Squats

25x Push-ups

20x Sit-ups

### **Swimming WOD #25**

10 rounds

Swim 50m any style

25x Push-ups

### **Swimming WOD #26**

10 rounds

Swim 50m any style

25x Sit-ups

### **Swimming WOD #27**

10 rounds

Swim 50m any style

25x Back extension

### **Swimming WOD #28**

For total time

Swim 1000m

Rest 5 minutes

Then, 3 rounds of

25x Thruster (45#/30# DBs)

Swim 50m

### **Swimming WOD #29**

3 rounds

21x Deadlift (225#/185#)

Swim 200m

Rest 3 minutes

## **Swimming WOD #30**

3 rounds

15x OH Squats

Swim 500m

Rest 3 minutes

## **Swimming WOD #31**

5 rounds

10x Thrusters

Swim 300m

Rest 3 minutes

# **Kettlebell WODs**

## **Kettlebell WOD #1**

8 RFT

50x SU jump rope

15x KB swing

## **Kettlebell WOD #2**

10 RFT

35x DU jump rope

30x KB swing

## **Kettlebell WOD #3**

20 minute AMRAP

50x SU jump rope

15x KB swings

20x walking lunge with KB

## **Kettlebell WOD #4**

15 minute AMRAP

30x DU jump rope

30x walking lunge with KB

30x KB swings

### **Kettlebell WOD #5**

Double Handed Kettlebell Swing – 30 secs

Rest 30 seconds

Repeat 5-10 times

### **Kettlebell WOD #6**

Single Handed Kettlebell Swing – 20 reps each side

Turkish Get Ups – 1 each side

Rest 1-2 minutes

Repeat adding 1 extra Turkish Get Up

Stop when your Turkish Get Ups begin to lose form

### **Kettlebell WOD #7**

Single Handed Swing – 20 reps each side

Push Ups – 10 reps

Repeat 5-10 times

### **Kettlebell WOD #8**

5 minute AMRAP

5 double kettlebell thruster (if you have lower back/mobility issues you could perform a push press with a bigger dip)

5 double kettlebell cleans

5 double kettlebell swings

6 Box jumps step down

### **Kettlebell WOD #9**

4 minute AMRAP

4 double kettlebell thruster

4 double kettlebell cleans

4 double kettlebell swings

5 Box jumps step down

### **Kettlebell WOD #10**

3 minute AMRAP

3 double kettlebell thruster

3 double kettlebell cleans

3 double kettlebell swings

4 box jumps step down

### **Kettlebell WOD #11**

For time

100x KB squat clean to thruster (72#/53#)

Use a single KB, switch hands every rep

### **Kettlebell WOD #12**



1 round

Row 2000m

200x KB swings (72#/53#)

Row 2000m

### **Kettlebell WOD #13**

Max reps in 10 minutes

Switch arms as necessary, KB may not touch floor

Long cycle KB clean & jerk (53#/36#)

### **Kettlebell WOD #14**

3 rounds

1 minute snatch AMRAP each arm

Rest 2 minutes between rounds

3 rounds

1 minute double kettlebell jerk

Rest 2 minutes between rounds

3 rounds

1 minute goblet squat

### **Kettlebell WOD #15**

4 RFT

15 double-arm swings

10 Goblet squats

### **Kettlebell WOD #16**

Run 200m

100 single-arm swings (50/50)

50 burpees (sub light goblet squats for burpees if needed)

Run 200m

75 double-arm swings (heavier than your single arm weight)

25 Burpees

Run 200m

50 single-arm swings (25/25)

15 Burpees

Run 200m

### **Kettlebell WOD #17**

10 Swings

Goblet Squat 1 rep

15 Swings

Goblet Squat 2 reps

25 Swings

Goblet Squat 3 reps

50 Swings

Rest 30-60 seconds; repeat 4 more times.

### **Kettlebell WOD #18**

10 Swings

Dip 2 reps

15 Swings

Dip 3 reps

25 Swings

Dip 5 reps

50 Swings

Rest 30-60 seconds; repeat 4 more times.

### **Kettlebell WOD #19**

10 Swings

Press 1 rep (double kettlebell press)

15 Swings

Press 2 reps

25 Swings

Press 3 reps

50 Swings

Rest 30-60 seconds; repeat 4 more times.

### **Kettlebell WOD #20**

10 Swings

Chin-up 1 rep

15 Swings

Chin-up 2 reps

25 Swings

Chin-up 3 reps

50 Swings

Rest 30-60 seconds; repeat 4 more times.

### **Kettlebell WOD #21**

3 rounds

6x KB turkish get-up (53#/24#)

6x KB clean/press/windmill combo (36#/18#)

50m Heavy sandbag carry

### **Kettlebell WOD #22**

3 rounds

30x Double KB swings (53#/36#)

25x Chest to bar pull-ups

20x Double KB shoulder to overhead (53#/36#)

### **Kettlebell WOD #23**

15 rounds

KB snatch (53#) 1-2-3-4...13-14-15x reps, switch arms each  
round

Push-ups 15-14-13-12...3-2-1x reps

### **Kettlebell WOD #24**

3 rounds

21-15-9x reps

Bottoms-up KB thruster (72#)

Box jump

Burpee broad jumps

### **Kettlebell WOD #25**

For time

400m KB Farmer's walk (2x53#)

50x Bottoms-up single KB thruster (53#)

25x/arm KB snatch

50x Alternating floor press

400m KB Farmer's walk

### **Kettlebell WOD #26**

3 rounds

9x KB suitcase deadlift (2x88#)

12x/arm KB snatch (53#)

15x KB push press (2x44#)

**Kettlebell WOD #27 - Ratchet #3**

18 rounds

1-2-3-2-3-4-3-4-5-4-5-6-5-6-7-6-7-8x reps

Push-press (2x53#)

Bent row

**Kettlebell WOD #28**

29 rounds

Breathing ladder

KB swing (53#) 1-15-1

**Kettlebell WOD #29**

5 rounds

30x ring rows

8x KB swings (106#/72#)

10x KB press, each arm (53#/24#)

12x Knees to elbows

**Kettlebell WOD #30**

5 rounds

Sprint 50m

35x KB Swings (53#)

30x KB walking Lunges (2x36#)

25x Sit-ups

**Kettlebell WOD #31**

EMOM for 16 minutes

8x KB swings (72#/53#)

3x Double KB jerk (2x53#/36#)

# **Dumbbell WODs**

## **Dumbbell WOD #1**

For time

50x Single dumbbell snatch

## **Dumbbell WOD #2**

For time

100x Single dumbbell snatch

## **Dumbbell WOD #3**

For time

50x Single dumbbell hang snatch

## **Dumbbell WOD #4**

For time

100x Single dumbbell hang snatch

## **Dumbbell WOD #5**

For time

50x Double dumbbell clean

## **Dumbbell WOD #6**



For time

100x Double dumbbell clean

**Dumbbell WOD #7**

For time

50x Clean and Jerk with dumbbells

**Dumbbell WOD #8**

For time

100x Clean and Jerks with dumbbells

**Dumbbell WOD #9**

For time

50x 3 position Clean and 1 Jerk with dumbbells

**Dumbbell WOD #10**

For time

50x Hang Clean and Jerk with dumbbells

**Dumbbell WOD #11**

For time

100x Hang Clean and Jerk with dumbbells

## **Dumbbell WOD #12**

For time

50x Overhead Squat with dumbbells

## **Dumbbell WOD #13**

For time

100x Overhead Squat with dumbbells

## **Dumbbell WOD #14**

For time

50x Strict press with dumbbells

## **Dumbbell WOD #15**

For time

100x Strict press with dumbbells

## **Dumbbell WOD #16**

For time

50x Push Press with dumbbells

## **Dumbbell WOD #17**

For time

100x Push Press with dumbbells

**Dumbbell WOD #18**

For time

50x Double dumbbell lift

**Dumbbell WOD #19**

For time

100x Double dumbbell lift

**Dumbbell WOD #20**

For time

75x SDHP with dumbbells

**Dumbbell WOD #21**

For time

50x Chest Press with dumbbells

**Dumbbell WOD #22**

For time

100x Chest Press with dumbbells

**Dumbbell WOD #23**

Max Rounds in 20 minutes

Each round 50x Bench Press

2 minute rest in between

**Dumbbell WOD #24**

For time

50x Thrusters with dumbbells

**Dumbbell WOD #25**

For time

100x Thrusters with dumbbells

**Dumbbell WOD #26**

5 RFT

30x Dumbbell Swings

**Dumbbell WOD #27**

3 RFT

35 pound Dumbbell squat snatch, 15 reps, right arm

15 GHD sit-ups

35 pound Dumbbell squat snatch, 15 reps, left arm

15 Toes to bar

**Dumbbell WOD #28**

21-15-9

Thruster w/45# dumbbells

Burpee

Immediately after: Sprint at the highest incline and the fastest speed you can handle for 2 minutes. Increase the speed as you go.

### **Dumbbell WOD #29**

100 db push press @ 45# dumbbells

At the start of every minute perform 3 burpees until you finish

### **Dumbbell WOD #30**

Every minute on the minute:

10 thrusters @ 40# db's

20 double unders

### **Dumbbell WOD #31**

5 rounds:

Run 400 meters

20 Hang Squat Cleans @ 35# dumbbells

15 burpees

### **Dumbbell WOD #32**

100 hang squat clean thrusters w/ 35# dumbbells

At the start of every minute perform 5 burpees

### **Dumbbell WOD #33**

Run for 5 minutes at a moderate pace on the treadmill.

At minute 6 perform max snatches in 2 minutes alternating arms with the dumbbell.

At minute 9 perform max KB swings w/dumbbell in 1 minute

At minute 11 perform max front squats holding the same dumbbell for 2 minutes

At minute 14 perform max burpees for 1 minute

### **Dumbbell WOD #34**

3 Wall Climbs (walk your feet up a wall while facing the wall, walk back down...may want to do it outside)

7 squat cleans w/45# dumbbells

### **Dumbbell WOD #35**

AMRAP 10 minutes:

10 Push Press w/35# dumbbells

5 burpees

# **Benchmark WODs**

## **Benchmark WOD #1 – Barbara**

5 rounds

20x Pull-ups

30x Push-ups

40x Sit-ups

50x Squats

10x Sit-ups

10x Prisoner squats

## **Benchmark WOD #2 - Mila**

For time

30x Pull-ups, kipping

Run 400m

12x Pull-ups, strict

Run 400m

5x Pull-ups, weighted (35#/20#)

Run 400m

## **Benchmark WOD #3 - Mel**

5 rounds

Run 100m

10x Burpees

10x Push-ups

10x Mountain climbers

**Benchmark WOD #4 – Annie**

5 rounds, 50-40-30-20-10x reps

Double unders

Sit-ups

**Benchmark WOD #5 – Mary**

Max rounds in 20 minutes

5x Handstand push-ups

10x Pistols

15x Pull-ups

**Benchmark WOD #6 – Susan**

5 rounds

Run 200m

10x Push-ups

10x Squats

**Benchmark WOD #7 - The other Lynn**

Max rounds in 20 minutes



25x Squats

20x Push-ups

15x Box jumps (24 inch)

10x Burpees

5x Pull-ups

**Benchmark WOD #8 – Taylor**

4 rounds

3x Back walk-overs

10m Handstand walk

20x Knees to elbows

**Benchmark WOD #9 - Grace**

For time

30x Clean & jerk (135#)

**Benchmark WOD #10 - Nicole**

Max rounds in 20 minutes

Run 400m

Max rep pull-ups

**Benchmark WOD #11 - Angie**

For time

100x Pull-ups

100x Push-ups

100x Sit-ups

100x Squats

**Benchmark WOD #12 - Amanda**

3 rounds

9-7-5x

Muscle-up

Snatch (135#/95#)

**Benchmark WOD #13 – Kelly**

5 rounds

Run 400m

30x Box jump (24 inch)

30x Wall ball (20#)

**Benchmark WOD #14 - Elizabeth**

3 rounds

21-15-9x reps

Clean (135#)

Ring dips

**Benchmark WOD #15 - Karen**

For time

150x Wall ball (20#)

**Benchmark WOD #16 - Isabel**

For time

30x Snatch (135#)

**Benchmark WOD #17 – Eva**

5 rounds

Run 800m

30x KB swing (72#)

30x Pull-ups

**Benchmark WOD #18 - Jackie**

For time

Row 1000m

50x Thruster (45#)

30x Pull-ups

**Benchmark WOD #19 - Diane**

3 rounds

21-15-9x reps

Deadlift (225#)

Handstand push-ups

**Benchmark WOD #20 - Nancy**

5 rounds

Run 400m

15x Overhead squat (95#)

**Benchmark WOD #21 - Linda**

10 rounds

10-9-8-7-6-5-4-3-2-1x

Deadlift (1 1/2 bw)

Bench Press (bw)

Clean (3/4 bw)

**Benchmark WOD #22 - Nasty Girls 2.0**

3 rounds

50x Pistol squats, alternating

7x Muscle-ups

10x Hang power clean (175#)

**Benchmark WOD #23 – Fran**

3 rounds

21-15-9x reps

Thruster (95#)

Pull-ups

**Benchmark WOD #24 – Helen**

3 rounds

Run 400m

21x KB swing (53#)

12x Pull-ups

**Benchmark WOD #25 - Lynne**

5 rounds for max reps

Bench press (bw)

Pull-ups

**Benchmark WOD #26 - Chelsea**

Top of each minute for 30 minutes

5x Pull-ups

10x Push-ups

15x Squats

**Benchmark WOD #27 - Cindy**

20 minute AMRAP

5 Pull-ups

10 Push-ups

15 Squats

# **EMOM (Every minute on the minute) WODs**

## **EMOM WOD #1**

EMOM for 5 minutes

1x Clean & jerk (95% 1RM)

Rest 1 minute

1 minute max reps deadlift (75% 1RM)

Rest 1 minute

Repeat EMOM 5: 3x C&J (80% 1RM)

## **EMOM WOD #2**

EMOM for 8 minutes

3x Cluster (185#/135#)

7x Burpees

## **EMOM WOD #3**

EMOM for 20 minutes

First minute - 3x Push press (as heavy as possible)

Second minute - 3x Back squat (as heavy as possible)

## **EMOM WOD #4**

EMOM for 12 minutes

1x Power clean (95% 1RM)

3x Chest to bar pull-ups

Sprint 20m out and back

### **EMOM WOD #5**

EMOM for 12 minutes

1x Deadlift (315#/205#)

3x Burpees

5x KB swings (72#/53#)

### **EMOM WOD #6**

EMOM for 10 minutes

5x Deadlift (315#/225#)

5x Shoulder to overhead (185#/135#)

### **EMOM WOD #7**

EMOM for max rounds

2x Back squat (135#/75#)

Add 10# per minute up to 225#/135#

After that add 5# each additional minute until failure

### **EMOM WOD #8**

EMOM for 10 minutes



3x Back squat (275#/185#)

Prowler/sled push, 20 yds out and back (AHAP)

### **EMOM WOD #9**

EMOM for 30 minutes

2x Cluster (185#/135#)

### **EMOM WOD #10**

EMOM for 20 minutes

Set up two barbells...

