

Since 2005, CrossFit has posted [workouts](#) meant to honor the memories of CrossFit service members who made the ultimate sacrifice and are no longer with us. If you would like to nominate a CrossFit Hero for recognition, please complete [this form](#). See below for the full list of CrossFit Hero Workouts, published in chronological order.

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JT

21-15-9 reps for time of:
Handstand push-ups
Ring dips
Push-ups

First posted July 6, 2005.

[DETAILS](#)

MICHAEL

3 rounds for time of:
Run 800 meters
50 back extensions
50 sit-ups

First posted July 15, 2005.

[DETAILS](#)

MURPH

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 a mile run. If
you've got a 20-lb vest or body
armor, wear it.

First posted Aug. 18, 2005.

[DETAILS](#)

DANIEL

For time:
50 pull-ups
400-meter run
21 thrusters
800-meter run
21 thrusters
400-meter run
50 pull-ups
♀ 65 lb
♂ 95 lb

First posted June 15, 2006.

[DETAILS](#)

JOSH

For time:
21 overhead squats
42 pull-ups
15 overhead squats
30 pull-ups
9 overhead squats
18 pull-ups
♀ 65 lb
♂ 95 lb

First posted Feb. 26, 2007.

[DETAILS](#)

JASON

For time:
100 squats
5 muscle-ups
75 squats
10 muscle-ups
50 squats
15 muscle-ups
25 squats
20 muscle-ups

First posted Aug. 2, 2007.

[DETAILS](#)

BADGER

3 rounds for time of:
30 squat cleans
30 pull-ups
Run 800 meters
♀ 65 lb
♂ 95 lb

First posted Dec. 19, 2007.

[DETAILS](#)

JOSHIE

3 rounds for time of:
21 dumbbell snatches, right arm
21 L pull-ups
21 dumbbell snatches, left arm
21 L pull-ups
♀ 25 lb
♂ 40 lb

First posted Dec. 22, 2007.

[DETAILS](#)

NATE

Complete as many rounds as
possible in 20 minutes of:
2 muscle-ups
4 handstand push-ups
8 kettlebell swings
♀ 53 lb
♂ 70 lb

First posted Feb. 12, 2008.

[DETAILS](#)

RANDY

For time:
75 power snatches
♀ 55 lb
♂ 75 lb

First posted Feb. 13, 2008.

[DETAILS](#)

TOMMY V

For time:
 21 thrusters
 12 rope climbs
 15 thrusters
 9 rope climbs
 9 thrusters
 6 rope climbs
 ♀ 75 lb, 15-foot rope
 ♂ 115 lb, 15-foot rope
First posted March 12, 2008.

[DETAILS](#)**GRIFF**

For time:
 Run 800 meters
 Run 400 meters backwards
 Run 800 meters
 Run 400 meters backwards
First posted June 9, 2008.

[DETAILS](#)**RYAN**

5 rounds for time of:
 7 muscle-ups
 21 burpees
First posted Oct. 8, 2008.

[DETAILS](#)**ERIN**

5 rounds for time of:
 15 dumbbell split cleans
 21 pull-ups
 ♀ 30 lb
 ♂ 40 lb
First posted Oct. 9, 2008.

[DETAILS](#)**MR. JOSHUA**

5 rounds for time of:
 Run 400 meters
 30 GHD sit-ups
 15 deadlifts
 ♀ 175 lb
 ♂ 250 lb
First posted Oct. 10, 2008.

[DETAILS](#)**DT**

5 rounds for time of:
 12 deadlifts
 9 hang power cleans
 6 push jerks
 ♀ 105 lb
 ♂ 155 lb
First posted April 14, 2009.

[DETAILS](#)**DANNY**

Complete as many rounds in 20 minutes as you can of:
 30 box jumps
 20 push presses
 30 pull-ups
 ♀ 75-lb barbell, 20-inch box
 ♂ 115-lb barbell, 24-inch box
First posted April 16, 2009.

[DETAILS](#)**HANSEN**

5 rounds for time of:
 30 kettlebell swings
 30 burpees
 30 GHD sit-ups
 ♀ 53 lb
 ♂ 70 lb
First posted May 2, 2009.

[DETAILS](#)**TYLER**

5 rounds for time of:
 7 muscle-ups
 21 sumo deadlift high pulls
 ♀ 65 lb
 ♂ 95 lb
First posted Oct. 17, 2009.

[DETAILS](#)**LUMBERJACK 20**

For time:
 20 deadlifts
 Run 400 meters
 20 kettlebell swings
 Run 400 meters
 20 overhead squats
 Run 400 meters
 20 burpees
 Run 400 meters
 20 chest-to-bar pull-ups
 Run 400 meters
 20 box jumps
 Run 400 meters
 20 dumbbell squat cleans
 Run 400 meters
 ♀ 185-lb deadlifts, 53-lb kettlebell, 75-lb overhead squats, 20-inch box, 30-lb dumbbells
 ♂ 275-lb deadlifts, 70-lb kettlebell, 115-lb overhead squats, 24-inch box, 45-lb dumbbells
First posted Dec. 5, 2009.

[DETAILS](#)

STEPHEN

30-25-20-15-10-5 reps of:

GHD sit-ups

Back extensions

Knees-to-elbows

Stiff-legged deadlift

♀ 65 lb

♂ 95 lb

First posted Feb. 7, 2010.

[DETAILS](#)

GARRETT

3 rounds for time of:

75 squats

25 ring handstand push-ups

25 L pull-ups

First posted Feb. 22, 2010.

[DETAILS](#)

WAR FRANK

3 rounds for time of:

25 muscle-ups

100 squats

35 GHD sit-ups

First posted March 1, 2010.

[DETAILS](#)

MCGHEE

As many rounds as possible in

30 minutes of:

5 deadlifts

13 push-ups

9 box jumps

♀ 185-lb barbell, 20-inch box

♂ 275-lb barbell, 24-inch box

First posted April 15, 2010.

[DETAILS](#)

PAUL

5 rounds for time of:

50 double-unders

35 knees-to-elbows

20-yard overhead walk

♀ 125 lb

♂ 185 lb

First posted April 24, 2010.

[DETAILS](#)

JERRY

For time:

Run 1 mile

Row 2K

Run 1 mile

First posted May 9, 2010.

