

The 27 CrossFit Girls WODS

Amanda:

For time: 9-7-5 reps of:
Muscle-ups and Squat Snatches
(135/95lb).

Angie:

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

Annie:

For time: 50-40-30-20-10 reps of:
double-unders and sit-ups.

Barbara:

For time: five rounds of:
20 pull-ups, 30 push-ups,
40 sit-ups, 50 air squats,
3 minutes rest.

Candy:

Five rounds for time of:
20 Pull-ups, 40 Push-ups, 60 Squats

Chelsea:

Every minute on the minute:
5 pull-ups, 10 push-ups, 15 air squats
for a total of 30 minutes.

Cindy:

AMRAP in 20 minutes:
5 pull-ups, 10 push-ups, 15 air squats.

Diane:

For time: 21-15-9 reps of:
Deadlifts(225/155lb) and
Handstand push-ups.

Elizabeth:

For time: 21-15-9 reps of:
squat cleans (135/95lb) and ring dips.

Eva:

Five rounds for time:
800-meter run, 30 kettlebell swings (2
pood), 30 pull-ups.

Fran:

For time: 21-15-9 reps of:
thruster (95/75lb) and pull-ups.

Grace:

For time:
30 clean-and-jerks (135/95lb).

Gwen:

15-12-9 Reps for Load.
Clean-and-Jerks (unbroken). Rest as
needed between sets.

Helen:

Three rounds for time:
400-meter run, 21 kettlebell swings
(50/35lb), 12 pull-ups.

Hope:

Three rounds of:
Burpees, 75-pound Power snatch, Box
jump, 24" box, 75-pound Thruster,
Chest to bar Pull-ups.

Isabel:

For time:
30 snatches (135/95lb).

Jackie:

For time:
1,000-meter row, 50 thrusters
(45/35lb), 30 pull-ups.

Karen:

For time: 150 wall ball shots (20/14).

Kelly:

Five rounds for time:
400-meter run, 30 box jumps (24/20)
30 wall ball shots (20/14s).

Linda:

For time: 10-1 reps of:
deadlift (1.5 BW), bench press (BW),
clean (0.75 BW).

Lynne:

Five rounds for max reps:
Bench Press (BW) and Pull-ups.

Maggie:

5 Rounds for Time:
20 Handstand Push-Ups,
40 Pull-Ups, 60 Alternating Pistols

Marguerita:

50 reps for time of: Burpee/Push-
up/Jumping-Jack/Sit-up/Handstand

Mary:

As many rounds as possible (AMRAP)
in 20 minutes:
5 handstand push-ups, 10 pistols
(alternating legs), 15 pull-ups.

Megan:

21-15-9 reps for time of:
Burpees; KB Swings (53/35)
Double-Unders.

Nancy:

For time: five rounds of:
400-meter run and 15 overhead
squats (95/65lb).

Nicole:

As many rounds as possible (AMRAP)
in 20 minutes: 400-meter run and
max reps pull-ups.