First minute - 5x Hang snatch (start at 50% 1RM, add some weight as you continue)

Second minute - 2x Front squat + 1x Shoulder to overhead (use 70-80% C&J 1RM)

### **EMOM WOD #11**

EMOM for 10 minutes

5x Dips

4x Pull-ups

3x Handstand push-ups

### **EMOM WOD #12**

EMOM for 10 minutes

2x Clean and jerk (3RM)

7x Toes to bar

**EMOM WOD #13**

EMOM for max rounds

1x Bench press (bw)

1x Burpee

Add 1 rep every minute thereafter and continue until failure

**EMOM WOD #14**

EMOM for 12 minutes

5x Ground to overhead (135#/115#)

15x Push-ups

**EMOM WOD #15**

EMOM for 10 minutes

3x Deadlift (375#/275#)

5x Box jumps (36/30 inch)

**EMOM WOD #16**

EMOM

Add 2x reps per round, continue until failure

2x Back squat (185#/95#)

### **EMOM WOD #17**

Every 4 minutes on the minute for 24 minutes

Run 400m

12x Burpee box jump-overs (24/20")

(6 rounds total)

### **EMOM WOD #18**

Every 4 minutes on the minute for 24 minutes

Run 400m

12x Burpee box jump-overs (24/20")

(6 rounds total)

### **EMOM WOD #19**

EMOM for 12 minutes

2x Deadlift (315#/205#)

5x Burpees

9x KB swings (72#/53#)

### **EMOM WOD #20**

EMOM for 24 minutes

First minute - 30x Double-unders

Second minute - 20x Burpees

Third minute - 15x KB swings (53#/36#)

### **EMOM WOD #21**

EMOM for 16 minutes

5x Burpees

15x Double unders

### **EMOM WOD #22**

Every second minute on the minute for max rounds

10x Overhead squat (95#/65#)

10x Chest-to-bar pull-ups

—

Add 2 reps per round until you can no longer perform the requisite number of reps within the two minute period.

### **EMOM WOD #23**

EMOM for 15 minutes

First minute: 7x Push press (155#/115#)

Second minute: 20x KB swings (72#/53#)

Third minute: 40x Double-unders

Repeat triplet for 15 minutes

### **EMOM WOD #24**

EMOM for 16 minutes

Odd minutes: 6x Front squat (135#/95#) + 6x Burpee over bar

Even minutes: 30 seconds row for max calories (start at 0:15 into minute, finish at 0:45)

### **EMOM WOD #25**

EMOM for 10 minutes

50 ft Farmers walk (100# per hand)

3x Ground to shoulder (bw)

### **EMOM WOD #26**

EMOM for 12 minutes

1x Power clean (95% 1RM)

3x Chest to bar pull-ups

Sprint 20m out and back

### **EMOM WOD #27**

EMOM for max rounds

1x Bench press (bw)

1x Burpee

Add 1 rep every minute thereafter and continue until failure

### **EMOM WOD #28**

EMOM for max rounds

3x Back squat (80% 1RM)

5x Strict pull-ups

sprint 40 yards

Each minute thereafter add 1 rep to the squat, continue until failure.

### **EMOM WOD #29**

EMOM for 30 minutes

First minute: 4x Front squats (1.3x bw)

Second minute: 3x Stone to shoulder (bw)

Third minute: 4x Bench press (1.3x bw)

### **EMOM WOD #30**

EMOM for 20 minutes

5x Back squats (5RM) - even minutes

3x Power clean (3RM) - odd minutes

### **EMOM WOD #31**

EMOM for 15 minutes

1x Deadlift (155#/105#)

1x Hang power clean

1x Front squat

1x Push press

**EMOM WOD #32**

EMOM for 18 Mins

10 Deadlift @ 50% 1RM

5 Box Jumps

**EMOM WOD #33**

EMOM for 14 Mins

3 Broad Jumps

15 metre Bear Crawl

5 V-Ups

**EMOM WOD #34**

EMOM for 14 Mins

5 Air Squats

5 Sit Ups

3 Broad Jumps

**EMOM WOD #35**

EMOM for 18 Mins

2 Clean & Jerk @ 70% 1RM

5 Broad Jumps

## **EMOM WOD #36**

For Time

100 KB Swings

EMOM perform 5 box jumps

Perform 100 kettlebell swings for time. Every minute on the minute complete 5 box jumps until the 100 kb swings are complete.

## **EMOM WOD #37**

EMOM for 14 Mins

3 Burpees

15 metre Bear Crawl

5 V-Ups

## **EMOM WOD #38**

EMOM for 14 Mins

5 Air Squats

2 Pistols Each Side

10 Hip Bridge Extensions

## **EMOM WOD #39**

EMOM for 14 Mins

5 Air Squats



6 Jumping Lunges (Alternating Legs)

5 Hollow Rocks

**EMOM WOD #40**

EMOM for 15 Mins

10 Pull-ups

5 Burpees

10 Thrusters

# **AMRAP WODs**

## **AMRAP WOD #1**

Max rounds in 4 minutes

2x Bench press (225#/135#)

5x Strict pull-ups

1x 20m shuttle run

Rest 2:00 between rounds, repeat for a total of 4 rounds

## **AMRAP WOD #2**

Max rounds in 5 minutes

4x Thruster (155#)

4x Box jumps (30 inch)

Rest 2 minutes after last rep, repeat for a second round

## **AMRAP WOD #3**

Max rounds in 6 minutes

8x Thrusters (155#)

12x Box jumps (36 inch + 20# vest)

## **AMRAP WOD #4**

Max rounds in 6 minutes

3x Power clean (155#+)

6x Push-ups

9x Ring dips

Row 12 calories

Rest 3 minutes, repeat for 3 rounds total

### **AMRAP WOD #5**

Max rounds in 6 minutes

3x Deadlift (135#/95#)

3x Hang power clean

3x Push press

3x Muscle-ups

20 Double-unders

Rest 2:00 after last rep, repeat AMRAP for 3 rounds total

### **AMRAP WOD #6**

Max rounds in 6 minutes

8x Thrusters (155#)

12x Box jumps (36 inch + 20# vest)

### **AMRAP WOD #7 - Broken Burpees**

Max rounds in 7 minutes

7x Push-ups

7x Sprawl

7x Squat jumps

**AMRAP WOD #8**

Max rounds in 7 minutes

5x Handstand push-ups

5x Deadlift (315#/225#)

**AMRAP WOD #9**

Max rounds in 7 minutes

2x Deadlift (405#/295#)

5x Handstand push-ups

**AMRAP WOD #10**

Max rounds in 8 minutes

1x Deadlift (365#)

3x Squat clean (225#)

5x Push jerk (165#)

15 ft Rope climb, 1 ascent

**AMRAP WOD #11**

Max rounds in 8 minutes

Row 200m

8x KB swing (72#/53#)

5x Pull-ups

**AMRAP WOD #12**

Max rounds in 8 minutes

4x Handstand push-ups on paralettes

8x KB swings (72#)

12x GHD sit-ups

**AMRAP WOD #13**

Max rounds in 8 minutes

4x Handstand push-ups

8x KB swings (72#)

12x Knees to elbows

**AMRAP WOD #14 – Gambit**

Max rounds in 8 minutes

2x Hang power clean (225#)

3x Bench press (275#)

4x Back squat (315#)

5x Deadlift (365#)

**AMRAP WOD #15**

Max rounds in 8 minutes

3x Overhead squat (80-85% 1RM)

3x Deadlift (90-95% 1RM)

5x Muscle-ups

### **AMRAP WOD #16**

Max rounds in 8 minutes

1x Deadlift (1RM)

2x Muscle-up

3x Squat clean (80% 1RM)

4x Handstand push-ups

### **AMRAP WOD #17**

Max rounds in 8 minutes

5x Overhead squat (60% 1RM)

30x Push-ups

### **AMRAP WOD #18**

Max rounds in 8 minutes

Row 250m

5x Deadlift (315#/225#)

5x Jerk (205#/135#)

### **AMRAP WOD #19**

Max rounds in 8 minutes

5x Squat clean (275#/155#)

9x Close-grip bench press (225#/135#)

### **AMRAP WOD #20**

Max rounds in 8 minutes

7x Thruster (115#)

10x Sumo deadlift high pull (115#)

### **AMRAP WOD #21**

Max rounds in 8 minutes

3x Power clean (265#/165#)

7x/arm single KB thruster (72#/53#)

### **AMRAP WOD #22**

Max rounds in 9 minutes

3x Front squat (5RM)

3x Bench press (5RM)

3x Deadlift (5RM)

### **AMRAP WOD #23**

2x [Max rounds in 10 minutes]

5x Handstand push-ups

20x Box jumps (20 inch)

Then,

5x Pull-ups

10x/arm KB snatch (36#)

### **AMRAP WOD #24**

Max rounds in 10 minutes

6x Squat clean (135#/95#)

12x Pull-ups

15x Double unders

### **AMRAP WOD #25**

Max rounds in 10 minutes

5x/arm DB Turkish get-ups (40#/25#)

15x Double-unders

20x Sit-ups

### **AMRAP WOD #26**

Max rounds in 10 minutes

5x Thruster (135#/95#)

7x Chest to bar pull-ups

25x Double-unders



### **AMRAP WOD #27**

Max rounds in 10 minutes

6x Sandbag Turkish get-up (100#)

6x KB swing (106#)

### **AMRAP WOD #28**

Max rounds in 10 minutes

10x Burpee box jumps (20 inch)

10x Squat clean(155#/115#)

### **AMRAP WOD #29**

Max rounds in 10 minutes

5x Ground to overhead (255#/155#)

KB farmer's carry, 25m out and back (88#/53#)

### **AMRAP WOD #30**

Max rounds in 10 minutes

15x KB Swing (72#/53#)

10x Handstand push-ups

10x Double KB swing (2x53#/36#)

3x Muscle-up

### **AMRAP WOD #31**

Max rounds in 10 minutes

Sprint 25m out and back

9x Deadlift (315#/225#)

6x Burpee bar muscle-ups

### **AMRAP WOD #32**

Max rounds in 12 minutes

2x Squat clean (225#/135#)

4x Handstand push-ups

6x Chest to bar pull-ups

### **AMRAP WOD #33**

Max rounds in 12 minutes

3x Thruster (135#/95#)

5x Weighted pull-ups (35#/20#)

### **AMRAP WOD #34**

Max rounds in 12 minutes

1x Power snatch (115#/80#)

2x GHD sit-ups

3x Ring dips

Add 2 reps per movement each successive round

### **AMRAP WOD #35**

Max rounds in 12 minutes

Row 250m

5x Thrusters (135#/95#)

10x Burpee box jump (24/20 inch)

5x Handstand push-up

### **AMRAP WOD #36**

Max rounds in 12 minutes

7x Handstand push-ups

12x L pull-ups

### **AMRAP WOD #37 – Izzy**

Max rounds in 12 minutes

3x/arm KB snatch (53#/36#)

5x Burpees

7x Box jumps (20/16 inch)

### **AMRAP WOD #38**

Max rounds in 12 minutes

Row 250m

12x Ball slams (30#/20#)

6x Burpees

### **AMRAP WOD #39**

Max rounds in 12 minutes

5x Push-press (95#/65#)

10x KB swings (53#/36#)

15x Squats

### **AMRAP WOD #40**

Max rounds in 12 minutes

7x DB thrusters (50#+)

7x Ball slams (40#+)

Row 250m

### **AMRAP WOD #41**

Max rounds in 12 minutes

15x KB swing (72#/53#)

5x/side Single KB thruster (53#/36#)

30x Double-unders

### **AMRAP WOD #42**

Max rounds in 12 minutes

5x Pull-ups

10x Push-ups

15x Squats

20 cal row

**AMRAP WOD #43**

Max rounds in 12 minutes

5x Double KB snatch (AHAP)

5x Strict pull-ups

5x Handstand push-ups

**AMRAP WOD #44**

Max rounds in 13 minutes

Row 20 calories

30x Double-unders

40x KB swings (53#/36#)