[DETAILS](#)

NUTTS

For time:

10 handstand push-ups

15 deadlifts

25 box jumps

50 pull-ups

100 wall-ball shots

200 double-unders

Run 400 meters with a plate

♀ 175-lb deadlifts, 24-inch

box, 14-lb medicine ball to 9

feet, 25-lb plate

♂ 250-lb deadlifts, 30-inch

box, 20-lb medicine ball to 10

feet, 45-lb plate

First posted May 28, 2010.

[DETAILS](#)

ARNIE

With a single kettlebell for time:

21 Turkish get-ups, right arm

50 kettlebell swings

21 overhead squats, left arm

50 kettlebell swings

21 overhead squats, right arm

50 kettlebell swings

21 Turkish get-ups, left arm

♀ 53 lb

♂ 70 lb

First posted May 29, 2010.

[DETAILS](#)

THE SEVEN

7 rounds for time of:

7 handstand push-ups

7 thrusters

7 knees-to-elbows

7 deadlifts

7 burpees

7 kettlebell swings

7 pull-ups

♀ 95-lb thrusters, 165-lb

deadlifts, 53-lb kettlebell

♂ 135-lb thrusters, 245-lb

deadlifts, 70-lb kettlebell

First posted May 30, 2010.

[DETAILS](#)

RJ

5 rounds for time of:

Run 800 meters

5 rope climbs to 15 feet

50 push-ups

First posted June 22, 2010.

[DETAILS](#)

LUCE

Wearing a weight vest, 3 rounds
for time of:

1K run
10 muscle-ups
100 squats
♀ 14-lb vest
♂ 20-lb vest

First posted July 5, 2010.

[DETAILS](#)

JOHNSON

Complete as many rounds
and reps as possible in
20 minutes of:

9 deadlifts
8 muscle-ups
9 squat cleans
♀ 165-lb deadlifts, 105-lb
squat cleans
♂ 245-lb deadlifts, 155-lb
squat cleans

First posted July 9, 2010.

[DETAILS](#)

ROY

5 rounds for time of:

15 deadlifts
20 box jumps
25 pull-ups
♀ 155-lb deadlifts, 20-inch box
♂ 225-lb deadlifts, 24-inch box

First posted July 27, 2010.

[DETAILS](#)

ADAMBROWN

2 rounds for time of:

24 deadlifts
24 box jumps
24 wall-ball shots
24 bench presses
24 box jumps
24 wall-ball shots
24 cleans
♀ 95-lb deadlifts, 20-inch box,
14-lb ball to 9 feet, 135-lb bench
press, 95-lb clean
♂ 295-lb deadlifts, 24-inch
box, 20-lb ball to 10 feet, 195-lb
bench press, 145-lb cleans

First posted Aug. 10, 2010.

[DETAILS](#)

COE

10 rounds for time of:

10 thrusters
10 ring push-ups
♀ 65 lb
♂ 95 lb

First posted Aug. 12, 2010.

[DETAILS](#)

SEVERIN

For time:

50 strict pull-ups
100 hand-release push-ups
Run 5K

If you've got a weight vest or
body armor, wear it.

♀ 14-lb vest
♂ 20-lb vest

First posted Sept. 5, 2010.

[DETAILS](#)

HELTON

3 rounds for time of:

Run 800 meters
30 dumbbell squat cleans
30 burpees
♀ 35-lb dumbbells
♂ 50-lb dumbbells

First posted Sept. 9, 2010.

[DETAILS](#)

JACK

Complete as many rounds
and reps as possible in
20 minutes of:

10 push presses
10 kettlebell swings
10 box jumps
♀ 75-lb barbell, 35-lb
kettlebell, 20-inch box
♂ 115-lb barbell, 53-lb
kettlebell, 24-inch box

First posted Sept. 29, 2010.

[DETAILS](#)

FORREST

3 rounds for time of:

20 L pull-ups
30 toes-to-bars
40 burpees
Run 800 meters

First posted Oct. 17, 2010.

[DETAILS](#)

BULGER

10 rounds for time of:
 150-meter run
 7 chest-to-bar pull-ups
 7 front squats
 7 handstand push-ups
 ♀ 95 lb
 ♂ 135 lb

First posted Oct. 19, 2010.

[DETAILS](#)

BRENTON

5 rounds for time of:
 100-foot bear crawl
 100-foot standing broad jump
 Do 3 burpees after every
 5 broad jumps. If you've
 got a 20-lb vest or body
 armor, wear it.

First posted Oct. 21, 2010.

[DETAILS](#)

BLAKE

4 rounds for time of:
 100-foot overhead
 walking lunge
 30 box jumps
 20 wall-ball shots
 10 handstand push-ups
 ♀ 25-lb plate, 20-inch box,
 14-lb medicine ball to a
 9-foot target
 ♂ 45-lb plate, 24-inch box,
 20-lb medicine ball to a
 10-foot target

First posted Nov. 13, 2010.

[DETAILS](#)

COLLIN

6 rounds for time of:
 400-meter sandbag carry
 12 push presses
 12 box jumps
 12 sumo deadlift high pulls
 ♀ 35-lb sandbag, 75-lb push
 press, 20-inch box, 65-lb sumo
 deadlift high pull
 ♂ 50-lb sandbag, 115-lb push
 press, 24-inch box, 95-lb sumo
 deadlift high pull

First posted Nov. 21, 2010.

[DETAILS](#)

THOMPSON

10 rounds for time of:
 1 rope climb to 15 feet
 29 back squats
 10-meter barbell farmers carry
 ♀ 65-lb back squat, 95-lb
 farmers carry
 ♂ 95-lb back squat, 135-lb
 farmers carry
 Begin the rope climbs seated
 on the floor.

First posted Nov. 30, 2010.

[DETAILS](#)

WHITTEN

5 rounds for time of:
 22 kettlebell swings
 22 box jumps
 400-meter run
 22 burpees
 22 wall-ball shots
 ♀ 53-lbkettlebell, 20-inch
 box, 14-lb medicine ball to a
 9-foot target
 ♂ 72-lb kettlebell, 24-inch
 box, 20-lb medicine ball to a
 10-foot target

First posted Dec. 12, 2010.

[DETAILS](#)

BULL

2 rounds for time of:
 200 double-unders
 50 overhead squats
 50 pull-ups
 1-mile run
 ♀ 95-lb barbell
 ♂ 135-lb barbell

First posted Dec. 26, 2010.

