

the **CrossFit** JOURNAL ARTICLES

“The Girls” for Grandmas!

Greg Glassman

In the September 2003 issue of the *CFJ* we introduced six benchmark workouts to test performance and improvements through repeated, irregular appearances in the WOD. These workouts were given the names Angie, Barbara, Chelsea, Diane, Elizabeth, and Fran.

We figured these six workouts were as good as any to demonstrate our concept of scalability. Here we offer versions of those workouts that have been “tuned down” in intensity and had exercises substituted to accommodate any audience.

“Angie”

Original

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

Modified

For time:
25 ring rows
25 push-ups off the knees
25 sit-ups
25 squats



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“The Girls” for Grandmas (continued...)



“Barbara”

Original

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

Modified

3 rounds for time of:
 20 Ring Rows
 30 push-ups
 40 sit-ups
 50 squats
 3 minutes rest between rounds



“Chelsea”

Original

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

Modified

5 Ring rows
 10 push-ups
 15 squats
 Each minute on the minute for 20 minutes



“The Girls” for Grandmas (continued...)

“Diane”		“Elizabeth”	
Original	Modified	Original	Modified
For time:	For time:	For time:	For time:
Deadlift 225 lbs	Deadlift 50 lbs	Clean 135 lbs	Clean 25 lbs
Handstand pushups	Dumbbell shoulder press 10 lbs	Ring dips	Bench dips
21-15-9 reps	21-15-9 reps	21-15-9 reps	21-15-9 reps



“The Girls” for Grandmas (continued...)

“Fran”

Original	Modified
For time: Thruster 95 lbs Pull-ups 21-15-9 reps	For time: Thruster 25 lbs Ring rows 21-15-9 reps



Greg Glassman is the founder (with Lauren Glassman) of [CrossFit, Inc.](#) and [CrossFit Santa Cruz](#) and is the publisher of the *CrossFit Journal*.