**AMRAP WOD #45 – 15.3**

Max rounds in 14 minutes

7x Muscle-ups

50x Wall ball (20#)

100x Double-unders

**AMRAP WOD #46**

Max rounds in 14 minutes

10x Wall ball (20#/14#)

10x Hang power snatch (75#/55#)

25x Double-unders

### **AMRAP WOD #47**

Max rounds in 15 minutes

3x Thruster (95#/65#)

6x Box jump (24/20 inch)

9x KB swings (53#/36#)

### **AMRAP WOD #48**

Max rounds in 15 minutes

5x Thrusters (95#/65#)

10x Kettlebell Swings (53#/36#)

15x Burpees

### **AMRAP WOD #49**

Max rounds in 15 minutes

Use heaviest sandbag possible

2x Turkish get-up

10x Zercher squat

12x Lateral hops over bag

### **AMRAP WOD #50**

Max rounds in 15 minutes

15x Box jumps (24/20")

12x Push press (115#/75#)

9x Toes to bar

### **AMRAP WOD #51**

Max rounds in 15 minutes

7x Hang squat clean (155#/110#)

20x Pull-ups

9x Box jumps (24/20 inch)

### **AMRAP WOD #52**

Max rounds in 15 minutes

3x Muscle-ups

5x Ground to overhead (135#/95#)

7x Box jumps (24/20")

Row 200m

### **AMRAP WOD #53 - The Incredible Shrinking Bear**

Max rounds in 15 minutes

5x Deadlift

5x Hang power clean

5x Front squat

5x Push press

5x Back squat

—

From 0:00 to 4:59 working load is 155#/105#

From 5:00 to 9:59 working load is 135#/85#

From 10:00 to 15:00 working load is 115#/65#

### **AMRAP WOD #54**

Max rounds in 15 minutes

15x Double unders

10x KB swings (72#)

5x Pull-ups

### **AMRAP WOD #55**

Max rounds in 15 minutes

15x Box jumps (24/20")

12x Push press (115#/75#)

9x Toes to bar

### **AMRAP WOD #56**

Max rounds in 15 minutes

5x Overhead press, anyhow (185#)



10x Push-ups

15x GHD back extensions

**AMRAP WOD #57**

Max rounds in 15 minutes

3x Handstand push-ups

6x Pull-ups, strict

9x Knees to elbows

**AMRAP WOD #58**

Max rounds in 15 minutes

30x Burpees

40x Overhead squat (45#)

50x Double-unders

60 cal row

**AMRAP WOD #59 - Eat The Bear**

Max rounds in 15 minutes

15x KB swings

50 ft Bear crawl (25 out and back)

10x Burpees

50 ft Bear crawl

2x Wall climb

### **AMRAP WOD #60**

Max rounds in 15 minutes

10x Deadlifts (185#)

10x Ring dips

### **AMRAP WOD #61**

Max rounds in 15 minutes

7x Clean & jerk (135#/95#)

20x Toes to bar

### **AMRAP WOD #62**

Max rounds in 15 minutes

5x Snatch grip deadlift (1/2 bw)

5x Hang power snatch

5x Overhead squats

5x Behind neck push jerk, snatch grip

### **AMRAP WOD #63**

Max rounds in 15 minutes

7x Push press (135#)

10x Overhead squats (135#)

15x GHD sit-ups

### **AMRAP WOD #64**

Max rounds in 15 minutes

10x Handstand push-ups

20x Target burpees, 6" above reach

Row 30 calories

### **AMRAP WOD #65**

Max rounds in 15 minutes

10x Muscle-ups

10x Pistol squats

50x Double-unders

### **AMRAP WOD #66 - Inside-out Bear Complex**

Max rounds in 15 minutes

7x Power clean (135#/95#)

7x Push press

7x Back squat

—

Dropping the bar at any time during a round is a 10 burpee penalty

### **AMRAP WOD #67 - AMRAP Party!**

8 minute AMRAP

40x Double-unders

30x Wall ball (20#/14#)

Row 20 calories

- Rest 3 minutes -

Max rounds in 5 minutes

30x Double-unders

20x Wall ball (30#/20#)

- Rest 3 minutes -

Max rounds in 3 minutes

15x Double-unders

Row 10 calories

### **AMRAP WOD #68 – Crazy 8s**

Max rounds in 18 minutes

8x Power clean (95#/70#)

8x Front squat

8x Pendlay row

8x Sumo deadlift high-pulls

8x Push press

8x Stiff-leg deadlift

8x/leg Lunges

8x Thruster

### **AMRAP WOD #69**

Max rounds in 18 minutes

Sled push 20-yards out and back (as heavy as possible)

18x Box jumps (24/20")

16x Ball slams (20/12)

14x Renegade rows (35#/20# DBs)

### **AMRAP WOD #70**

Max rounds in 20 minutes

15x Pull-ups

10x Pistols

5x Handstand push-ups

### **AMRAP WOD #71**

Max rounds in 20 minutes

5x Chest to bar pull-ups

10x Wall ball (20#/14#)

15x KB swings (53#/36#)

### **AMRAP WOD #72**

Max rounds in 20 minutes

15x Overhead squats (95#/65#)

10x Knees to elbows

5x Handstand push-ups

### **AMRAP WOD #73**

Max rounds in 20 minutes

7x Back squat (185#)

DB overhead walking lunge, 10 steps (45# right hand)

7x Burpees

DB overhead walking lunge, 10 steps (left hand)

### **AMRAP WOD #74**

Max rounds in 20 minutes

15x KB swings (53#/36#)

15x Push-ups

15x Pull-ups

15x KB goblet squats

### **AMRAP WOD #75**

Max rounds in 20 minutes

12x Power snatch (75#/55#)

10x Push-ups

4x Box jumps (20 inch)

### **AMRAP WOD #76**

Max rounds in 20 minutes

5x Double KB front squat (2x53#/36#)

10x Wall ball (20#/14#)

15x KB swings (72#/53#)

### **AMRAP WOD #77**

Max rounds in 20 minutes

15x Wall ball (20#/14#)

10x Deadlifts (135#/95#)

5x Ring dips

### **AMRAP WOD #78**

Max rounds in 20 minutes

3x Squat clean (135#/85#)

5x Thruster

7x Back squat

9x Push press

Run 200m

### **AMRAP WOD #79**

Max rounds in 20 minutes

3x Deadlift (60% bw)

3x Hang clean

3x Front-squat

3x Shoulder to overhead

### **AMRAP WOD #80 - Buck Furpees**

Max rounds in 20 minutes

5x Thruster (95#/75#)

10x Pull-ups

15x Burpees

### **AMRAP WOD #81**

Max rounds in 20 minutes

10x Pull-ups

7x Overhead squats (95#/65#)

5x Ring dips

### **AMRAP WOD #82**

Max rounds in 20 minutes

4x Overhead squat (135#/95#)

6x Clean & Jerk (155#/115#)

8x Toes to bar

10x Sit-ups



### **AMRAP WOD #83**

Max rounds in 20 minutes

1x Snatch (155#/95#)

2x Muscle-ups

3x Overhead squats (155#/95)

4x Pull-ups (chest to bar)

### **AMRAP WOD #84**

Max rounds in 20 minutes

15x Squats

10x Push-ups

5x Pull-ups

### **AMRAP WOD #85 - Tribute To Jack**

Max rounds in 20 minutes

10x Thruster (115#)

10x KB swing (53#)

10x Burpees

### **AMRAP WOD #86**

Max rounds in 20 minutes

10x Burpee over 16" obstacle

30x Squats

60-second handstand hold

**AMRAP WOD #87 - Medicine ball Makimba**

Max rounds in 20 minutes

1 round = entire Makimba WOD holding 20#/14# medicine ball

15x Thruster

10x Burpee

5x Squat

**AMRAP WOD #88 – TK**

Max rounds in 20 minutes

8x Strict Pull-ups

8x Box jumps (36 inch)

12x KB swings (72#)

**AMRAP WOD #89**

Max rounds in 20 minutes

25x Burpees

15x Back squat (bw)

**AMRAP WOD #90**

Max rounds in 20 minutes

12x Power snatch (75#/55#)

10x Push-ups

4x Box jumps (20 inch)

### **AMRAP WOD #91 - Nick Special**

Max rounds in 20 minutes

10x Sumo deadlift high pull (95#)

10x Burpees

10x KB swings (72#)

10x Thrusters (95#)

### **AMRAP WOD #92 - Increased Gravity**

Max rounds in 20 minutes

20x Burpees

5x Pull-ups

10x KB swings (53#)

20x Sit-ups

### **AMRAP WOD #93 - A B\*tch Named Cindy**

Max rounds in 20 minutes

5x Muscle-ups

10x Ring push-ups

15x Squat jumps

### **AMRAP WOD #94**

Max rounds in 20 minutes

10x Burpees

20x Front squats

30x Double unders

### **AMRAP WOD #95**

Max rounds in 20 minutes

5x Burpee-pull ups

7x Ring push-ups

9x Front squat (95#/75#)

### **AMRAP WOD #96**

Max rounds in 20 minutes

Run 200m

10x Strict pull-ups

10x Clapping push-ups

25x Squats

### **AMRAP WOD #97 – Foo**

Max rounds in 20 minutes

Start with 13x bench press (170#)

Then,

Max rounds in 20 minutes of

7x Chest to bar pull-ups

77x Double-unders

2x Squat clean thruster (aka. "cluster") (170#)

28x Sit-ups

### **AMRAP WOD #98**

Max rounds in 20 minutes

Run 200m

10x Handstand push-ups

30x Push-ups

25x Double-unders

### **AMRAP WOD #99**

Max rounds in 20 minutes

3x Deadlift (60% bw)

3x Hang clean

3x Front-squat

3x Shoulder to overhead

### **AMRAP WOD #100**

Max rounds in 15 minutes

3x Power snatch (135#)

6x Box jumps (24 inch)

Sprint 40m

### **AMRAP WOD #101**

Max rounds in 20 minutes

10x Burpees

15x Box jump overs (24"/20")

5x Hang squat clean (185#/125#)

### **AMRAP WOD #102 - Cindy's ugly cousin**

Max rounds in 21 minutes

7x Pull-ups

14x Push-ups

21x Double-unders

### **AMRAP WOD #103**

Max rounds in 25 minutes

8x Handstand push-ups

8x Box jump (30")

15 ft rope climb, 1 ascent

### **AMRAP WOD #104**

Max rounds in 30 minutes

10x Handstand push-ups

10x Ring dips

10x Pull-ups

10x Sit-ups

10x Overhead squat (45#)

10x Double unders

### **AMRAP WOD #105**

Max rounds in 30 minutes

Run 800m

25x Thrusters (35# DBs)

400m DB farmers carry

### **AMRAP WOD #106 – Hortman**

Max rounds in 45 minutes

Run 800m

80x Squats

8x Muscle-ups

### **AMRAP WOD #107**

Max rounds, no time limit

Perform one set every minute on the minute, add 10# per  
round until failure

2x Back squat (starting weight is 135#/85#)

### **AMRAP WOD #108**

On the minute for max rounds

3x Back squat (75% 1RM)

40 yd sprint

5x Pull-ups, strict

### **AMRAP WOD #109**

For max rounds

Max rounds in 4 minutes of 5x Hang squat snatch (135#/85#)

+ 10x Burpees

Rest 2 minutes

Max rounds in 4 minutes of 10x Power clean (135#/85#) +

20x Pull-ups

Rest 2 minutes

Max rounds in 4 minutes of 15x Box jump-overs (24/20") +

30x Wall ball (20#/14#)

### **AMRAP WOD #110**

Max rounds, no time limit

Do one triplet every 30 seconds until failure



1x Deadlift (3/4 bw)

1x Hang clean

1x Push jerk

**AMRAP WOD #111**

Max rounds

5x Thruster (95#)

10x Hang power clean

15x Sumo deadlift high pull

**AMRAP WOD #112**

Max rounds

Rest 1 minute between rounds, add 10# per round, continue until failure

2x Overhead squat (starting weight is 75#/45#)

# Triple Element WODs

## Triple Element WOD #1

5 rounds

22x Inverted burpees

22x Pull-ups

22x Sit-ups

## Triple Element WOD #2

Max rounds in 20 minutes

10x Strict handstand push-ups

20x Strict pull-ups

200m Run

## Triple Element WOD #3

4 rounds

Sprint 50m

4x Muscle-ups

35x Sit-ups

## Triple Element WOD #4

5 rounds

50x Squats

30x Pull-ups

15x Handstand push-ups

### **Triple Element WOD #5**

5 rounds

10x Strict pull-ups

30x Squats

30 cal row

### **Triple Element WOD #6**

3 rounds

60-30-15x Push-ups

40-20-10 Pull-ups

20-10-5x Box jump

### **Triple Element WOD #7**

Max rounds in 20 minutes

15x Pull-ups

30x Push-ups

25x box jumps

### **Triple Element WOD #8**

Max rounds in 12 minutes

45x Double-unders

30x Pull-ups

15x Handstand push-ups

**Triple Element WOD #9**

3 rounds

21-15-9x reps

Burpee tuck-jumps

**Triple Element WOD #10**

Max rounds in 15 minutes

10x Muscle-ups

10x Pistol squats

50x Double-unders

**Triple Element WOD #11**

3 rounds

21-15-9x reps, start and finish wod with 800m run

Handstand push-ups

Burpees

Knees to elbows

**Triple Element WOD #12**

3 rounds

100x Squats

20x Handstand push-ups

400m Run

### **Triple Element WOD #13**

5 rounds

21-18-15-12-9x

Knees to elbows

Ring push-ups

40 cal row

### **Triple Element WOD #14**

7 rounds, 21-18-15-12-9-6-3x reps

Squats

Knees to elbows

Push-ups

### **Triple Element WOD #15**

3 rounds

21-15-9x

Body-blasters (burpee + pull-up + knees to elbows)