[DETAILS](#)

RANKEL

Complete as many rounds as
 possible in 20 minutes of:
 6 deadlifts
 7 burpee pull-ups
 10 kettlebell swings
 200-meter run
 ♀ 155-lb barbell, 53-lb kettlebell
 ♂ 225-lb barbell,
 70-lb kettlebell

First posted Jan. 7, 2011.

[DETAILS](#)

HOLBROOK

10 rounds, each for time, of:
5 thrusters
10 pull-ups
100-meter sprint
Rest 1 minute between rounds.
♀ 75 lb
♂ 115 lb

First posted Jan. 27, 2011.

[DETAILS](#)

LEDESMA

Complete as many rounds and reps as possible in 20 minutes of:
5 parallette handstand push-ups
10 toes-to-rings
15 medicine-ball cleans
♀ 14-lb medicine ball
♂ 20-lb medicine ball

First posted Feb. 8, 2011.

[DETAILS](#)

WITTMAN

7 rounds for time of:
15 kettlebell swings
15 power cleans
15 box jumps
♀ 35-lb kettlebell, 65-lb barbell, 20-inch box
♂ 53-lb kettlebell, 95-lb barbell, 24-inch box

First posted Feb. 10, 2011.

[DETAILS](#)

MCCCLUSKEY

3 rounds of:
9 muscle-ups
15 burpee pull-ups
21 pull-ups
Run 800 meters
If you've got a 20-lb vest or body armor, wear it.

First posted March 1, 2011.

[DETAILS](#)

WEAVER

4 rounds for time of:
10 L pull-ups
15 push-ups
15 chest-to-bar pull-ups
15 push-ups
20 pull-ups
15 push-ups

First posted March 18, 2011.

[DETAILS](#)

HAMMER

5 rounds, each for time, of:
5 power cleans
10 front squats
5 jerks
20 pull-ups
Rest 90 seconds between rounds.
♀ 95 lb
♂ 135 lb

First posted April 17, 2011.

[DETAILS](#)

ABBATE

For time:
1-mile run
21 clean and jerks
800-meter run
21 clean and jerks
1-mile run
♀ 105 lb
♂ 155 lb

First posted March 26, 2011.

[DETAILS](#)

MOORE

Complete as many rounds in 20 minutes as you can of:
1 rope climb to 15 feet
Run 400 meters
Max-rep handstand push-ups

First posted April 28, 2011.

[DETAILS](#)

WILMOT

6 rounds for time of:
50 squats
25 ring dips

First posted May 20, 2011.

[DETAILS](#)

MOON

7 rounds for time of:
 10 dumbbell hang split
 snatches, right arm
 1 rope climb to 15 feet
 10 dumbbell hang split
 snatches, left arm
 1 rope climb
 Alternate feet on the
 split snatches.

♀ 30-lb dumbbell

♂ 40-lb dumbbell

First posted June 2, 2011.

[DETAILS](#)

SMALL

3 rounds for time of:
 Row 1,000 meters
 50 burpees
 50 box jumps
 Run 800 meters

♀ 20-inch box

♂ 24-inch box

First posted June 12, 2011.

[DETAILS](#)

MORRISON

50-40-30-20-10 reps
 for time of:

Wall-ball shots

Box jumps

Kettlebell swings

♀ 14-lb medicine ball to a

9-foot target, 20-inch box,
 35-lb kettlebell

♂ 20-lb medicine ball to a
 10-foot target, 24-inch box,
 53-lb kettlebell

First posted July 4, 2011.

[DETAILS](#)

MANION

7 rounds for time of:
 Run 400 meters
 29 back squat

♀ 95 lb

♂ 135 lb

First posted July 18, 2011.

[DETAILS](#)

GATOR

8 rounds for time of:
 5 front squat
 26 ring push-ups

♀ 125 lb

♂ 185 lb

First posted Aug. 12, 2011.

[DETAILS](#)

BRADLEY

10 rounds for time of:
 Sprint 100 meters
 10 pull-ups
 Sprint 100 meters
 10 burpees

Rest 30 seconds

First posted Aug. 17, 2011.

[DETAILS](#)

MEADOWS

For time:

20 muscle-ups

25 lowers from an inverted hang
 on the rings, slowly, with straight
 body and arms

30 ring handstand push-ups

35 ring rows

40 ring push-ups

First posted Sept. 5, 2010.

[DETAILS](#)

SANTIAGO

7 rounds for time of:
 18 dumbbell hang squat cleans
 18 pull-ups
 10 power cleans
 10 handstand push-ups
 ♀ 20-lb dumbbells,
 95-lb barbell
 ♂ 35-lb dumbbells,
 135-lb barbell

First posted Sept. 24, 2011.

[DETAILS](#)

CARSE

21-18-15-12-9-6-3 reps
 for time of:

Squat cleans

Double-unders

Deadlifts

Box jumps

Begin each round with a
 50-meter bear crawl.

♀ 95-lb squat clean, 125-lb
 deadlift, 20-inch box

♂ 135-lb squat clean, 185-lb
 deadlift, 24-inch box

First posted Oct. 2, 2011.

[DETAILS](#)

BRADSHAW

10 rounds for time of:
 3 handstand push-ups
 6 deadlifts

12 pull-ups

24 double-unders

♀ 155 lb

♂ 225 lb

First posted Oct. 23, 2011.

[DETAILS](#)

WHITE

5 rounds for time of:
 3 rope climbs to 15 feet
 10 toes-to-bars
 21 overhead walking lunges
 400-meter run
 ♀ 25-lb plate
 ♂ 45-lb plate

First posted Nov. 8, 2011.

[DETAILS](#)

SANTORA

3 rounds for reps of:
 1 minute of squat cleans
 1 minute of 20-foot shuttle sprints (20 feet forward + 20 feet backward = 1 rep)
 1 minute of deadlifts
 1 minute of burpees
 1 minute of jerks
 Rest 1 minute between rounds.
 On the shuttle sprints, 20 feet forward and 20 feet backward is 1 rep.
 ♀ 105-lb squat cleans, 165-lb deadlifts, 105-lb jerks
 ♂ 155-lb squat cleans, 245-lb deadlifts, 155-lb jerk

First posted Nov. 24, 2011.

[DETAILS](#)

WOOD

5 rounds for time of:
 400-meter run
 10 burpee box jumps
 10 sumo deadlift high pulls
 10 thrusters
 Rest 1 minute
 ♀ 20-inch box, 65-lb barbell
 ♂ 24-inch box, 95-lb barbell

First posted Dec. 7, 2011.

