

JUST YO' BODY

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

MARY

AMRAP 20 MIN

5 handstand push-ups
10 single leg squats
15 pull-ups



NICOLE

AMRAP 20 MIN

400m run
Max rep pull-ups



EVA

$R_x = 2$ POOD

5 ROUNDS

800 m run
30 kettlebell swings
30 pull-ups



KAREN

$R_x = 20$ LBS

AFAP

150 wall balls



JACKIE

$R_x = 45$ LBS

AFAP

1000 meter row
50 thrusters
30 pull-ups



ELIZABETH

21-15-9

$R_x = 135$ LBS

Cleans
Ring dips



BARBARA

5 ROUNDS 3 MIN REST

20 Pull-ups
30 Push-ups
40 Sit-ups
50 Squats



CINDY

AMRAP IN 20 MIN

5 pull-ups
10 push-ups
15 squats



ANGIE

AFAP

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



HELEN

$R_x = 15$ POOD

3 ROUNDS

400m run
21 kettlebell swings
12 pull-ups



MIX IT UP

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

DIANE

$R_x = 225$ LBS

21-15-9

Deadlift
Handstand push-ups



NANCY

$R_x = 95$ LBS

5 ROUNDS

400 m run
15 overhead squats



CHELSEA

EMOM FOR 30 MIN

5 Pull-ups
10 Push-ups
15 Squats



ANNIE

50-40-30-20-10

Double unders
Sit-ups



NO BARS HERE

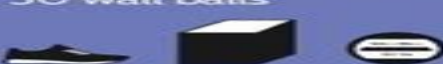
Here come the props as bodyweight movements and fun things like wall balls collide.

KELLY

$R_x = 20$ LBS

5 ROUNDS

400m run
30 24" box jumps
30 wall balls



AMANDA

$R_x = 135$ LBS

9-7-5

Muscle-ups
Snatch



FRAN

$R_x = 95$ LBS

21-15-9

Thrusters
Pull-ups



LYNNE

5 ROUNDS MAX REPS

Body weight bench press
Pull-ups



Crossfit Training Guide

Patrick Vollmar



Crossfit Training Guide:

The Enigmatic Realm of **Crossfit Training Guide**: Unleashing the Language is Inner Magic

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