### **Triple Element WOD #16**

7 rounds

35x Squats

25x Push-ups

15x Pull-ups

### **Triple Element WOD #17**

5 rounds

15x L pull-ups

30x Push-ups

45x Sit-ups

### **Triple Element WOD #18**

Max rounds in 15 minutes

10x Muscle-ups

10x Pistol squats

10x Sit-ups

### **Triple Element WOD #19**

For time

25x Handstand push-ups

50x Pistols, alternating

75x Pull-ups

### **Triple Element WOD #20**

Max rounds in 20 minutes

25x Pull-ups

50x Push-ups

75x Squats

### **Triple Element WD #21**

3 RFT

25x Box Jumps

30x Thrusters

25x Push-ups

### **Triple Element WD #22**

3 RFT

25x Box Jumps

30x Deadlift

25x Push-ups

### **Triple Element WD #23**

3 RFT

25x Box Jumps

30x Push press

25x Push-ups

**Triple Element WD #24**

3 RFT

25x Box Jumps

30x OH press

25x Push-ups

**Triple Element WD #22**

3 RFT

25x Box Jumps

30x OH Squat

25x Push-ups

**Triple Element WD #23**

3 RFT

25x Box Jumps

30x Back Extensions

25x Pull-ups

**Triple Element WD #24**

3 RFT

25x Box Jumps



30x Dips

25x Push-ups

**Triple Element WD #25**

3 RFT

25x Box Jumps

30x Wall Balls

25x Push-ups

**Triple Element WD #26**

3 RFT

25x Box Jumps

30x TTB

25x Push-ups

**Triple Element WD #27**

5 RFT

25x Double-unders

30x Thrusters

25x Air squats

**Triple Element WD #28**

5 RFT

25x Double-unders

30x Deadlifts

25x Air squats

**Triple Element WD #29**

5 RFT

25x Double-unders

30x Push press

25x Air squats

**Triple Element WD #30**

5 RFT

25x Double-unders

30x OH Press

25x Air squats

**Triple Element WD #31**

5 RFT

25x Double-unders

30x Back extensions

25x Air squats

**Triple Element WD #32**

5 RFT

25x Double-unders

30x Snatches

25x Air squats

**Triple Element WD #33**

4 RFT

25x Double-unders

30x Wall Balls

25x TTB

**Triple Element WD #34**

4 RFT

25x Double-unders

30x Wall Balls

25x KTE

**Triple Element WD #35**

5 RFT

25x Double-unders

30x Thrusters

25x Air squats

**Triple Element WD #36**

Max rounds in 15 minutes

30x Walking lunges with KB

30x Thrusters

25x GHD Sit-ups

**Triple Element WD #37**

Max rounds in 15 minutes

30x Walking lunges with KB

30x Snatches

15x Turkish get-ups

**Triple Element WD #38**

Max rounds in 12 minutes

30x Walking lunges with KB

30x Dips

Run 200m

**Triple Element WD #39**

Max rounds in 15 minutes

30x Walking lunges with KB

30x OH Squats

15x TTB

### **Triple Element WD #40**

5 RFT

Run 400m

30x Ring rows

25x Wall balls

### **Triple Element WD #41**

Max rounds in 15 minutes

30x Wall balls

30x Push press

50 Single-unders

### **Triple Element WD #42**

Max rounds in 15 minutes

30x Walking lunges with KB

30x Thrusters

25x GHD Sit-ups

### **Triple Element WD #43**

5 RFT

25 Cal row

16x C2B Pull-ups

9x HSPU

**Triple Element WD #44**

4 RFT

400m Run

4x Muscle-ups

40 Double-unders

**Triple Element WD #45**

For time

10-9-8-7-6-5-4-3-2-1

Strict Press 95/65

20-18-16-14-12-10-8-6-4-2

Ab mat sit-ups

Run 200m

**Triple Element WD #46**

5 RFT

3 Muscle Ups

10 Front Squats (155/105)

15 HSPU

**Triple Element WD #47**

7 RFT

20x Wall balls

20x Burpees

20x Ring rows

### **Triple Element WD #48**

Max rounds in 15 minutes

15x Bar facing burpees

25x OH squats

30x Ab mat sit-ups

### **Triple Element WD #49**

5 RFT

10 Power Snatches

15 Cal Row

20 OH Walking Lunges

### **Triple Element WD #50**

5 RFT

400m run

21 KBS 53/35

15 Wall-balls

9 Medicine ball sit-ups

### **Triple Element WD #51**

4 RFT

10x Power cleans

20x TTB

30x Jumping jacks

### **Triple Element WD #52**

5 RFT

50x Single-unders

3x Rope climb

30x Wall balls

### **Triple Element WD #53**

Max rounds in 15 minutes

75x Single-unders

25x Deadlifts

15x Burpees

### **Triple Element WD #54**

4 RFT

100x Single-unders

20x Thrusters



20x C2B Pull-ups

**Triple Element WD #55**

7 RFT

75x Single-unders

20x OH Squat

20x Ring rows

**Triple Element WD #56**

Max rounds in 10 minutes

21x Deadlift

400m Farmers carry with KB)

15x Deadlift

**Triple Element WD #57**

Mac rounds in 12 minutes

1x Bar muscle-up

2x Handstand push-ups

3x Pistols

**Triple Element WD #58**

10 RFT

10x Pull-ups

20x Burpees

30x Sit-ups

40x Air squats

**Triple Element WD #59**

5 RFT

Run 200m

10x C2B Pull-ups

Run 200m

5x Power snatch (135#/95#)

**Triple Element WD #60**

7 RFT

40x Push-ups

50x Squats

10x Inverted burpees

**Triple Element WD #61**

4 RFT

Run 400m

25x Ring rows

25x Push-ups

25x GHD sit-ups

25x Squat jumps

**Triple Element WD #62**

Max reps in 15 minutes

10x Sumo deadlift high pull (95/65#)

10x Wall-ball (20#/14#)

20x Push-press (35#/25# DBs)

**Triple Element WD #63**

Max rounds in 12 minutes

2x Rope climbs

20x Walking lunge steps

Row 200m

**Triple Element WD #64**

3 RFT

5x Power clean (135#/95#)

10x KB swings (53#/36#)

15x Wall-ball (20#/14#)

**Triple Element WD #65**

3 RFT

50x Double-unders

30x Hand-release push-ups

20x Ring dips

**Triple Element WD #66**

Max rounds in 10 minutes

3x Power clean (60% 1RM)

5x Pull-ups

10x Burpees

# Tabata WODs

## Tabata WOD #1

For max distance

Row 8x [20:10]

## Tabata WOD #2

For max reps

8x [20:10]\* Deadlifts (315#+)

## Tabata WOD #3

For max reps/cals

Double KB thrusters (36#/24#) 8x [20:10]

Rest 3 minutes

Row or Airdyne 8x [20:10]

Rest 4 minutes

Double-unders 8x [20:10]

## Tabata WOD #4

For max reps

Pull-ups 8x [20:10]

Rest 3 minutes

Squats 8x [20:10]

Rest 3 minutes

Push-ups 8x [20:10]

### **Tabata WOD #5**

For max reps/cals

Double unders 8x [20:10]

Rest 2 minutes

Squats 8x [20:10]

Rest 2 minutes

Row 8x [20:10]

### **Tabata WOD #6**

For max reps

Back squat (135#/95) 8x [20:10]

Bar must stay on back throughout entire WOD

### **Tabata WOD #7**

For max reps

Pull-ups 8x [20:10]

Rest 3 minutes

Squats 8x [20:10]

Rest 3 minutes

Push-ups 8x [20:10]

### **Tabata WOD #8**

For max reps

KB snatch (36#/24#) 8x [20:10]

Switch hands each interval

### **Tabata WOD #9**

2 rounds

4x [20:10] Row, AirDyne, or Assault bike for calories

Rest 1 minute

4x [20:10] Max reps GHD sit-ups

Rest 1 minute

4x [20:10] Max reps Double unders

Rest 1 minute

4x [20:10] Max reps wall ball (20#/14#)

Rest 2 minutes

### **Tabata WOD #10 - Tabata up Yours**

For max reps

Deadlift (135#/95#) 8x [20:10]

Rest 4 minutes

Push press (75#/55#) 8x [20:10]

Rest 4 minutes

Box jumps (20/16 inch) 8x [20:10]

Rest 4 minutes

Ball slam (30#/20#) 8x [20:10]

### **Tabata WOD #11 - Tabata Fight Gone Bad**

Wall balls (20#/14#) 8x [20:10]

SDHP (75# / 55#) 8x [20:10]

Box Jumps (20 / 16) 8x [20:10]

Push Presses (75# / 55#) 8x [20:10]

Row 8x [20:10]

### **Tabata WOD #12**

Back Squats (135# / 95#) 8x [20:10]

Shoulder-to-overheads (135# / 95#) 8x [20:10]

Rest with bar in the rack position (front rack for should-to-OH  
and back rack for back squats)

### **Tabata WOD #13**

Thrusters (45# / 35#) 8x [20:10]

Pull-ups 8x [20:10]

Thrusters (45# / 35#) 8x [20:10]

Push-ups 8x [20:10]



## **Tabata WOD #14**

Ball Slams (30# / 20#) 8x [20:10]

Wall Ball Shots (20# / 14#) 8x [20:10]

# **Advanced WODs**

Advanced WODs are the most difficult to complete. These are the workouts that only seasoned athletes will be doing. The weights are heavier and there are more reps. The times are longer and more equipment is needed. Also, the moves are more technical. It is important with these workouts to have good form going into this level of work, because bad form at such high intensity can result in poor performance at least and potential injury at worst. Remember the importance of your preparations with these workouts, as you will be challenging your body significantly and you need to have the muscles prepared to perform the advanced movements that you are going to be asking it to do.

# **Olympic Lifting WODs**

## **Olympic WOD #1**

15 min to work to 1RM

Snatch

## **Olympic WOD #2**

15 in to work to 3RM

Snatch

## **Olympic WOD #3**

For time

15x Snatch

## **Olympic WOD #4**

12 min to work to heavy single

Hang Snatch

## **Olympic WOD #5**

12 min to work 3RM

Hang Snatch

## **Olympic WOD #6**

10 min to work to 1RM

Clean

**Olympic WOD #7**

12 min to work to 3RM

Clean

**Olympic WOD #8**

For time

30x Clean

**Olympic WOD #9**

15 minutes to work to 1RM

Clean and Jerk

**Olympic WOD #10**

20 minutes to work to 3RM

Clean and Jerk

**Olympic WOD #11**

For time

50x Clean and Jerks

### **Olympic WOD #12**

12 minutes to work to  
3 position Clean and 1 Jerk

### **Olympic WOD #13**

12 minutes to work 3RD  
Hang Clean and Jerk

### **Olympic WOD #14 - Spinning Grace**

For time

30x Clean & jerk (135#)

After each lockout you must rotate 360-degrees with bar in  
overhead position

### **Olympic WOD #15**

7 rounds for max reps

1 minute max reps squat clean starting at 135#/85#

Rest 3 minutes

Continue up ladder adding 20# to the bar each round thereafter

7 rounds total, last round will be 255#/205#

### **Olympic WOD #16**

Rest as needed between lifts

Clean & jerk 1-1-1-1-1x reps

### **Olympic WOD #17 - Bob's Tasty Combo #11**

Rest as needed between efforts

Power snatch 3-3-3-3-3x @ 65% 1RM

Jerk 3-3-3-3-3x @ 60% 1RM

Clean high pull from floor 4-4-4-4-4x @ 90% 1RM

Back squat 8-8-8-6-6x @ 60% 1RM

### **Olympic WOD #18 - Bob's Tasty Combo #12**

Rest as needed between efforts

Power snatch + overhead squat 3-3-3-3-3x @ 65% snatch  
1RM

Jerk 2-2-2-2x @ 70% 1RM

DB windmill 5-5-5x per side @ 40#

### **Olympic WOD #19**

For max reps

10 minute time cap

30x Snatch (75#/45#)

30x Snatch (135#/75#)

30x Snatch (165#/100#)

Max reps Snatch (210#/120#)

### **Olympic WOD #20 - Bob's Tasty Combo #6**

Rest as needed between efforts

Snatch 2x @ 70% 1RM, 2x @ 75%, 2x @ 77%

Clean & jerk 2x @ 70% 1RM, 2x @ 75%, 2x @ 77%

### **Olympic WOD #21 - Bob's Tasty Combo #3**

Rest as needed between efforts

Snatch 3-3-3x @ 70% 1RM

Snatch high pull of blocks 3-3-3x @ 80% 1RM

Snatch push jerk, behind neck 4-4-4-4x @ 50% 1RM

### **Olympic WOD #22**

Work up to a max load, rest exactly 2 minutes between lifts

Snatch grip deadlift 1RM

### **Olympic WOD #23 - Bob's Tasty Combo #2**

Heavy singles, rest as needed between efforts

Snatch 1-1-1-1-1x

Clean & jerk 1-1-1-1-1x

Back squat 1-1-1-1-1x

### **Olympic WOD #24 - Bob's Tasty Combo #8**

Rest as needed between efforts

Snatch 1-1-1-1-1x @ 80% 1RM

Snatch high pull off blocks 3-3-3x @ 90% 1RM

Back squat 2-2-2-2x @ 87% 1RM

### **Olympic WOD #25**

2 rounds

1 minute max reps squat clean (165#)