[DETAILS](#)

HIDALGO

For time:
 Run 2 miles
 Rest 2 minutes
 20 squat cleans
 20 box jumps
 20 overhead walking lunges
 20 box jumps
 20 squat cleans
 Rest 2 minutes
 Run 2 miles
 ♀ 95-lb barbell, 20-inch box, 25-lb plate
 ♂ 35-lb barbell, 24-inch box, 45-lb plate

If you've got a 20-lb vest or body armor, wear it.

First posted Dec. 29, 2011.

[DETAILS](#)

RICKY

Complete as many rounds as possible in 20 minutes of:
 10 pull-ups
 5 dumbbell deadlifts
 8 push presses
 ♀ 50-lb dumbbells, 95-lb barbell
 ♂ 75-lb dumbbells, 135-lb barbell

First posted Dec. 30, 2011.

[DETAILS](#)

DAE HAN

3 rounds for time of:
 Run 800 meters with an empty barbell
 3 rope climbs
 12 thrusters
 ♀ 15-foot rope climb, 95-lb thrusters
 ♂ 15-foot rope climb, 135-lb thrusters

First posted Dec. 31, 2011.

[DETAILS](#)

DESFORGES

5 rounds for time of:
 12 deadlifts
 20 pull-ups
 12 clean and jerks
 20 knees-to-elbows
 ♀ 155-lb deadlifts, 95-lb clean and jerks
 ♂ 225-lb deadlifts, 135-lb clean and jerks

First posted Jan. 28, 2012.

[DETAILS](#)

RAHOI

Complete as many rounds as possible in 12 minutes of:
 12 box jumps
 6 thrusters
 6 bar-facing burpees
 ♀ 20-inch box, 65-lb thrusters
 ♂ 24-inch box, 95-lb thrusters

First posted Feb. 4, 2012.

[DETAILS](#)

ZIMMERMAN

Complete as many rounds
and reps as possible in
25 minutes of:

11 chest-to-bar pull-ups

2 deadlifts

10 handstand push-ups

♀ 205 lb

♂ 315 lb

First posted Feb. 25, 2012.

[DETAILS](#)

KLEPTO

4 rounds for time of:

27 box jumps

20 burpees

11 squat cleans

♀ 20-inch box, 95-lb cleans

♂ 24-inch box, 145-lb cleans

First posted March 6, 2012.

[DETAILS](#)

DEL

For time:

25 burpees

Run 400 meters with a
medicine ball

25 weighted pull-ups
with a dumbbell

Run 400 meters with a
medicine ball

25 handstand push-ups

Run 400 meters with a
medicine ball

25 chest-to-bar pull-ups

Run 400 meters with a
medicine ball

25 burpees

♀ 14-lb medicine ball,

15-lb dumbbell

♂ 20-lb medicine ball,

20-lb dumbbell

First posted March 27, 2012.

[DETAILS](#)

PHEEZY

3 rounds for time of:

5 front squats

18 pull-ups

5 deadlifts

18 toes-to-bars

5 push jerks

18 hand-release push-ups

♀ 115-lb front squats, 155-lb
deadlifts, 115-lb push jerks

♂ 165-lb front squats, 225-lb
deadlifts, 165-lb push jerks

First posted April 7, 2012.

[DETAILS](#)

J.J.

For time:

1 squat clean

10 parallette

handstand push-ups

2 squat cleans

9 parallette handstand push-ups

3 squat cleans

8 parallette handstand push-ups

4 squat cleans

7 parallette handstand push-ups

5 squat cleans

6 parallette handstand push-ups

6 squat cleans

5 parallette handstand push-ups

7 squat cleans

4 parallette handstand push-ups

8 squat cleans

3 parallette handstand push-ups

9 squat cleans

2 parallette handstand push-ups

10 squat cleans

1 parallette handstand push-up

♀ 125 lb

♂ 185 lb

First posted April 25, 2012.

[DETAILS](#)

JAG 28

For time:

Run 800 meters

28 kettlebell swings

28 strict pull-ups

28 kettlebell clean and jerks

28 strict pull-ups

Run 800 meters

♀ 53 lb

♂ 70 lb

First posted May 13, 2012.

[DETAILS](#)

BRIAN

3 rounds for time of:
 5 rope climbs to 15 feet
 25 back squats
 ♀ 125 lb
 ♂ 185 lb

First posted May 15, 2012.

[DETAILS](#)

NICK

12 rounds for time of:
 10 dumbbell hang squat cleans
 6 handstand push-ups
 on dumbbells
 ♀ 30 lb
 ♂ 45 lb

First posted June 19, 2012.

[DETAILS](#)

STRANGE

8 rounds for time of:
 600-meter run
 11 weighted pull-ups
 11 walking lunges with
 two kettlebells
 11 kettlebell thrusters
 ♀ 35 lb
 ♂ 53 lb

First posted June 24, 2012.

[DETAILS](#)

TUMILSON

8 rounds for time of:
 Run 200 meters
 11 dumbbell burpee deadlifts
 ♀ 45-lb dumbbells
 ♂ 60-lb dumbbells

First posted July 4, 2012.

[DETAILS](#)

SHIP

9 rounds for time of:
 7 squat cleans
 8 burpee box jumps
 ♀ 125-lb cleans, 30-inch box
 ♂ 185-lb cleans, 36-inch box

First posted July 24, 2012.

[DETAILS](#)

JARED

4 rounds for time of:
 Run 800 meters
 40 pull-ups
 70 push-ups

First posted Aug. 9, 2012.

[DETAILS](#)

TULLY

4 rounds for time of:
 Swim 200 meters
 23 dumbbell squat cleans
 ♀ 30-lb dumbbells
 ♂ 40-lb dumbbells

First posted Aug. 23, 2012.

[DETAILS](#)

HOLLEYMAN

30 rounds for time of:
 5 wall-ball shots
 3 handstand push-ups
 1 power clean
 ♀ 14-lb medicine ball to 9 feet,
 155-lb cleans
 ♂ 20-lb medicine ball to 10 feet,
 225-lb cleans

First posted Aug. 30, 2012.

[DETAILS](#)

ADRIAN

7 rounds for time of:
 3 forward rolls
 5 wall climbs
 7 toes-to-bars
 9 box jumps
 ♀ 24-inch box
 ♂ 30-inch box

First posted Sept. 23, 2012.

