

JUST YO' BODY

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

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



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



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



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



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



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



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



NO BARS HERE

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

EVA $R_x = 2$ POOD
5 ROUNDS
800m run
30 kettlebell swings
30 pull-ups



HELEN $R_x = 15$ POOD
3 ROUNDS
400m run
21 kettlebell swings
12 pull-ups



KELLY $R_x = 20$ LBS
5 ROUNDS
400m run
30 24" box jumps
30 wall balls



KAREN $R_x = 20$ LBS
AFAP
150 wall balls



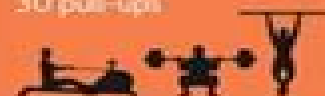
MIX IT UP

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

AMANDA $R_x = 105$ LBS
9-7-5
Muscle-ups
Snatch



JACKIE $R_x = 45$ LBS
AFAP
1000m row
50 thrusters
30 pull-ups



DIANE $R_x = 225$ LBS
21-15-9
Deadlift
Handstand push-ups



FRAN $R_x = 95$ LBS
21-15-9
Thrusters
Pull-ups



ELIZABETH $R_x = 105$ LBS
21-15-9
Cleans
Ring dips



NANCY $R_x = 95$ LBS
5 ROUNDS
400 m run
15 overhead squats



LYNNE
5 ROUNDS MAX REPS
Body weight bench press
Pull-ups



GET HEAVY

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

ISABEL $R_x = 135$ LBS
AFAP
30 Snatches



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



GRACE $R_x = 135$ LBS
AFAP
30 clean and jerks



Crossfit Training Guide Portugues

Raymond Baker



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Crossfit Káiser Wolf Klein,2021-04-13 Crossfit It is true that one of the first adaptations of a person starting with CrossFit is weight loss Normally newbies see how relatively quickly compared to other workouts such as gym fitness or directed classes their body tends towards its ideal weight Since most of us carry extra weight this often means losing weight And it is also evident that the more kilos you have to lose the more striking the change will be Does that mean that CrossFit is specifically designed to fulfill this function The general answer is no the answer in more detail includes a but yes Functionality the true goal of CrossFit CrossFit is a very complete training program that seeks for the athlete including everyone who does this sport not just elite athletes to develop their general physical abilities Cardiovascular endurance Energy resistance Force Flexibility Power Velocity Coordination Agility Balance Precision That s the definition of CrossFit according to its creator Greg Glassman It is used as a small commandment and nowhere is lose weight included At the same time it is specified that it is a training based on functional movements practiced at high intensity and this work usually involves a great effort that usually translates into weight loss Doing all this work is going to take a lot of effort on your part If you are overweight you will get rid of it practicing CrossFit R but get used to the idea you will have to work out Therefore although it is not the main goal weight loss usually accompanies the rest of the results which is why you train in CrossFit What to do to lose weight in CrossFit As you might imagine losing weight is still a task that involves more than one task There is no magic no one can tell you to focus only on doing CrossFit or dieting or taking this supplement Losing weight remains one of the most common problems in the general population In addition it is a recurring problem because people tend to follow a diet instead of learning to eat to abandon that diet and suffer the rebound effect that leaves them worse than at the beginning If you want to lose weight once and for all there is only one way by changing your lifestyle Only if you really care about the goal will you be

willing to learn I give you the information so that you do not waste time or your health and you put all your efforts you will achieve your goals I often receive the grateful account of people who say it has changed their life My book will help you lose weight Take charge of your health Overcoming false myths about CrossFit Know exactly what foods are good for your health Lose weight Improve your digestions Gain energy Control your cravings Integrate this diet as a true lifestyle And yes CrossFit will help you meet your physical goals but you will never get the results you are looking for unless you learn to eat the way you deserve

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