CrossFit Benchmark Workouts

**Hero WODs**

**JT**
21-15-9 reps, for time
Handstand push-ups
Ring dips
Push-ups

**Michael**
3 rounds for time
Run 800 meters
50 Back Extensions
50 Sit-ups

**Murph**
For time
1 mile run
100 pull-ups
200 push-ups
300 squats
1 mile run
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.

**Daniel**
For time
50 Pull-ups
400 meter run
95 pound Thruster, 21 reps
800 meter run
95 pound Thruster, 21 reps
400 meter run
50 Pull-ups

**Josh**
For time
95 pound Overhead squat, 21 reps
42 Pull-ups
95 pound Overhead squat, 15 reps
30 Pull-ups
95 pound Overhead squat, 9 reps
18 Pull-ups

**Randy**
For time
75# power snatch, 75 reps

**Jason**
For time
100 Squats
5 Muscle-ups
75 Squats
10 Muscle-ups
50 Squats
15 Muscle-ups
25 Squats
20 Muscle-ups

**Badger**
For time
95 pound Squat clean, 30 reps
30 Pull-ups
Run 800 meters

**Joshie**
For time
40 pound Dumbbell snatch, 21 reps, right arm
21 L Pull-ups
40 pound Dumbbell snatch, 21 reps, left arm
21 L Pull-ups
The snatches are full squat snatches.

**Nate**
For time
2 Muscle-ups
4 Handstand Push-ups
8 2-Pood Kettlebell swings

**Tommy V**
For time
115 pound Thruster, 21 reps
15 ft Rope Climb, 12 ascents
115 pound Thruster, 15 reps
15 ft Rope Climb, 9 ascents
115 pound Thruster, 9 reps
15 ft Rope Climb, 6 ascents

**Griff**
For time
Run 800 meters
Run 400 meters backwards
Run 800 meters
Run 400 meters backwards
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**Ryan**
For time
Five rounds of:
7 Muscle-ups
21 Burpees
Each burpee terminates with a jump one foot above max standing reach.

**Erin**
5 rounds for time
15 Dumbbells split clean @ 40# ea.
21 Pull-ups

**Mr. Joshua**
5 Rounds for time
Run 400 meters
30 Glute-ham sit-ups
250 pound Deadlift, 15 reps

**DT**
5 Rounds for time
155 pound Deadlift, 12 reps
155 pound Hang power clean, 9 reps
155 pound Push jerk, 6 reps

**Danny**
AMRAP in 20 minutes
24" box jump, 30 reps
115 pound push press, 20 reps
30 pull-ups

**Hansen**
5 Rounds for time
30 reps, 2 pood Kettlebell swing
30 Burpees
30 Glute-ham sit-ups

**Tyler**
5 Rounds for time
7 Muscle-ups
21 reps 95 pound Sumo-deadlift high-pull