[DETAILS](#)

GLEN

For time:
 30 clean and jerks
 Run 1 mile
 10 rope climbs to 15 feet
 Run 1 mile
 100 burpees
 ♀ 95-lb clean and jerks
 ♂ 135-lb clean and jerks

First posted Oct. 12, 2012.

[DETAILS](#)

TOM

Complete as many rounds as
 possible in 25 minutes of:

7 muscle-ups
 11 thrusters
 14 toes-to-bars
 ♀ 105 lb
 ♂ 155 lb

First posted Oct. 14, 2012.

[DETAILS](#)

RALPH

4 rounds for time of:
 8 deadlifts
 16 burpees
 3 rope climbs to 15 feet
 Run 600 meters
 ♀ 175-lb deadlifts
 ♂ 250-lb deadlift
First posted Nov. 9, 2012.

[DETAILS](#)**CLOVIS**

For time:
 Run 10 miles
 150 burpee pull-ups
 Partition the run and burpee
 pull-ups as needed.
First posted Nov. 11, 2012.

[DETAILS](#)**WESTON**

5 rounds for time of:
 Row 1,000 meters
 200-meter farmers carry
 50-meter dumbbell waiters
 walk, right arm
 50-meter dumbbell waiters
 walk, left arm
 ♀ 30-lb dumbbells
 ♂ 45-lb dumbbells
First posted Nov. 21 2012.

[DETAILS](#)**LOREDO**

6 rounds for time of:
 24 squats
 24 push-ups
 24 walking lunge steps
 Run 400 meters
First posted Dec. 31, 2012.

[DETAILS](#)**SEAN**

10 rounds for time of:
 11 chest-to-bar pull-ups
 22 front squats
 ♀ 55 lb
 ♂ 75 lb
First posted Jan. 22, 2013.

[DETAILS](#)**HORTMAN**

Complete as many rounds as
 possible in 45 minutes of:
 Run 800 meters
 80 squats
 8 muscle-ups
First posted Feb. 13, 2013.

[DETAILS](#)**HAMILTON**

3 rounds for time of:
 Row 1,000 meters
 50 push-ups
 Run 1,000 meters
 50 pull-ups
First posted Feb. 22, 2013.

[DETAILS](#)**ZEUS**

3 rounds for time of:
 30 wall-ball shots
 30 sumo deadlift high pulls
 30 box jumps
 30 push presses
 30-calorie row
 30 push-ups
 10 back squats
 ♀ 14-lb medicine ball to a 9-foot
 target, 55-lb barbell, 20-inch
 box, bodyweight back squat
 ♂ 20-lb medicine ball
 to a 10-foot target, 75-lb
 barbell, 24-inch box,
 bodyweight back squat
First posted Feb. 26, 2013.

[DETAILS](#)**BARRAZA**

Complete as many rounds
 and reps as possible in
 18 minutes of:
 Run 200 meters
 9 deadlifts
 6 burpee bar muscle-ups
 ♀ 185 lb
 ♂ 275 lb
First posted March 17, 2013.

[DETAILS](#)

CAMERON

For time:

50 walking lunge steps
 25 chest-to-bar pull-ups
 50 box jumps
 25 triple-unders
 50 back extensions
 25 ring dips
 50 knees-to-elbows
 25 wall-ball shot "two-for-ones"
 50 sit-ups
 5 rope climbs to 15 feet
 ♀ 20-inch box, 14-lb medicine ball to a 9-foot target
 ♂ 24-inch box, 20-lb medicine ball to a 10-foot target

First posted March 26, 2013.

[DETAILS](#)**JORGE**

For time:

30 GHD sit-ups
 15 squat cleans
 24 GHD sit-ups
 12 squat cleans
 18 GHD sit-ups
 9 squat cleans
 12 GHD sit-ups
 6 squat cleans
 6 GHD sit-ups
 3 squat cleans
 ♀ 105 lb
 ♂ 155 lb

First posted April 7, 2013.

[DETAILS](#)**SCHMALLS**

For time:

Run 800 meters
 Then,
 2 rounds of:
 50 burpees
 40 pull-ups
 30 single-leg squats
 20 kettlebell swings
 10 handstand push-ups
 Then,
 Run 800 meters
 ♀ 35-lb kettlebell
 ♂ 53-lb kettlebell

First posted April 23, 2013.

[DETAILS](#)**BREHM**

For time:

10 rope climbs to 15 feet
 20 back squats
 30 handstand push-ups
 40-calorie row
 ♀ 155 lb
 ♂ 225 lb

First posted May 14, 2013.

[DETAILS](#)**OMAR**

For time:

10 thrusters
 15 bar-facing burpees
 20 thrusters
 25 bar-facing burpees
 30 thrusters
 35 bar-facing burpees
 ♀ 65 lb
 ♂ 95 lb

First posted May 21, 2013.

[DETAILS](#)**GALLANT**

For time:

1-mile run with a medicine ball
 60 burpee pull-ups
 800-meter run with a medicine ball
 30 burpee pull-ups
 400-meter run with a medicine ball
 15 burpee pull-ups
 ♀ 14-lb medicine ball
 ♂ 20-lb medicine ball

First posted June 13, 2013.

[DETAILS](#)**BRUCK**

4 rounds for time of:

400-meter run
 24 back squats
 24 jerks
 ♀ 125-lb back squat, 95-lb jerk
 ♂ 185-lb back squat, 135-lb jerk

First posted June 26, 2013.

[DETAILS](#)**SMYKOWSKI**

For time:

Run 6K
 60 burpee pull-ups

First posted July 4, 2013

[DETAILS](#)

FALKEL

Complete as many rounds
and reps as possible in
25 minutes of:

8 handstand push-ups
8 box jumps
1 rope climb to 15 feet

♀ 24-inch box

♂ 30-inch box

First posted Aug. 20, 2013.

[DETAILS](#)

DONNY

21-15-9-9-15-21 reps for time of:

Deadlifts

Burpees

♀ 155 lb

♂ 225 lb

First posted Aug. 21, 2013.

[DETAILS](#)

DOBOGAI

7 rounds for time of:

8 muscle-ups

22-yard farmers carry

♀ 35-lb dumbbells

♂ 50-lb dumbbells

First posted Aug. 22, 2013.

HOTSHOTS 19

6 rounds for time of:

30 squats

19 power cleans

7 strict pull-ups

400-meter run

♀ 95-lb barbell

♂ 135-lb barbell

First posted Aug. 31, 2013.

