

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

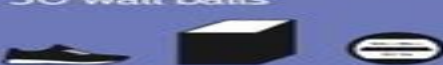
Here come the props as bodyweight movements and fun things like wall balls collide.

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

Terry C. Jones



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Table of Contents Crossfit Training Guide

1. Understanding the eBook Crossfit Training Guide
 - The Rise of Digital Reading Crossfit Training Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Crossfit Training Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Crossfit Training Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Crossfit Training Guide
 - Personalized Recommendations
 - Crossfit Training Guide User Reviews and Ratings
 - Crossfit Training Guide and Bestseller Lists

5. Accessing Crossfit Training Guide Free and Paid eBooks
 - Crossfit Training Guide Public Domain eBooks
 - Crossfit Training Guide eBook Subscription Services
 - Crossfit Training Guide Budget-Friendly Options
6. Navigating Crossfit Training Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Crossfit Training Guide Compatibility with Devices
 - Crossfit Training Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Crossfit Training Guide
 - Highlighting and Note-Taking Crossfit Training Guide
 - Interactive Elements Crossfit Training Guide
8. Staying Engaged with Crossfit Training Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Crossfit Training Guide
9. Balancing eBooks and Physical Books Crossfit Training Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Crossfit Training Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Crossfit Training Guide
 - Setting Reading Goals Crossfit Training Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Crossfit Training Guide
 - Fact-Checking eBook Content of Crossfit Training Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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