Rest 3 minutes

1 minute max reps squat clean (185#)

Rest 3 minutes

1 minute max reps squat clean (205#)

Rest 3 minutes

### **Olympic WOD #26**

7 rounds for max reps

1 minute max reps squat clean starting at 135#/85#

Rest 3 minutes

Continue up ladder adding 20# to the bar each round thereafter

7 rounds total, last round will be 255#/205#

### **Olympic WOD #27**

5 rounds



Rest as needed between lifts

Clean & jerk 1-1-1-1-1x reps

### **Olympic WOD #28 - Bob's Tasty Combo #1**

Rest as needed between efforts

Snatch 2-2-2-2x @ 75% 1RM

Jerk 2-2-2-2-2x @ 80% 1RM

Clean high pull from blocks 3-3-3x @ 90% 1RM

Back squat 2-2-2-2x @ 90% 1RM

### **Olympic WOD #29**

For time

30x Curtis Press (95#)

(1x Curtis Press = 1x hang power clean + 1x right leg lunge +  
1x left leg lunge + 1x push-press)

### **Olympic WOD #30 - Double Grace**

For time

60x Clean & jerks (135#/95#)

# **Strongman WODs**

## **Strongman WOD #1**

8 rounds

50-ft' Zercher yoke carry (as heavy as possible)

12x Ring dips

## **Strongman WOD #2**

9 rounds

50 ft Zercher yoke carry (2x bw or higher)

3x Atlas stone ground to shoulder (bw)

Rest 1 minute

## **Strongman WOD #3**

8 rounds

3x Axle deadlift (as heavy as possible)

100 ft Sandbag carry (bw)

## **Strongman WOD #4**

5 rounds

10-8-6-4-2x Log viper press (150#)

50 ft Sled push (2x bw)

## **Strongman WOD #5**

For max reps

Tabata Atlas stone ground to shoulder (145#/95#)

## **Strongman WOD #6**

For time

Row 750m

100m Zercher yoke carry

Row 750m

## **Strongman WOD #7**

5 rounds

1-2-3-4-5x Tire flip (3x bw)

5-4-3-2-1x Atlas stone ground to shoulder (bw)

## **Strongman WOD #8 - Farmers Walk Ladder**

For time

300 ft Farmers walk (70#/hand)

200 ft Farmers walk (100#/hand)

100 ft Farmers walk (200#/hand)

50 ft Farmers walk (250#/hand)

For each drop do 5x burpee penalty on the spot.

### **Strongman WOD #9**

For max reps

Tabata Axle deadlift (300#)

### **Strongman WOD #10**

EMOM for 20 minutes

1x Back squat (405#)

1x Stone ground to shoulder (AHAP)

### **Strongman WOD #11**

6 rounds

5x Bench Press (275#)

10x KB Swings (106#)

50 ft Duck walk (250#)

### **Strongman WOD #12**

3 rounds

5x Tire flip (2x bw)

15x Burpees

4x Tire flip (3x bw)

10x Burpees

3x Tire flip (4x bw)

5x Burpees

Rest 2 minutes between rounds

**Strongman WOD #13**

EMOM for 12 minutes

75 ft Farmers walk (250# per hand)

After completion rest 5 minutes then repeat with 75 ft yoke  
carry (3x bw)

**Strongman WOD #14**

12 minutes AMRAP

100 ft Farmers walk (100#/hand)

12x KB swings (106#)

**Strongman WOD #15**

3 rounds

Keg over 45 inch bar (AHAP)

Row 30 cal

40x KB swings (53#)

50x Push-ups

**Strongman WOD #16**

3 rounds

50 ft Farmers walk (2x bw per hand)

10x GHD sit-ups

Rest 2 minutes

### **Strongman WOD #17**

5 rounds

6x/shoulder Single-sided Atlas stone squat (175# or higher)

12x GHD sit-ups

### **Strongman WOD #18**

6 rounds

10x Bench press

10x Chest to bar pull-ups

100 ft odd object carry (bw)

### **Strongman WOD #19**

3 rounds

Max duration overhead axle hold (bw)

Rest 3 minutes

Max duration static crucifix hold (25# per hand)

Rest 3 minutes

### **Strongman WOD #20**

5 rounds

3x Sumo deadlift (415#/275#)  
5x Stone ground to shoulder (AHAP)  
60 ft Yoke carry, anyhow (AHAP)  
Rest 2 minutes

### **Strongman WOD #21**

For time

800m Sandbag carry (50% bw)  
400m Atlas stone carry (75% bw)  
200m Sled push (2x bw)

Rest 60 sec between implements, subtract rest from total time.

### **Strongman WOD #22**

4 rounds

100 ft Zercher carry (AHAP)  
Row 250m  
Rest 60 seconds

### **Strongman WOD #23**

5 rounds

5x Log clean and press (80% 1RM)  
50 ft Duck walk (250#)

## **Strongman WOD #24**

5 rounds

5x Thrusters (bw)

5x Axle deadlifts (2x bw)

Scale up or down as needed.

## **Strongman WOD #25**

4 rounds

12-9-6-3x reps

Tire flips (3x bw)

Front Squat @ 1.25X BWT (or more)

Bar muscle ups

## **Strongman WOD #26 - Tatts**

5 rounds

250-200-150-100-50 ft Yoke carry (300-400-500-600-700#)

10-8-6-4-2x Back squat (225-275-315-365-405#)

## **Strongman WOD #27 - 3000**

For time

Using a yoke move 3000# of weight 75 ft

Start by stacking 3000# worth of plates at a starting line.



Start a clock then load the yoke with whatever you can carry  
and move it 75 ft.

Empty the yoke, carry it back, reload, and continue until all  
weight is moved.

### **Strongman WOD #28**

For time

50x Axle front squats (225#)

50x Weighted dips (90#)

Row 50 calories

### **Strongman WOD #29**

For time

400m Atlas stone carry (bw)

### **Strongman WOD #30**

EMOM for 30 minutes

First minute - 3x Log ground to overhead (bw)

Second minute - 3x Front squats (1.25x bw)

Third minute - 8x Strict pull-ups

### **Strongman WOD #31**

5 rounds

100 ft Keg carry (5x burpees per drop)

5x/arm DB snatch (80#)

Rest 60 seconds

### **Strongman WOD #32**

6 rounds

3x Axle power clean (185#/115#)

4x Elevated knee jumps

50 ft Odd object carry (bw)

### **Strongman WOD #33**

4 rounds

100 ft Backward sled drag (AHAP)

3x Axle deadlift (2x bw)

100 ft Forward sled push

3 Axle deadlift

Rest 2 minutes

### **Strongman WOD #34**

For time

15x Tire flips (3x bw)

Row 1000m

15x Tire flips (3x bw)

## **Strongman WOD #35 – Jake**

7 rounds

3x Muscle-ups

2x Tire flips (3x bw)

1x Atlas stone ground to shoulder (bw)

# Powerlifting WODs

## Powerlifting WOD #1

For time

52x Squats (135#)

## Powerlifting WOD #2

For time

100x Thruster (95#)

## Powerlifting WOD #3

7 x 5 @ 75% of 1RM

+ 5 Box Jumps after each set.

Rear Foot Elevated Split Squat

## Powerlifting WOD #4

Bench Press - 12 x 2 @ 50%

## Powerlifting WOD #5

Deadlift - 5 x 3 @ 85% of 1RM

+ 5 Broad Jump after each set.

## Powerlifting WOD #6

Overhead Press - 5 x 5 @ 75%

5 x 5 Kipping Handstand Push Ups @ Max Depth

### **Powerlifting WOD #7**

Front Squat - 4 x 12 (Use Chart)

12 Overhead Lunge after each set

### **Powerlifting WOD #8**

Back Squat - 4 x 12 (use the chart)

\*Super set each set with 20 Overhead Squat with a Pipe

### **Powerlifting WOD #9**

Bench Press - 6 x 6 @ 70%

\*Super set each set with a 50m overhead carry.

### **Powerlifting WOD #10**

Deadlift - 15 x 2 @ 50%

Reps are done for speed. 20 second rest between sets.

### **Powerlifting WOD #11**

Front Squat - 3 x 2 @ 90%

### **Powerlifting WOD #12**

Back Squat - 3 sets of 5 reps @ 85% of 1RM

\*Super Set with 5 Box Jumps

Rear Foot Elevated Split Squat

3 x 10 Each Leg

### **Powerlifting WOD #13**

Bench Press - 5 sets of 3 reps @ 85% of 1RM

\*Super set with 5 Plyo Push Ups

### **Powerlifting WOD #14**

Barbell Row - 5 sets of 5 reps

### **Powerlifting WOD #15**

Deadlift - 6 sets of 6 reps @ 70% of 1RM

\*Super Set with 5 max effort broad jumps

### **Powerlifting WOD #16**

Overhead Press - 4 sets of 12 reps

3 Max Handstand Holds

### **Powerlifting WOD #17**

Front Squat - 5 sets of 5 reps @ 70% of 1RM

\*2 second pause in the hold of each rep

Rear Foot Elevated Split Squat

5 sets of 5 reps each leg

**Powerlifting WOD #18**

Bench Press - 5 x 5 @ 80% of 1RM

\*\*Do 1 set every 90 seconds

**Powerlifting WOD #19**

Back Squat - 5 x 3 @ 85% + 5 Plyos

**Powerlifting WOD #20**

EMOM for 20 minutes

3 Back Squat @ 50%

2 Snatch High Pull + 2 Snatch + 2 Overhead Squat @ 60%

# **Heros WODs**

## **Hero WOD #1 – Omar**

3 rounds

Thruster (95#) 10-20-30x

Bar-facing burpees 15-25-35x

## **Hero WOD #2 – Nick**

12 rounds

10x Hang squat clean (45# DBs)

6x Handstand push-ups on the DBS

## **Hero WOD #3 – Ozzzy**

7 rounds

11x Deficit handstand push-ups

Run 1km

## **Hero WOD #4 – RJ**

5 rounds

Run 800m

15 ft rope climb, 5 ascents

50x Push-ups



### **Hero WOD #5 – Bruck**

4 rounds

Run 400m

24x Back squat (185#)

24x Jerk (135#)

### **Hero WOD #6 – Luce**

3 rounds

Wear 20# vest

Run 1K

10x Muscle-ups

100x Squats

### **Hero WOD #7 – Garrett**

3 rounds

75x Squats

25x Ring handstand push-ups

25x L pull-ups

### **Hero WOD #8 – Roy**

5 rounds

15x Deadlift (225#)

20x Box jumps (24 inch)

25x Pull-ups

**Hero WOD #9 – Luke**

For time

Run 400m

15x Clean & jerk (155#)

Run 400m

30x Toes to bar

Run 400m

45x Wall ball (20#)

Run 400m

45x KB swings (53#)

Run 400m

30x Ring dips

Run 400m

15x Walking lunges (155#)

Run 400m

**Hero WOD #10 – McGhee**

Max rounds in 30 minutes

5x Deadlifts (275#)

13x Push-ups

9x Box jumps (24 inch)

### **Hero WOD #11 – Hansen**

5 rounds

30x KB swing (72#)

30x Burpees

30x GHD sit-ups

### **Hero WOD #12 - Adam Brown**

2 rounds

7x Deadlift (295#)

7x Box jumps (24 inch)

7x Wall ball (20#)

7x Bench press (195#)

7x Box jumps

7x Wall ball

7x Clean (145#)

### **Hero WOD #13 – Loredó**

6 rounds

24x Squats

24x Push-ups

24x Walking lunge steps

Run 400m

**Hero WOD #14 – Sean**

10 rounds

11x chest-to-bar pull-ups

22x Front squat (75#)

**Hero WOD #15 – Santora**

3 rounds

1 minute each for max reps

Squat cleans (155#)

20 ft Shuttle sprints (20 ft forward + 20 ft backwards = 1 rep)

Jerk (155#)

Rest 1 minute

**Hero WOD #16 – Johnson**

Max rounds in 20 minutes

9x Deadlift (245#)

8x Muscle-ups

9x Squat clean (155#)

**Hero WOD #17 – Jbo**

Max rounds in 28 minutes

9x Overhead squat (115#)

15 ft legless rope climb, 1 ascent

12x Bench press (115#)

**Hero WOD #18 – Daniel**

For time

50x Pull-ups

21x Thruster (95#)

Run 800m

21x Thruster

Run 400m

50x Pull-ups

**Hero WOD #19 – Zimmerman**

Max rounds in 25 minutes

11x Chest-to-bar pull-ups

2x Deadlift (315#)

10x Handstand push-ups

**Hero WOD #20 – Bradley**

10 rounds

Sprint 100m

10x Pull-ups

Sprint 100m

10x Burpees

Rest 30 seconds

**Hero WOD #21 – Coffey**

3 rounds

Run 800 meters

50-35-20x Back squat (135#)

50-35-20x Bench press (135#)

—

Finish triplet with an additional 800m run and 1x Muscle-up

**Hero WOD #22 – Severin**

For time

Wear body armor or 20# vest if available.