[DETAILS](#)

RONEY

4 rounds for time of:

200-meter run

11 thrusters

200-meter run

11 push presses

200-meter run

11 bench presses

♀ 95-lb barbell

♂ 135-lb barbell

First posted Sept. 3, 2013.

[DETAILS](#)

THE DON

For time:

66 deadlifts

66 box jump

66 kettlebell swings

66 knees-to-elbows

66 sit-ups

66 pull-ups

66 thrusters

66 wall-ball shots

66 burpees

66 double-unders

♀ 70-lb deadlift, 20-inch

box, 35-lb kettlebell, 35-lb

thruster, 14-lb medicine ball to a

9-foot target

♂ 110-lb deadlift, 24-inch

box, 53-lb kettlebell, 55-lb

thruster, 20-lb medicine ball to a

10-foot target

First posted Sept. 11, 2013.

[DETAILS](#)

DRAGON

For time:

Run 5K

4 minutes to find

4-rep-max deadlift

Run 5K

4 minutes to find 4-rep-

max push jerk

First posted Oct. 5, 2013.

[DETAILS](#)

WALSH

4 rounds for time of:

22 burpee pull-ups

22 back squats

200-meter run with a

plate overhead

♀ 125-lb barbell, 25-lb plate

♂ 185-lb barbell, 45-lb plate

First posted Oct. 20, 2013.

[DETAILS](#)

LEE

5 rounds for time of:

400-meter run

1 deadlift

3 squat cleans

5 push jerks

3 muscle-ups

1 rope climb to 15 feet

♀ 225-lb deadlift, 125-lb squat

clean, 125-lb push jerk

♂ 345-lb deadlift, 185-lb squat

clean, 185-lb push jerk

First posted Nov. 16, 2013.

[DETAILS](#)

WILLY

3 rounds for time of:
 800-meter run
 5 front squats
 200-meter run
 11 chest-to-bar pull-ups
 400-meter run
 12 kettlebell swings
 ♀ 155-lb barbell, 53-lb kettlebell
 ♂ 225-lb barbell,
 70-lb kettlebell

First posted Nov. 22, 2013.

[DETAILS](#)

COFFEY

For time:
 800-meter run
 50 back squats
 50 bench presses
 800-meter run
 35 back squats
 35 bench presses
 800-meter run
 20 back squats
 20 bench presses
 800-meter run
 1 muscle-up
 ♀ 95 lb
 ♂ 135 lb

First posted Dec. 11, 2013.

[DETAILS](#)

DG

Complete as many rounds
 and reps as possible in
 10 minutes of:
 8 toes-to-bars
 8 dumbbell thrusters
 12 dumbbell walking lunges
 ♀ 20-lb dumbbells
 ♂ 35-lb dumbbells

First posted Dec. 26, 2013.

[DETAILS](#)

TK

Complete as many rounds
 and reps as possible in
 20 minutes of:
 8 strict pull-ups
 8 box jumps
 12 kettlebell swings
 ♀ 30-inch box, 53-lb kettlebell
 ♂ 36-inch box, 70-lb kettlebell

First posted Dec. 28, 2013.

[DETAILS](#)

TAYLOR

4 rounds for time of:
 400-meter run
 5 burpee muscle-ups
 If you've got a weighted vest or
 body armor, wear it.

♀ 14-lb vest
 ♂ 20-lb vest

First posted April 6, 2014.

[DETAILS](#)

JUSTIN

30-20-10 reps for time of:
 Bodyweight back squats
 Bodyweight bench presses
 Strict pull-ups

First posted April 10, 2014.

[DETAILS](#)

NUKES

8 minutes to complete:
 1-mile run
 Max reps deadlifts
 Then, 10 minutes to complete:
 1-mile run
 Max reps power cleans
 Then, 12 minutes to complete:
 1-mile run
 Max reps overhead squats
 Do not rest between rounds.
 ♀ 205-lb deadlift, 155-lb power
 clean, 95-lb overhead squat
 ♂ 315-lb deadlift, 225-lb power
 clean, 135-lb overhead squat

First posted April 15, 2014.

[DETAILS](#)

ZEMBIEC

5 rounds for time of:
 11 back squats
 7 strict burpee pull-ups
 400-meter run
 ♀ 125-lb barbell
 ♂ 185-lb barbell

First posted May 9, 2014.

[DETAILS](#)

ALEXANDER

5 rounds for time of:
 31 back squats
 12 power cleans
 ♀ 95-lb back squat,
 125-lb power clean
 ♂ 135-lb back squat,
 185-lb power clean

First posted May 25, 2014.

[DETAILS](#)

WYK

5 rounds for time of:
 5 front squats
 5 rope climbs to 15 feet
 400-meter run with a plate
 ♀ 155-lb barbell, 25-lb plate
 ♂ 225-lb barbell, 45-lb plate

First posted June 28, 2014.

[DETAILS](#)

BELL

3 rounds for time of:
 21 deadlifts
 15 pull-ups
 9 front squats
 ♀ 125-lb barbell
 ♂ 185-lb barbell

First posted July 4, 2014.

[DETAILS](#)

JBO

Complete as many rounds
 and reps as possible in
 28 minutes of:
 9 overhead squats
 1 legless rope climb to 15 feet,
 beginning from seated
 12 bench presses
 ♀ 75-lb barbell
 ♂ 115-lb barbell

First posted Aug. 16, 2014.

[DETAILS](#)

KEVIN

3 rounds for time of:
 32 deadlifts
 32 hanging hip touches,
 alternating arms
 800-meter running
 farmers carry
 ♀ 125-lb barbell,
 10-lb dumbbells
 ♂ 185-lb barbell,
 15-lb dumbbells

First posted Aug. 24, 2014.

[DETAILS](#)

ROCKET

Complete as many rounds as
 possible in 30 minutes of:

50-yard swim
 10 push-ups
 15 squats

First posted Sept. 6, 2014.

[DETAILS](#)

RILEY

For time:
 Run 1.5 miles
 150 burpees
 Run 1.5 miles
 If you've got a weight vest or
 body armor, wear it.

First posted Sept. 28, 2014.

