

Angie

For time:
100 pull-ups
100 push-ups
100 sit-ups
100 squats

Annie

50-40-30-20-10 reps for time:
Double-unders
Sit-ups

Barbara

Five rounds for time:
20 pull-ups
30 push-ups
40 sit-ups
50 squats

Rest three minutes between rounds. Score each round.

Betty

Five rounds for time:
135 lb. (95) push press, 12 reps
24" box jumps, 20 jumps

Candy

Five rounds for time of:
20 pull-ups
40 push-ups
60 squats

Charlotte

21-15-9 reps for time:
95 lb. (65) over head squats
95 lb. (65) sumo deadlift high pulls (SDHP)

Chelsea

Each minute on the minute for 30 minutes, for rounds:
5 pull-ups
10 push-ups
15 squats

Cindy

As many rounds as possible in twenty minutes:
5 pull-ups
10 push-ups
15 squats

Daniel

In memory of Army Sgt 1st Class Daniel Crabtree who was killed in Al Kut, Iraq on June 8, 2006.

For time:

50 pull-ups
Run 400 meters
95 lb. (65) thrusters, 21 reps
Run 800 meters
95 lb. (65) thrusters, 21 reps
Run 400 meters
50 pull-ups

Diane

21-15-9 reps for time:
225 lb. (155) deadlift
Handstand push-ups (HSPU)

Elizabeth

21-15-9 reps for time:
135 lb. (95) clean
Ring dips

Fight Gone Bad

Three to five rounds, for reps (calories on rower):
20 lb. (14) wall-ball, 8 ft. target
75 lb. (50) SDHP
20" box jump
75 lb. (50) push-press
Row

One five minute round is comprised of one minute at each station. One minute of rest is allowed between rounds. Clock does not stop between exercises or rounds. Each round is scored by the sum total of reps.

Fran

21-15-9 reps for time:
95 lb. (65) thrusters
Pull-ups

Fractured Fran

Five rounds for time of:
95 lb. thrusters, 9 reps
Pull-ups, 9 reps

Grace

30 reps for time:
135 lb. (95) clean and jerk

Heather

Three rounds for time:
Row 500 meters
225 lb. (155) deadlift, 12 reps
21 ring dips

Helen

Three rounds for time:
Run 400 meters
55 lb. (35) kettlebell swing, 21 reps
Pull-ups, 12 reps

Isabel

30 reps for time:
135 lb. (95) snatch

Jackie

For time:
Row 1000 meters
45 lb. (30) thrusters, 50 reps
Pull-ups, 30 reps

Jeremy (kids benchmark)

In honor of three year old Jeremy Bloniasz who lost his life in a tragic accident on July 6, 2006.

21-15-9 reps, for time of:
Broomstick overhead squats
Burpees

JT

In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little Creek, VA, who was killed in Afghanistan June 2005.

21-15-9 reps for time:

HSPU
Ring dips
Push-ups

Karen

For time:
20 lb. (14) wall-ball, 150 shots

Kelly

Five rounds for time:
Run 400 meters
20" box jumps, 30 jumps
20 lb. (14) wall-ball, 30 shots

Linda (a.k.a. "3 bars of death")

10-9-8-7-6-5-4-3-2-1 reps for time:
150% bodyweight Deadlift
100% bodyweight Bench press
75% bodyweight Clean

Lola

Five rounds for time:
30 double-unders
20 knees to elbows
10 HSPU

Lynne

Five rounds for max reps:
Bodyweight bench press
Pull-ups

Maggie

Five rounds for time of:
20 HSPU
40 pull-ups
60 one leg squats (30 ea. leg, alternating)

Mary

As many rounds as possible in twenty minutes:
5 HSPU
10 one-leg squats (5 ea. leg, alternating)
15 pull-ups

Michael

In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan June 28, 2005.

Three rounds for time:

Run 800 meters
50 back extensions
50 sit-ups

Murph

In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, NY, who was killed in Afghanistan June 28, 2005.

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

Nancy

Five rounds for time:
Run 400 meters
95 lb. (65) overhead squats, 15 reps

Pukie Brewster

For time:
150 burpees

Tabata Something Else

20 sec work / 10 sec rest repeated 8x for each exercise, for reps:
Pull-ups
Push-ups
Sit-ups
Squats

There is no rest between exercises.
Score is total reps from all 32 intervals.

Tabata This

20 sec work / 10 sec rest repeated 8x for each exercise, with a one minute recovery between exercises.

Squat
Rower
Pull-ups
Push-ups
Sit-ups

Score is calculated by adding together the lowest score from the eight intervals of each exercise. The order of the exercises can be changed.

Widow Maker

As many rounds as possible in twenty minutes of:
15 double-unders
15 burpees
15 20" box jumps
15 ft. rope climb