50x Strict pull-ups

100x Push-ups, release hands from floor at bottom

Run 5K

**Hero WOD #23 – White**

5 rounds

15 foot Rope climb, 3 ascents

10x Toes to bar

21x Overhead walking lunges (45# plate)

Run 400m

**Hero WOD #24 – Weston**

5 rounds

Row 1000m

200m Farmers walk (2x45# DBs)

50m Waiter walk, right arm (45# DB)

50m Waiter walk, right arm (45# DB)

**Hero WOD #25 – Shawn**

For time

Run 5 miles

Stop every 5 minutes and do 50x squats and 50x push-ups

**Hero WOD #26 – Falkel**

Max rounds in 25 minutes

8x Handstand push-ups

8x Box jump (30")

15 ft rope climb, 1 ascent

**Hero WOD #27 – Jason**

4 rounds

Squats 100-75-50-25x reps

Muscle-ups 5-10-15-20x reps

**Hero WOD #28 – Strange**

8 rounds

Run 600m

11x Weighted pull-ups (53# KB)

11x Walking lunges (2x53#KBs)

11x KB Thruster (2x53#)

**Hero WOD #29 - Lumberjack 20**

5 rounds

20x Deadlifts (275#)

Run 400m

20x KB swings (72#)

Run 400m

Overhead squat (115#)

Run 400m

20x Burpees

Run 400m

20x Pull-ups

Run 400m

20x Box jumps (24 inch)

Run 400m



20x DB squat cleans (45# DBs)

Run 400m

**Hero WOD #30 – Tyler**

5 rounds

7x Muscle-ups

21x Sumo deadlift high-pull (95#)

**Hero WOD #31 – Capoot**

4 rounds

100-75-50-25x Push-ups

Run 800-1200-1600-2000m

**Hero WOD #32 – Wyk**

5 rounds

5x Front squat (225#), 5x 15-ft Rope climb, Run 400m with a  
45# plate

**Hero WOD #33 – Spehar**

For time

100x Thruster (135#)

100x Chest to bar pull-ups

Run 6 miles

**Hero WOD #34 – JT**

21-15-9 reps, for time

Handstand push-ups

Ring dips

Push-ups

**Hero WOD #35**

3 RFT

Run 800 meters

50 Back Extensions

50 Sit-ups

**Hero WOD #36 – 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

### **Hero WOD #37 – 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

### **Hero WOD #38 - Badger**

3RFT

95 pound Squat clean, 30 reps

30 Pull-ups

Run 800 meters

### **Hero WOD #39 – Joshie**

3RFT

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.

**Hero WOD #40 – Nate**

20 Minute AMRAP

2 Muscle-ups

4 Handstand Push-ups

8 2-Pood Kettlebell swings

**Hero WOD #41 – Randy**

For time

75# power snatch, 75 reps

**Hero WOD #42 – 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

**Hero WOD #43 – Griff**

For time

Run 800 meters

Run 400 meters backwards

Run 800 meters

Run 400 meters backwards

**Hero WOD #44 - Ryan**

7 Muscle-ups

21 Burpees

Each burpee terminates with a jump one foot above max standing reach.

**Hero WOD #45 – Erin**

5 RFT

40 pound Dumbbells split clean, 15 reps

21 Pull-ups

**Hero WOD #46 – Mr. Joshua**

5 RFT

Run 400 meters

30 Glute-ham sit-ups

250 pound Deadlift, 15 reps

**Hero WOD #47 – DT**

5 RFT

155 pound Deadlift, 12 reps

155 pound Hang power clean, 9 reps

155 pound Push jerk, 6 reps

**Hero WOD #48 – Danny**

20 minute AMRAP

24" box jump, 30 reps

115 pound push press, 20 reps

30 pull-ups

**Hero WOD #49 – Hansen**

5 RFT

30 reps, 2 pood Kettlebell swing

30 Burpees

30 Glute-ham sit-ups

**Hero WOD #50 – Stephen**

For time

30-25-20-15-10-5 rep rounds of:

GHD sit-up

Back extension

Knees to elbow

95 pound Stiff legged deadlift

**Hero WOD #51 – War Frank**

3 RFT

25 Muscle-ups

100 Squats

35 GHD situps

**Hero WOD #52 – Paul**

5 RFT

50 Double unders

35 Knees to elbows

185 pound Overhead walk, 20 yards

**Hero WOD #53 – Jerry**

For time

Run 1 mile

Row 2K

Run 1 mile

**Hero WOD #54 – Nutts**

For time

10 Handstand push-ups

250 pound Deadlift, 15 reps

25 Box jumps, 30 inch box

50 Pull-ups  
100 Wallball shots, 20 pounds, 10'  
200 Double-unders  
Run 400 meters with a 45lb plate

**Hero WOD #55 – Arnie**

For time

With a single 2 pood kettlebell:

21 Turkish get-ups, Right arm

50 Swings

21 Overhead squats, Left arm

50 Swings

21 Overhead squats, Right arm

50 Swings

21 Turkish get-ups, Left arm

**Hero WOD #56 – The Seven**

7 RFT

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

**Hero WOD #57 – Roy**

5 RFT

225 pound Deadlift, 15 reps

20 Box jumps, 24 inch box

25 Pull-ups

**Hero WOD #58 – Coe**

10 RFT

95 pound Thruster, 10 reps

10 Ring push-ups

**Hero WOD #59 – Helton**

3 RFT

Run 800 meters

30 reps, 50 pound dumbbell squat cleans

30 Burpees

**Hero WOD #60 – Jack**

20 minute AMRAP

115 pound Push press, 10 reps

10 KB Swings, 1.5 pood  
10 Box jumps, 24 inch box  
Forrest  
3 RFT  
20 L-pull-ups  
30 Toes to bar  
40 Burpees  
Run 800 meters

**Hero WOD #61 – Bulger**

10 RFT  
Run 150 meters  
7 Chest to bar pull-ups  
135 pound Front squat, 7 reps  
7 Handstand push-ups

**Hero WOD #62 – Brenton**

5 RFT  
Run 150 meters  
7 Chest to bar pull-ups  
135 pound Front squat, 7 reps  
7 Handstand push-ups

**Hero WOD #63 – Blake**

4 RFT

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

**Hero WOD #64 – Collin**

6 RFT

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

**Hero WOD #65 – Thompson**

10 RFT

95 pound Back squat, 29 reps

135 pound barbells Farmer carry, 10 meters

Begin the rope climbs seated on the floor.

**Hero WOD #66 – Blake Whitten**

5 RFT

22 Kettlebell swings, 2 pood

22 Box jump, 24 inch box

Run 400 meters

22 Burpees

22 Wall ball shots, 20 pound ball

### **Hero WOD #67 – Bull**

2 RFT

135 pound Overhead squat, 50 reps

50 Pull-ups

Run 1 mile

### **Hero WOD #68 – Rankel**

20 minute AMRAP

225 pound Deadlift, 6 reps

7 Burpee pull-ups

10 Kettlebell swings, 2 pood

Run 200 meters

### **Hero WOD #69 – Holbrook**

10 RFT, each round for time

115 pound Thruster, 5 reps

10 Pull-ups

100 meter Sprint

Rest 1 minute

**Hero WOD #70 – Ledesma**

20 minute AMRAP

5 Parallette handstand push-ups

10 Toes through rings

20 pound Medicine ball cleans, 15 reps

**Hero WOD #71 – Whittman**

7 RFT

1.5 pood Kettlebell swing, 15 reps

95 pound Power clean, 15 reps

15 Box jumps, 24" box

**Hero WOD #72 –McCluskey**

3 RFT

9 Muscle-ups

15 Burpee pull-ups

21 Pull-ups

Run 800 meters

**Hero WOD #73 – Weaver**

4 RFT

10 L-pull-ups

15 Push-ups

15 Chest to bar Pull-ups

15 Push-ups

20 Pull-ups

15 Push-ups

### **Hero WOD #74 – Abbate**

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

### **Hero WOD #75 – Hammer**

5 RFT, 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

**Hero WOD #76 – Moore**

20 minute AMRAP

15 ft Rope Climb, 1 ascent

Run 400 meters

Max rep Handstand push-ups

**Hero WOD #77 – Wilmot**

6 RFT

25 Ring dips

**Hero WOD #78 – Moon**

7 RFT

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.

**Hero WOD #79 – Small**

3 RFT

Row 1000 meters

50 Burpees

50 Box jumps, 24" box

Run 800 meters

**Hero WOD #80 – Morrison**

For Time

50-40-30-20 and 10 rep rounds of:

Wall ball shots, 20 pound ball

Box jump, 24 inch box

Kettlebell swings, 1.5 pood

**Hero WOD #81 – Manion**

7 RFT

Run 400 meters

135 pound Back squat, 29 reps

**Hero WOD #82 – Gator**

8 RFT

185 pound Front squat, 5 reps

26 Ring push-ups

**Hero WOD #83 – Meadows**

For Time

20 Muscle-ups

25 Lowers from an inverted hang on the rings, slowly, with  
straight body and arms



30 Ring handstand push-ups

35 Ring rows

40 Ring push-ups

**Hero WOD #84 – Santiago**

7 RFT

35 pound Dumbbell hang squat clean, 18 reps

18 Pull-ups

135 pound Power clean, 10 reps

10 Handstand push-ups

**Hero WOD #85 – Carse**

For Time

21-18-15-12-9-6-3 reps of:

95 pound Squat clean

Double-under

185 pound Deadlift

24" Box jump

Begin each round with a 50 meter Bear crawl.

**Hero WOD #86 – Bradshaw**

10 RFT

10 rounds of:

3 Handstand push-ups  
225 pound Deadlift, 6 reps  
12 Pull-ups  
24 Double-unders

**Hero WOD #87 – Wood**

5 RFT  
Run 400 meters  
10 Burpee box jumps, 24" box  
95 pound Sumo-deadlift high-pull, 10 reps  
95 pound Thruster, 10 reps  
Rest 1 minute

**Hero WOD #88 – Hidalgo**

For Time  
Run 2 miles  
Rest 2 minutes  
135 pound Squat clean, 20 reps  
20 Box jump, 24" box  
20 Walking lunge steps with 45lb plate held overhead  
20 Box jump, 24" box  
135 pound Squat clean, 20 reps  
Rest 2 minutes

Run 2 miles

If you've got a twenty pound vest or body armor, wear it.

**Hero WOD #89 – Ricky**

20 minute AMRAP

10 Pull-ups

75 pound dumbbell Deadlift, 5 reps

135 pound Push-press, 8 reps

**Hero WOD #90– Dae Han**

3 RFT

Run 800 meters with a 45 pound barbell

15 foot Rope climb, 3 ascents

135 pound Thruster, 12 reps

**Hero WOD #91 – Deforges**

5 RFT

225 pound Deadlift, 12 reps

20 Pull-ups

135 pound Clean and jerk, 12 reps

20 Knees to elbows

**Hero WOD #92 – Rahoï**

12 minute AMRAP

24 inch Box Jump, 12 reps

95 pound Thruster, 6 reps

6 Bar-facing burpees

**Hero WOD #93 – Klepto**

4 RFT

27 Box jumps, 24" box

20 Burpees

11 Squat cleans, 145 pounds

**Hero WOD #94 – Del**

For Time

25 Burpees

Run 400 meters with a 20 pound medicine ball

25 Weighted pull-ups with a 20 pound dumbbell

Run 400 meters with a 20 pound medicine ball

25 Handstand push-ups

Run 400 meters with a 20 pound medicine ball

25 Chest-to-bar pull-ups

Run 400 meters with a 20 pound medicine ball

25 Burpees

**Hero WOD #95 – Pheezy**

3 RFT

165 pound Front squat, 5 reps

18 Pull-ups

225 pound Deadlift, 5 reps

18 Toes-to-bar

165 pound Push jerk, 5 reps

18 Hand-release push-ups

**Hero WOD #96 – J.J.**

For Time

185 pound Squat clean, 1 rep

10 Parallette handstand push-ups

185 pound Squat clean, 2 reps

9 Parallette handstand push-ups

185 pound Squat clean, 3 reps

8 Parallette handstand push-ups

185 pound Squat clean, 4 reps

7 Parallette handstand push-ups

185 pound Squat clean, 5 reps

6 Parallette handstand push-ups

185 pound Squat clean, 6 reps

5 Parallette handstand push-ups

185 pound Squat clean, 7 reps  
4 Parallette handstand push-ups  
185 pound Squat clean, 8 reps  
3 Parallette handstand push-ups  
185 pound Squat clean, 9 reps  
2 Parallette handstand push-ups  
185 pound Squat clean, 10 reps  
1 Parallette handstand push-up

**Hero WOD #97 – Jag 28**

For Time

Run 800 meters

28 Kettlebell swings, 2 pood

28 Strict Pull-ups

28 Kettlebell clean and jerk, 2 pood each

28 Strict Pull-ups

Run 800 meters

**Hero WOD #98 – Brian**

3 RFT

15 foot Rope climb, 5 ascents

185 pound Back squat, 25 reps

**Hero WOD #99 – Tumilson**

8 RFT

Run 200 meters

11 Dumbbell burpee deadlifts, 60 pound dumbbells

**Hero WOD #100 – Ship**

9 RFT

185 pound Squat clean, 7 reps

8 Burpee box jumps, 36" box

**Hero WOD #101 – Jared**

4 RFT

Run 800 meters

40 Pull-ups

70 Push-ups

**Hero WOD #102 – Tully**

4 RFT

Swim 200 meters

40 pound Dumbbell squat cleans, 23 reps

**Hero WOD #103 – Holleyman**

30 RFT

5 Wall ball shots, 20 pound ball

3 Handstand push-ups

225 pound Power clean, 1 rep

**Hero WOD #104 – Adrian**

7 RFT

3 Forward rolls

5 Wall climbs

7 Toes to bar

9 Box jumps, 30" box

**Hero WOD #105 – Glen**

For Time

135 pound Clean and jerk, 30 reps

Run 1 mile

15 foot Rope climb, 10 ascents

Run 1 mile

100 Burpees

**Hero WOD #106 – Tom**

25 minute AMRAP

7 Muscle-ups

155 pound Thruster, 11 reps



14 Toes-to-bar

**Hero WOD #107 – Ralph**

4 RFT

250 pound Deadlift, 8 reps

16 Burpees

15 foot Rope climb, 3 ascents

Run 600 meters

**Hero WOD #108 – Clovis**

For Time

Run 10 miles

150 Burpee pull-ups

Partition the run and burpee pull-ups as needed.