[DETAILS](#)

FEEKS

For time:
 2 100-meter shuttle sprints
 2 dumbbell squat
 clean thrusters
 4 100-meter shuttle sprints
 4 dumbbell squat
 clean thrusters
 6 100-meter shuttle sprints
 6 dumbbell squat
 clean thrusters
 8 100-meter shuttle sprints
 8 dumbbell squat
 clean thrusters
 10 100-meter shuttle sprints
 10 dumbbell squat
 clean thrusters
 12 100-meter shuttle sprints
 12 dumbbell squat
 clean thrusters
 14 100-meter shuttle sprints
 14 dumbbell squat
 clean thrusters
 16 100-meter shuttle sprints
 16 dumbbell squat
 clean thrusters
 ♀ 45-lb dumbbells
 ♂ 65-lb dumbbells

First posted Oct. 3, 2014.

[DETAILS](#)

NED

7 rounds for time of:
 11 bodyweight back squats
 1,000-meter row

First posted Oct. 30, 2014.

[DETAILS](#)

SHAM

7 rounds for time of:
11 bodyweight deadlifts
100-meter sprint

First posted Oct. 31, 2014.

[DETAILS](#)

OZZY

7 rounds for time of:
11 deficit handstand push-ups
1,000-meter run

First posted Nov. 1, 2014.

[DETAILS](#)

JENNY

Complete as many rounds
and reps as possible in
20 minutes of:

20 overhead squats
20 back squats
400-meter run

♀ 35-lb barbell

♂ 45-lb barbell

First posted Nov. 28, 2014.

[DETAILS](#)

SPEHAR

For time:
100 thrusters
100 chest-to-bar pull-ups
Run 6 miles

Partition the thrusters, pull-ups,
and run as needed.

♀ 95 lb

♂ 135 lb

First posted Dec. 13, 2014.

[DETAILS](#)

LUKE

For time:
Run 400 meters
15 clean and jerks
Run 400 meters
30 toes-to-bars
Run 400 meters
45 wall-ball shots
Run 400 meters
45 kettlebell swings
Run 400 meters
30 ring dips
Run 400 meters
15 front-rack weighted lunges
Run 400 meters
♀ 105-lb barbell, 14-lb
medicine ball to a 9-foot target,
35-lb kettlebell
♂ 155-lb barbell, 20-lb
medicine ball to a 10-foot target,
53-lb kettlebell

First posted Dec. 29, 2014.

[DETAILS](#)

ROBBIE

Complete as many rounds as
possible in 25 minutes of:
8 freestanding
handstand push-ups
1 L-sit rope climb to 15 feet

First posted Jan. 24, 2015.

[DETAILS](#)

SHAWN

For time:
Run 5 miles
Run in 5-minute intervals,
stopping after each to perform
50 squats and 50 push-ups
before beginning the next
5-minute run interval.

First posted Feb. 18, 2015.

[DETAILS](#)

FOO

For time:
13 bench presses
Then, complete as many
rounds and reps as possible in
20 minutes of:
7 chest-to-bar pull-ups
77 double-unders
2 squat clean thrusters
28 sit-ups

♀ 110 lb

♂ 170 lb

First posted March 1, 2015.

[DETAILS](#)

BOWEN

3 rounds for time of:
800-meter run
7 deadlifts
10 burpee pull-ups
14 single-arm kettlebell
thrusters, 7 each arm
20 box jumps
♀ 185-lb barbell, 35-lb
kettlebell, 20-inch box
♂ 275-lb barbell, 53-lb
kettlebell, 24-inch box

First posted March 8, 2015.

[DETAILS](#)

GAZA

5 rounds for time of:
35 kettlebell swings
30 push-ups
25 pull-ups
20 box jumps
1-mile run
♀ 35-lb kettlebell, 24-inch box
♂ 53-lb kettlebell, 30-inch box

First posted March 15, 2015.

[DETAILS](#)

CRAIN

2 rounds for time of:

34 push-ups

50-yard sprint

34 deadlifts

50-yard sprint

34 box jumps

50-yard sprint

34 clean and jerk

50-yard sprint

34 burpees

50-yard sprint

34 wall-ball shots

50-yard sprint

34 pull-ups

50-yard sprint

♀ 95-lb deadlift, 24-inch box,

65-lb clean and jerk, 14-lb

medicine ball to a 9-foot target

♂ 135-lb deadlift, 24-inch box,

95-lb clean and jerk, 20-lb

medicine ball to a 10-foot target

First posted March 21, 2015.

[DETAILS](#)

CAPOOT

For time:

100 push-ups

Run 800 meters

75 push-ups

Run 1,200 meters

50 push-ups

Run 1,600 meters

25 push-ups

Run 2,000 meters

First posted May 20, 2015.

[DETAILS](#)

HALL

5 rounds for time of:

3 cleans

200-meter sprint

20 kettlebell

snatches, 10 each arm

Rest 2 minutes between rounds.

♀ 155-lb barbell, 35-lb kettlebell

♂ 225-lb barbell,

53-lb kettlebell

First posted June 7, 2015.

[DETAILS](#)

SERVAIS

For time:

Run 1.5 miles

Then, 8 rounds of:

19 pull-ups

19 push-ups

19 burpees

Then,

400-meter sandbag carry

1-mile farmers carry

♀ Heavy sandbag,

30-lb dumbbells

♂ Heavy sandbag,

45-lb dumbbells

First posted June 9, 2015.

[DETAILS](#)

PK

5 rounds for time of:

10 back squats

10 deadlifts

400-meter sprint

Rest 2 minutes between rounds.

♀ 155-lb back squats,

185-lb deadlifts

♂ 225-lb back squats,

275-lb deadlifts

First posted July 3, 2015.

[DETAILS](#)

MARCO

3 rounds for time of:

21 pull-ups

15 handstand push-ups

9 thrusters

♀ 95 lb

♂ 135 lb

First posted July 5, 2015.

[DETAILS](#)

RENÉ

7 rounds for time of:

400-meter run

21 walking lunges

15 pull-ups

9 burpees

If you have a weight vest or body armor, wear it.

♀ 14-lb weight vest

♂ 20-lb weight vest

First posted Aug. 14, 2015.

[DETAILS](#)

PIKE

5 rounds for time of:

20 thrusters

10 strict ring dips

20 push-ups

10 strict handstand push-ups

50-meter bear crawl

♀ 55 lb

♂ 75 lb

First posted Aug. 23, 2015.

[DETAILS](#)

KUTSCHBACH

7 rounds for time of:

11 back squats

10 jerks

♀ 125-lb back squat, 95-lb jerk

♂ 185-lb back squat, 135-lb jerk

First posted Sept. 20, 2015.

