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Sun, 13 May 2018 08:25:00 GMT - In the September 2003 CrossFit Journal we introduced our first benchmark workouts - "The Girls": "Angie, Barbara, Chelsea, Diane, Elizabeth, and Fran".

The New Girls - CrossFit -

Tue, 08 May 2018 01:22:00 GMT - workout of the day lists-crossfit. workout of the day lists crossfit.com the benchmark girls angie • 100 pull-ups • 100 push-ups • 100 sit-ups • 100 squats for time

The New Girls CrossFit - PDF documents - DOC-TXT -

Mon, 14 May 2018 00:25:00 GMT - "The Girls " Angie Barbara ... with each new exercise. This workout has a strong aerobic flavor ... ® CrossFit is a registered trademark of CrossFit, Inc.

Benchmark Workouts - CrossFit -

Wed, 16 May 2018 09:26:00 GMT - Workout of the Day Lists CrossFit.com The Benchmark Girls Angie • 100 Pull-ups • 100 Push-ups • 100 Sit-ups • 100 Squats For Time ... Seven new stars will be ...

Workout of the Day Lists-CROSSFIT - DriveThroughPlease -

Sat, 05 May 2018 17:17:00 GMT - We took all 21 of CrossFit's "Girls" benchmark workouts and categorized them in four groups. Group 1) Bodyweight Only – Pull-ups, Push-ups, Sit-ups, Running, Air Squats, Handstand Push-ups and Double-unders Group 2) Bodyweight & Lifting (no-barbell) – These include a combination of box jumps, wall balls, and kettlebells along with the bodyweight movements mentioned in the 1st group.

Meet The Girls - CrossFit Benchmark Workouts Infographic -

Mon, 14 May 2018 21:24:00 GMT - I've put together list of all CrossFit girl WODs ... (Angie, Fran, ...) and New CrossFit girls ... Download all CrossFit Girls in PDF with all good times to beat and ...

All CrossFit Girl WODs (+PDF) - WOD Time Calculator -

Fri, 11 May 2018 03:34:00 GMT - Download or Print every Hero WOD, all "The Girls", plus Tributes and more. Get a free PDF of all 300+ named WODs.

Download the CrossFit Benchmark WODs | WODwell -

Mon, 14 May 2018 01:43:00 GMT - The CrossFit Benchmark WODs – The Girls (Courtesy of CrossFit.com) Although CrossFit programming is, by nature, constantly varied, Benchmark WODs allow you

The CrossFit Benchmark WODs The Girls - WordPress.com -

Wed, 16 May 2018 14:13:00 GMT - Since then the list has grown to over 160 hero WODs that are housed on the CrossFit mainsite, with new ones being added every month or so. Hero WODs have been used in Regionals and Games workouts. Some of the most popular hero WODs include Murph, Randy, Tommy V, DT, and the Seven.

CrossFit Hero WODs - Complete List [PDF] | School of WOD -

- The New Girls; Annie: Double-unders; Sit-ups; 50-40-30-20 and 10 rep rounds; for time: Eva: Run 800 meters; 2 pood KB swing, 30 reps; 30 pullups; 5 rounds for time. Kelly: Run 400 meters; 30 box jump, 24 inch box; 30 Wall

ball shots, 20 pound ball; Five rounds for time: Lynne: Bodyweight bench press (e.g., same amount on bar as you weigh) pullups; 5 rounds for max reps.

BENCHMARK WORKOUTS - Element CrossFit -

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