

the **CrossFit** JOURNAL ARTICLES

The New Girls

In the September 2003 CrossFit Journal we introduced our first benchmark workouts - "The Girls": "Angie, Barbara, Chelsea, Diane, Elizabeth, and Fran". In the following months we introduced two more: "Grace", and "Helen".

These benchmark workouts serve to measure and benchmark your performance and improvements through repeated, irregular, appearances in the "Workout of the Day".

This month we introduce six new beauties, "Isabel, Jackie, Karen, Linda, Mary, and Nancy." You will certainly be seeing them in the lineup.

"Isabel"

Snatch 135 pounds, 30 reps for time

This workout is clearly Grace's (135X30 C&J for time) best friend.

"Jackie"

For time:

Row 1,000 meters
Thruster 45 pounds, 50 reps
30 Pull-ups

Not everyone has a rower, but "Jackie" is reason enough to buy one. A second round at 500/25/15 and a third at 250/15/10 make for a perfect workout.

"Karen"

Wall-ball 150 shots

Simple and elegant, "Karen", has the effect of

three girls. Mike Weaver's 4:52 is the mark to beat. The target is at ten feet, the ball is 20 pounds, and each shot requires a full squat.

"Linda"

10-9-8-7-6-5-4-3-2- and 1 rep rounds for time of:

Clean $\frac{3}{4}$ bodyweight
Bench bodyweight
Deadlift 1 $\frac{1}{2}$ bodyweight

This workout first appeared July 5th, 2003. More than a year later, September 23, 2004, Steve M., Rutman, Steve S., Ross Hunt, Barry Cooper, and Scott Kustes offered it as the toughest WOD to date. Mr. Kustes referred to this workout as "Three Bars of Death".

"Mary"

Complete as many rounds in 20 minutes as you can of:

5 Handstand push-ups
10 1-legged squats, alternating legs
15 Pull-ups

"Chelsea" (Pull-up, push-up, squat 5/10/15) proved that a powerful cardiorespiratory stimulus could be generated through simple calisthenic workouts. "Mary", shows how tough calisthenic workouts can be. First seen October 30th, 2004, the time to beat is Dr. Todd Hockenbury's blistering 12 and $\frac{2}{3}$ rounds. (This West Point gymnast and Orthopedic Surgeon can be counted on to keep the bar high.)

The New Girls (continued...)

“Nancy”

Five rounds for time of:

Run 400 meters

Overhead squat 95 pounds, 15 reps

Finesse and control at high heart rate is critical.

“Nancy” demands it.

The Girls

Angie

100 Pull-ups
100 Push-ups For time
100 Sit-ups
100 Squats

Barbara

20 Pull-ups 5 rounds for time
30 Push-ups 3 minutes rest
40 Sit-ups between rounds
50 Squats

Chealsea

5 Pull-ups Each minute on
10 Push-ups the minute for
15 Squats 30 minutes

Diane

Deadlift 225 lbs 21-15-9 reps
Handstand push-ups 3 rounds for
time

Elizabeth

Clean 135 lbs 21-15-9 reps 3
Ring Dips rounds for time

Fran

Thruster 95 lbs 21-15-9 reps 3
Pull-ups rounds for time

Grace

Clean and Jerk 135 lbs 30 reps for
time

Helen

400 meter run 3 rounds for
1.5 pood Kettlebell time
swing (21 times)
Pull-ups (12 reps)

Isabel

Snatch 135 lbs 30 reps for time

Jackie

1000 meter row For time
Thruster 45 lbs (50 reps)
Pull-ups (30 reps)

Karen

Wall-ball 150 shots For time

Linda

Clean 3/4 BW 10-9-8-7-6-5-4-
Bench BW 3-2 and 1 rep
Deadlift 1 1/2 BW rounds for time

Mary

5 Handstand push-ups Complete
10 1-legged squats as many
15 Pull-ups rounds possible
in 20 minutes

Nancy

400 meter run Five rounds
Overhead squat 95 lbs for time
(15 reps)