**Hero WOD #109 – Weston**

5 RFT

Row 1000 meters

200 meter Farmer carry, 45 pound dumbbells

45 pound dumbbell Waiter walk, 50 meters, Right arm

45 pound dumbbell Waiter walk, 50 meters, Left arm

**Hero WOD #110 – Hortman**

45 minute AMRAP

Run 800 meters

80 Squats

8 Muscle-ups

**Hero WOD #111 – Hamilton**

3 RFT

Row 1000 meters

50 Push-ups

Run 1000 meters

50 Pull-ups

**Hero WOD #112 – Zeus**

3 RFT

30 Wall ball shots, 20 pound ball

75 pound Sumo deadlift high-pull, 30 reps

30 Box jump, 20" box

75 pound Push press, 30 reps

Row 30 calories

30 Push-ups

Body weight Back squat, 10 reps

**Hero WOD #113 – Barraza**

18 minute AMRAP

Run 200 meters

275 pound Deadlift, 9 reps

6 Burpee bar muscle-ups

**Hero WOD #114 – Cameron**

For Time

50 Walking lunge steps

25 Chest to bar pull-ups

50 Box jumps, 24 inch box

25 Triple-unders

50 Back extensions

25 Ring dips

50 Knees to elbows

25 Wallball “2-fer-1s”, 20 pound ball

50 Sit-ups

15 foot Rope climb, 5 ascents

**Hero WOD #115 – Jorge**

For Time

30 GHD sit-ups

155 pound Squat clean, 15 reps

24 GHD sit-ups

155 pound Squat clean, 12 reps

18 GHD sit-ups

155 pound Squat clean, 9 reps

12 GHD sit-ups

155 pound Squat clean, 6 reps

6 GHD sit-ups

155 pound Squat clean, 3 reps

### **Hero WOD #116 – Brehm**

For Time

15 foot Rope climb, 10 ascents

225 pound Back squat, 20 reps

30 Handstand push-ups

Row 40 calories

### **Hero WOD #117 – Gallant**

For Time

Run 1 mile with a 20 pound medicine ball

60 Burpee pull-ups

Run 800 meters with a 20 pound medicine ball

30 Burpee pull-ups

Run 400 meters with a 20 pound medicine ball

15 Burpee pull-ups

**Hero WOD #118 – Smykowski**

For Time

Run 6k

60 Burpee pull-ups

**Hero WOD #119 – Donny**

For Time

21-15-9-9-15-21 reps of:

225 pound Deadlift

Burpee

**Hero WOD #120 – Dobogai**

7 RFT

8 Muscle-ups

22 yard Farmer carry, 50 pound dumbbells

**Hero WOD #121 – Roney**

4 RFT

Run 200 meters

135 pound Thruster, 11 reps

Run 200 meters

135 pound Push press, 11 reps

Run 200 meters

135 pound Bench press, 11 reps

**Hero WOD #122 – Don**

For Time

66 Deadlifts, 110 pounds

66 Box jump, 24 inch box

66 Kettlebell swings, 1.5 pood

66 Knees to elbows

66 Sit-ups

66 Pull-ups

66 Thrusters, 55 pounds

66 Wall ball shots, 20 pound ball

66 Burpees

66 Double-unders

**Hero WOD #123 – Dragon**

Post Load and Time

Run 5k

4 minutes to find 4 rep max Deadlift

Run 5k

4 minutes to find 4 rep max Push jerk

**Hero WOD #124 – Walsh**

4 RFT

22 Burpee pull-ups

185 pound Back squat, 22 reps

Run 200 meters with a 45 pound plate overhead

**Hero WOD #125 – Lee**

5 RFT

Run 400 meters

345 pound Deadlift, 1 rep

185 pound Squat clean, 3 reps

185 pound Push jerk, 5 reps

3 Muscle-ups

15 foot Rope climb, 1 ascent

**Hero WOD #126 – Willy**

3 RFT

225 pound Front squat, 5 reps

Run 200 meters

11 Chest to bar pull-ups

Run 400 meters

12 Kettlebell swings, 2 pood

**Hero WOD #127 – DG**

10 minute AMRAP

8 TTB

35 pound Dumbbell thruster, 8 reps

35 pound Dumbbell walking lunge, 12 steps

**Hero WOD #128 – TK**

20 minute AMRAP

8 Strict Pull-ups

8 Box jumps, 36" box

12 Kettlebell swings, 2 pood

**Hero WOD #129 – Justin**

For Time

30-20-10 reps for time of:

Body-weight back squats

Body-weight bench presses

Strict pull-ups

**Hero WOD #130 – Nukes**

In 8 minutes. No rest between rounds.

Post run times and reps completed for each exercise.

1-mile run



315-lb. deadlifts, max reps

Then, 10 minutes to complete:

1-mile run

225-lb. power cleans, max reps

Then, 12 minutes to complete:

1-mile run

135-lb. overhead squats, max reps

### **Hero WOD #131 – Zembiec**

5 RFT

11 back squats, 185 lb.

7 strict burpee pull-ups

400-meter run

During each burpee pull-up perform a strict push-up, jump to a bar that is ideally 12 inches above your max standing reach, and perform a strict pull-up.

### **Hero WOD #132 – Alexander**

5 RFT

31 back squats, 135 lb.

12 power cleans, 185 lb.

### **Hero WOD #133 – Bell**

3 RFT

185-lb. deadlifts, 21 reps

15 pull-ups

185-lb. front squats, 9 reps

**Hero WOD #134 – Kevin**

3 RFT

185-lb. deadlifts, 32 reps

32 hanging hip touches, alternating arms

800-meter running farmer carry, 15-lb. dumbbells

**Hero WOD #135 – Rocket**

30 minute AMRAP

50-yard swim

10 push-ups

15 squats

**Hero WOD #136 – Riley**

For Time

If you've got a weight vest or body armor, wear it.

Run 1.5 miles

150 burpees

Run 1.5 miles

## **Hero WOD #137 – Feeks**

For Time

2 x 100-meter shuttle sprint

2 squat clean thrusters, 65-lb. dumbbells

4 x 100-meter shuttle sprint

4 squat clean thrusters, 65-lb. dumbbells

6 x 100-meter shuttle sprint

6 squat clean thrusters, 65-lb. dumbbells

8 x 100-meter shuttle sprint

8 squat clean thrusters, 65-lb. dumbbells

10 x 100-meter shuttle sprint

10 squat clean thrusters, 65-lb. dumbbells

12 x 100-meter shuttle sprint

12 squat clean thrusters, 65-lb. dumbbells

14 x 100-meter shuttle sprint

14 squat clean thrusters, 65-lb. dumbbells

16 x 100-meter shuttle sprint

16 squat clean thrusters, 65-lb. dumbbells

## **Hero WOD #138 – Ned**

7 RFT

11 body-weight back squats

1,000-meter row

**Hero WOD #139 – Sham**

7 RFT

11 body-weight deadlifts

100m Sprint

# Chipper WODs

## Chipper WOD #1 - Tuga

For time

30x Wall ball (20#/14#)

100x KB swing (53#/36#)

100x Push-ups

100x Sit-ups

100x Squats

30x Wall ball

## Chipper WOD #2 - Robbie

For time

20x Back squat (225#)

40x Wall ball (20#)

60x Burpees

80x Double-unders

Run 1 mile

## Chipper WOD #3

For time

Run 400m (carrying 30# sandbag)

30x Sit-ups

15x Overhead squats (95#)

25x Deadlifts (225#)

30x Pull-ups

60x Push-ups

100x Squats

### **Chipper WOD #4**

1 round

30x Pull-ups, kipping

Run 400m

12x Pull-ups, strict

Run 800m

5x Pull-ups, weighted (40#/25#)

Run 1200m

### **Chipper WOD #5**

For time

25x Walking lunge steps

20x Pull-ups

50x Box jumps (20 inch)

20x Double-unders

25x Ring dips

20x Knees to elbows

30x Kettlebell swings (72#)

30x Sit-ups

20x Hang squat cleans (2x35# DBs)

25x Back extensions

30x Wall ball shots (20#)

3x Rope climb ascents

### **Chipper WOD #6**

1 round

3x Muscle-ups

5x Handstand push-ups

10x Pull-ups

20x Box jumps

30x Back extensions

40x Knees to elbows

50x Burpees

3x Muscle-ups

### **Chipper WOD #7 - Grand Pappy**

For time

Work up to Clean & jerk 1RM

Rest 2 minutes

Run 1 mile

Rest 2 minutes

100x KB clean & jerk (44#)

Rest 2 minutes

Run 1 mile

Rest 2 minutes

100x Push-ups

Rest 2 minutes

Run 1 mile

Rest 2 minutes

100x Sit-ups

### **Chipper WOD #8**

For time

8x Front squat (185#)

15x Burpees

7x Front squat

20x Pull-ups

6x Front squat

25x Wall-ball (20#)

5x Front squat

30x Ring dips

### **Chipper WOD #9**



For time

Row 1000m

20x Clean & jerk (155#/105#)

30x Ring push-ups

Run 400m

30x KB swings (53#/36#)

20x Burpees

10x Pistols

### **Chipper WOD #10**

1 round

15x Spiderman push-ups

10x Squats

15x Mountain climbers

10x Squats

15x Spartan push-ups

10x Squats

15x Hindu push-ups

10x Squats

15x Dips

### **Chipper WOD #11**

For time

100x Squats  
90x Double unders  
80x Push-ups  
70x Sit-ups  
60x Jumping pull-ups  
50x KB swings (53#/36#)  
40x GHD back extensions  
30x Box jumps (24/20 inch)  
20x Deadlifts (225#/135#)  
10x Burpees

### **Chipper WOD #12 - Simon Says**

For time  
Run 100m  
25x Pull-ups  
25x Push-ups  
50x Deadlift (135#)  
50x Box jumps (20 inch)  
25x Pull-ups  
25x Push-ups  
Run 100m  
50x Sit-ups

### **Chipper WOD #13**

For time

Run 400m

50x Pull-ups

Run 400m

50x Push-ups

Run 400m

50x Sit-ups

Run 400m

50x Squats

### **Chipper WOD #14**

For time

Run 1 mile

100x “Bodyblasters” (burpee + pull-up + knees to elbows)

Run 1 mile

### **Chipper WOD #15 - Scooter**

For time

Swings are performed RKC hard style

35x KB swing (72#)

25x KB swing (88#)

15x KB swing (106#)

10x Sumo deadlift high pull (135#)

5x Deadlift (315#)

35x KB swing (72#)

### **Chipper WOD #16**

For time

30x Back squat (245#/185#)

100m Sled drag (as heavy as possible)

50x Back extensions

20x Muscle-ups

50x Sit-ups

Run 1200m

50x Push-ups

30x Back squats

### **Chipper WOD #17**

For time

5x Deadlift (2x bw)

10x Pull-ups

20x Burpees

30x KB swings (53#/36#)

40x Sit-ups

50x Jumping jacks

60x Squats

Row 70 calories

Run 400m

### **Chipper WOD #18**

For max reps

6 minute cap

20x Strict pull-ups

30x Kipping pull-ups

Max reps Chest to bar pullups (reps=score)

Rest 5 minutes

6 minute cap

20x Weighted dips (90#)

30x Weighted dips (45#)

Max reps bodyweight dips (reps=score)

Rest 5 minutes

6 minute cap

20x Burpees

30x Box jumps (20 inch)

Max reps back squat @ bw (reps=score)

### **Chipper WOD #19 - The Big Four-two**

For time

Row 42 calories  
42x Push-ups  
42x Sumo deadlift high-pull (95#)  
42x Push press (115#)  
42x Deadlifts (225#)  
42x Push press  
42x Sumo deadlift high-pull  
42x Push-ups  
Row 42 calories

### **Chipper WOD #20 - 2010 Barbarian Requirements**

For time, 6 minute cut-off  
5x Dead hang muscle-ups  
45x Dips  
25x Dead hang pull-ups  
55x Chest-to-floor push-ups  
5x Dead hang muscle-ups

### **Chipper WOD #21 - Barn burner**

1 round  
Row 250m  
21x Sumo Deadlift high pull (115#/85#)  
Row 500m

21x Sledgehammer tire hits

Row 750m

21x KB swing (106#/72#, RKC hard style)

Row 1000m

21x Ball slams (30#/20#)

Row 1500m

### **Chipper WOD #22**

For time

Row 45 calories

45x DB thrusters (35#/20#)

45x Ring dips

45x Squats

Row 45 calories

### **Chipper WOD #23 - Szilvasi**

10x Burpees

20x Clean & jerk (100#)

30x Deadlift (135#)

40x Alternating pistol squats

50x Push-ups

60x KB swings (53#)

70x Squats

80x Sit-ups

90x Wall ball (20#)

Run 1km

### **Chipper WOD #24**

For time

40x Push-ups

20x KB swings (53#/36#)

10x Pull-ups

Run 400m

10x Pull-ups

20x KB swings (53#/36#)

40x Push-ups

### **Chipper WOD #25**

For time

30x Pull-ups

50x KB swings (53#/36#)

75x Sit-ups

5x Handstand push-ups

30x Squats, 25x Ring dips

30x Hang power cleans (95#/65#)

15x Knees to elbows



50x Push-ups

### **Chipper WOD #26**

For time

10x Overhead squat (155#)

10x Box jump-overs (24 inch)

10x Thruster (135#)

10x Power clean (205#)

10x Toes-to-bar

10x Burpee muscle-ups

10x Toes-to-bar

10x Power clean

10x Thruster

10x Box jump-overs

10x Overhead squat

### **Chipper WOD #27 - Meritorious**

For time

30x Handstand push-ups

40x Pull-ups

50x Sumo deadlift high pulls

60x Sit-ups

70x Burpees

## **Chipper WOD #28**

For time, 50x reps each

Knees to elbows

Burpees

Thrusters (45#)

Jumping ring dips

Overhead squat (45#)

KB snatches (53#/36#)

Sumo deadlift high pulls (45#)

Jumping pull-ups

Double unders

## **Chipper WOD #29**

For time

Wear 20# vest for all movements excluding run

Run 400m

50x Pull-ups

50x Push-ups

Run 400m

50x Sit-ups

50x Squats

Run 400m

## **Chipper WOD #30**

For time

20x Push-ups

35x Squats

20x Plyo push-ups

35x Split squats

20x Clapping push-ups

35x Broad jumps

20x Ring push-ups

35x Lateral hops (over 12" obstacle)

20x Handstand push-ups

## **Chipper WOD #31 - The Chuck**

For time

Run 800m

21x CTB pull-ups

15x KB swings (72#)

9x Squat cleans (135#)

Run 800m

9x Squat cleans

15x KB swings

21x CTB pull-ups

Run 800m

**Chipper WOD #32**

For time

44x Overhead squats (45#)

44x Box jumps

44x Sit-ups

44x Hang power clean

44x Box jumps

**Chipper WOD #33**

For time

Run 1 mile

10x Hang squat clean (AHAP)

20x Burpees

30x Sit-ups

40x Push-ups

50x Box jumps (24/20 inch)

**Chipper WOD #34 - Conky**

For time

Run 400m

30x Deadlift (225#)

Run 400m

30x Power clean (185#)

Run 400m

30x Hang clean (135#)

Run 400m

30x Sumo deadlift high pull (115#)

Run 400m

### **Chipper WOD #35**

For time

100x Sit-ups, 90x Squats

80x KB swings (53#/36#)

70x Double-unders

60x Walking lunges

50x Wall ball (20#/14#)

40x Deadlift (185#/135#)

30x Burpees

20x Push press (95#/65#)

10x Knees to elbows

### **Chipper WOD #36 - Lucky**

For time

KB weights are 53#/36#, scale as necessary

21x KB swings  
21x Push-ups  
21x KB clean & jerk  
21x Pull-ups  
21x KB snatch  
21x Sit-ups  
21x KB thruster, right arm  
21x Double unders  
21x KB thruster, left arm

### **Chipper WOD #37**

For time

31x Deadlifts (225#/135#)  
31x Burpees  
31x KB swings (53#/36#)  
31x Pull-ups  
31x Push-ups  
31x Wall ball (20#/14#)

### **Chipper WOD #38**

For time

100ft BB walking lunge (135#/95)  
80x MB sit-ups (15#/10#)

60x Wall ball (20#/14#)

40x Chest to bar pull-ups

20 Ring dips

Run 1K

### **Chipper WOD #39**

For time

20x KB swing (108#)

30x Single KB thruster, left arm (44#)

20x Push-ups

30x Sit-ups

20x KB sumo deadlift high pull (108#)

30x Burpees

20x Double KB snatch (2x44#)

200m Farmer's walk (2x72#)

20x KB swing (108#)

### **Chipper WOD #40**

For time

Row 500m

25x KB swing, right hand (53#)

25x KB swing, left

Row 500m

25x KB snatch, right hand (36#)

25x KB snatch, left

Row 500m

25x KB clean & jerk, right hand (44#)

25x KB clean & jerk, left

Row 500m

25x KB swing, two-handed (72#)

25x Goblet squats (53#)

### **Chipper WOD #41 - WOWWSSERS**

For time

Row 1000m

5x Pull-ups

10x KB swings (72#)

15x Box jumps

20x Burpees

25x Sprinter lunges

30x Push-ups

35x KB snatch (53#)

40x Walking lunges

45x/leg Flutter kicks

40x Squats



## **Chipper WOD #42**

1 round

Run 1200m

100x Push-ups

150x Sit-ups

200x Squats

Run 1200m

## **Chipper WOD #43**

For time

100x Squats

100x Pull-ups

200x Push-ups

300x Squats

100x Walking lunge steps

## **Chipper WOD #44 - Sweet pea**

1 round

50x Double unders

10x Box jumps

40x Double unders

20x Box jumps

30x Double unders

30x Box jumps

20x Double unders

40x Box jumps

10x Double unders

50x Box jumps

### **Chipper WOD #45 - Vern**

For time

50x Pull-ups

Run 400m

100x Push-ups

Run 400m

150x Sit-ups

Run 400m

200x Squats

Run 400m

250x Double-unders

### **Chipper WOD #46**

For time

Run 1 mile

60x Push-ups

40x Ring dips

20x Handstand push-ups

10x/leg Pistols

20x Handstand push-ups

40x Ring dips

60x Push-ups

Run 1 mile

### **Chipper WOD #47**

For time

20x Power clean (115#/75#)

10x Handstand push-ups

20x Hang power clean

30x KB swings (53#/36#)

20x Power clean

30x Burpees

20x Hang power clean

10x Strict pull-ups

20x Power clean

### **Chipper WOD #48**

For time

50x Sit-ups

50x Double unders

50x Sit-ups

50x Walking lunge steps

50x Sit-ups, 50x Burpees

50x Sit-ups

### **Chipper WOD #49**

For time

5x DB thrusters (55#/30#)

10x Squat jumps

20x Weighted walking lunge steps (55#/30# DBs)

30x Mountain climbers

40x Parallette push-ups with feet on 16 inch box

50x Pull-ups

60x Sit-ups

### **Chipper WOD #50**

For time

50x Double KB front squat (36#/24#)

Row 1000m

100x Double-unders

Run 1600m

50x KB swings (53#/36#)

## **Chipper WOD #51**

For time

Run 800m

30x Overhead squats (45#)

30x Box jumps

30x Squats

30x Broad jumps

Run 800m

## **Chipper WOD #52**

For time

10x Muscle-ups

30x KB swings (53#/36#)

Row 40 calories

60x Push press(65#/45#)

20x Push-ups

40x KB swings

Run 400m

100x Jumping jacks

30x Sit-ups

15x Pull-ups

50x Double unders

10x Deadlifts (225#/155#)

**Chipper WOD #53 - Frogman's Christmas**

For time

100x Dead hang pull-ups

250x Push-ups

500x Sit-ups

Run 3 miles

**Chipper WOD #54**

For time

50x Squats

25x Push-ups

50x Pistols

25x Fingertip push-ups

50x Jumping alternating lunges

25x knuckle push-ups

50x Walking lunges

25x Diamond push-ups

**Chipper WOD #55 - Louis Hell**

For time

Run 400m between each exercise

20x Jump squats

20x KB swings (53#)

20x Burpees

20x Overhead squat (95#)

20x Muscle-ups

20x Box jump (24 inch)

20x each leg KB overhead walking lunges (36#)

# Create Your Own WODs

Sometimes you may need or want to create your own WOD. Two things that you want to remember, no matter the approach you take to your workouts, is that the workouts should be short in duration and challenging in intensity. There are three main categories that you can choose from when selecting what exercises you will use on a particular day: gymnastics (i.e., bodyweight drills or calisthenics), metabolic conditioning (i.e. CV), and weightlifting (i.e. exercises with barbells, kettlebells, medicine balls, and dumbbells). You may choose to do a workout by selecting an exercise from either one, two or three categories.

You can keep your workout simple by selecting a single exercise from one of these three categories. Should you choose an exercise from the gymnastics category, this is a good opportunity to work on your technique. If you prefer a metabolic conditioning workout, you can lower the resistance (intensity), but increase the duration. A single element weightlifting workout would also be adequate for enhancing your strength.

As you've seen the 1,000 examples in this book, there are countless ways to make a WOD. Each can be tailored to suit your needs.

A WOD that includes two exercises should include exercises from two different categories (i.e. weightlifting and cardio, or weightlifting and gymnastics). This type of workout is typically completed for time, with an established goal for the number of repetitions or sets that should be completed. The



intensity for this type of workout should be moderate to challenging. Also, try to minimize recovery time between.

You may also choose to create a WOD with elements from all three categories. Typically, you will want to designate a time limit and complete as many rounds as possible of the three exercises. Predetermine the number of repetitions for each exercise. This type of workout should be at least moderately challenging.

No matter what you choose to do for your WOD on a given day, make sure to allow yourself adequate time to warm-up and cool-down. Make sure that your workouts vary from day to day. And always keep track of your workouts so that you can track your progress as you get stronger.

I've given you 1,000 workouts that you can try yourself or use as inspiration to create your own. Get inspired, have fun and be creative with your WOD choices!

# Cool Down

The cool-down portion of a workout is an often neglected but very important part of any Cross Training workout. At the very least you should walk around and sip water. You do not want to sit or lay down right after your training session. It is bad for your body both physiologically and psychologically.

Psychologically, you are Cross Training to become empowered and stronger. If you sprawl out on the floor and sit with your head hanging, those are signs of defeat. You kicked that workout's butt! Hold your head high in your success.

Physiologically, it can be very bad for your body to just stop after a workout. Remember that these are incredibly intense workouts that increase your heart rate and the volume of blood travelling through your body to your heart. As you are working out, your body is overcoming gravity to bring blood flow from your extremities to your heart so that your vital organs and tissue receive enough blood to support the high intensity level of the workout. When you just stop after your workout, your heart rate does not have time to come down properly. However, at the same time, you are no longer generating enough power to bring that blood from your extremities to the heart. This can lead to fainting or dizziness because blood is pooling in your extremities. Also, not properly cooling down can lead to a buildup of lactic acid in your system, causing not only faster fatigue, but also a potential decrease in your athletic performance.

So just remember the importance of your cool down. Stay on your feet; walk around; do an easy jog if you want to; stretch.

Make sure that you allow your heart rate to slow down and your muscles to recover. In addition to the short term improvements in recovery, you will also see a long term increase in athletic performance.

# Summary

Whether you were a beginner or a seasoned Cross Training athlete when you purchased this book, by now you have most likely challenged your body and mind in ways you never knew you could, and have achieved a higher level of fitness and confidence than you ever imagined possible.

As you continue on your Cross Training journey, I would urge you to try new things. If there is a subcategory that you did not try before because it is not your favorite, go ahead and give it a try anyway. You may surprise yourself as to what you will enjoy. This book can remain your reference as you expand your fitness practice, no matter at what level you may find yourself.

Remember to always warm-up, cool down and listen to your body; but never stop challenging yourself. Cross Training is high intensity, but it is nothing that you cannot handle! And do not forget to keep a record of how far you come as you complete your WODs. There is nothing more satisfying than looking back and realizing that you have just killed a PR (personal record) when you have completed a challenging workout. Continue to live in health and have fun!

Finally, if you enjoyed this book, then please be kind enough to leave a review for it on Amazon so that we can share the benefits of Cross Training with even more people. It'd be greatly appreciated.

Thank you and keep killing those PRs!

**TJ Williams**

# About the Author



*“Discipline is the bridge between goals and accomplishment”*

~Jim Rohn

We all possess the potential to achieve great things in life. Big goals are common place in today’s society, but only a small percentage of people will take the action required to attain such feats.

TJ Williams is a gym owner and one of the top Personal Trainers in North America. He’s worked with hundreds of clients to meet their physical needs in aesthetics, functional fitness and high level performance.

TJ was born and raised in Daytona Beach, Florida. He spent most of his childhood playing sports and keeping fit. He went on to study Exercise Science at Florida State University and became a Personal Trainer. He now owns multiple gyms in the

east coast of America, writes fitness books and dedicates his time to transforming people's physiques and lives.

When he's not training or writing, TJ enjoys spending time with his friends and family, playing Soduko, and travelling.

[>>Click Here for TJ's Complete Book Collection<<](#)

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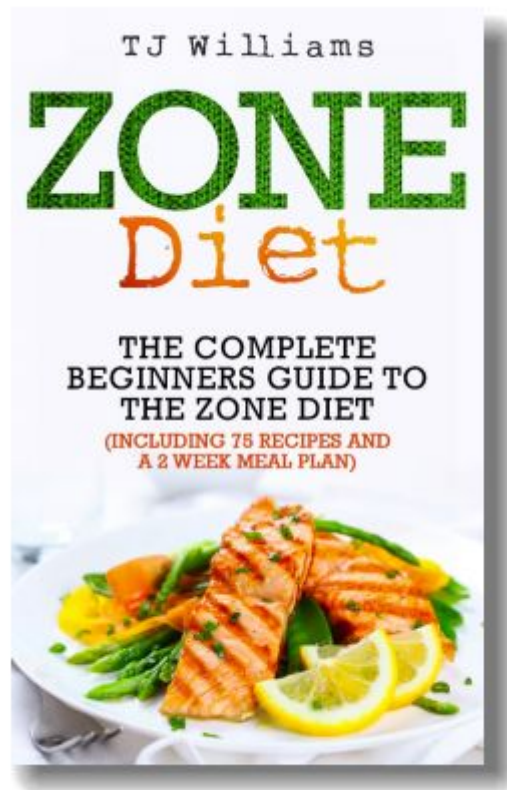
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