[DETAILS](#)

JENNIFER

Complete as many rounds and reps as possible in

26 minutes of:

10 pull-ups

15 kettlebell swings

20 box jumps

♀ 35-lb kettlebell, 20-inch box

♂ 53-lb kettlebell, 24-inch box

First posted Sept. 25, 2015.

[DETAILS](#)

HORTON

9 rounds for time, with a partner, of:

9 bar muscle-ups

11 clean and jerks, 105/155 lb

50-yard buddy carry

Share the work with your partner however you choose.

One person works at a time.

If you can't find a partner, perform 5 reps of each exercise per round and find a heavy sandbag to carry.

♀ 105 lb

♂ 155 lb

First posted Oct. 10, 2015.

[DETAILS](#)

SCOOTER

On a 35-minute clock with a partner, complete as many rounds and reps as possible in 30 minutes of:

30 double-unders

15 pull-ups

15 push-ups

100-meter sprint

Then, 5 minutes to find a 1-rep-max partner deadlift

For the AMRAP, have one partner work while the other rests, switching after a full round is completed. If you're performing without a partner, rest 60 seconds between each round, and find a regular 1-rep-max deadlift.

First posted Oct. 15, 2015.

[DETAILS](#)

MATT 16

For time:

16 deadlifts

16 hang power cleans

16 push presses

Run 800 meters

16 deadlifts

16 hang power cleans

16 push presses

Run 800 meters

16 deadlifts

16 hang power cleans

16 push presses

♀ 185-lb deadlift, 125-lb hang power clean, 95-lb push press

♂ 275-lb deadlift, 185-lb hang power clean, 135-lb push press

First posted Nov. 11, 2015.

[DETAILS](#)

T.U.P.

15-12-9-6-3 reps for time of:

Power cleans

Pull-ups

Front squats

Pull-ups

♀ 95 lb

♂ 135 lb

First posted Dec. 8, 2015.

[DETAILS](#)

HARPER

Complete as many rounds as possible in 23 minutes of:

9 chest-to-bar pull-ups

15 power cleans

21 squats

400-meter run with a plate

♀ 95-lb barbell, 25-lb plate

♂ 135-lb barbell, 45-lb plate

First posted Dec. 26, 2015.

[DETAILS](#)

SISSON

Complete as many rounds as possible in 20 minutes of:

1 rope climb to 15 feet

5 burpees

200-meter run

If you've got a weight vest or body armor, wear it.

♀ 14-lb weight vest

♂ 20-lb weight vest

First posted Jan. 31, 2016.

[DETAILS](#)

TERRY

For time:

1-mile run
 100 push-ups
 100-meter bear crawl
 1-mile run
 100-meter bear crawl
 100 push-ups
 1-mile run

First posted Feb. 28, 2016.

[DETAILS](#)

BIG SEXY

5 rounds for time of:

6 deadlifts
 6 burpees
 5 cleans
 5 chest-to-bar pull-ups
 4 thrusters
 4 muscle-ups
 ♀ 205-lb deadlift, 155-lb clean,
 105-lb thruster
 ♂ 315-lb deadlift, 225-lb clean,
 155-lb thruster

First posted March 9, 2016.

[DETAILS](#)

WOEHLKE

3 rounds, each for time, of:

4 jerks
 5 front squats
 6 power cleans
 40 pull-ups
 50 push-ups
 60 sit-ups
 Rest 3 minutes between rounds.
 ♀ 125-lb barbell
 ♂ 185-lb barbell

First posted March 29, 2016.

[DETAILS](#)

MAUPIN

4 rounds for time of:

Run 800 meters
 49 push-ups
 49 sit-ups
 49 squats

First posted April 10, 2016.

[DETAILS](#)

HILDY

For time:

100-calorie row
 75 thrusters
 50 pull-ups
 75 wall-ball shots
 100-calorie row
 If you've got a weight vest or
 body armor, wear it.
 ♀ 35-lb barbell, 14-lb
 medicine ball to a 9-foot target,
 14-lb weight vest
 ♂ 45-lb barbell, 20-lb medicine
 ball to a 10-foot target,
 20-lb weight vest

First posted May 29, 2016.

[DETAILS](#)

T.J.

For time:

10 bench presses
 10 strict pull-ups
 Max-set thrusters
 Repeat the triplet until you have
 completed 100 thrusters.
 ♀ 125-lb bench press,
 95-lb thruster
 ♂ 185-lb bench press,
 135-lb thruster

First posted July 3, 2016.

[DETAILS](#)

MONTI

5 rounds for time of:

50 barbell step-ups
 15 cleans
 50 barbell step-ups
 10 snatches
 ♀ 35-lb step-up, 20-inch box,
 95-lb clean and snatch
 ♂ 45-lb step-up, 20-inch box,
 135-lb clean and snatch

First posted July 15, 2016.

[DETAILS](#)

DVB

For time:

Run 1 mile with a medicine ball
 Then, 8 rounds of:
 10 wall-ball shots
 1 rope climb
 Run 800 meters with a
 medicine ball
 Then, 4 rounds of:
 10 wall-ball shots
 1 rope climb
 Run 400 meters with a
 medicine ball
 Then 2 rounds of:
 10 wall-ball shots
 1 rope climb
 ♀ 14-lb medicine ball,
 9-foot target
 ♂ 20-lb medicine ball,
 10-foot target

First posted Aug. 26, 2016.

[DETAILS](#)

NICKMAN

10 rounds for time of:
 200-meter farmers carry
 10 weighted pull-ups
 20 dumbbell alternating power snatches
 ♀ 40-lb dumbbells for farmers carry and power snatches, 20-lb dumbbells for pull-ups
 ♂ 55-lb dumbbells for farmers carry and power snatches, 35-lb dumbbells for pull-ups

First posted Sept. 3, 2016.

[DETAILS](#)

MARSTON

Complete as many rounds and reps as possible in 20 minutes of:
 1 deadlift
 10 toes-to-bars
 15 bar-facing burpees
 ♀ 275 lb
 ♂ 405 lb

First posted Sept. 27, 2016.

[DETAILS](#)

ARTIE

Complete as many rounds and reps as possible in 20 minutes of:
 5 pull-ups
 10 push-ups
 15 squats
 5 pull-ups
 10 thrusters
 ♀ 65 lb
 ♂ 95 lb

First posted Oct. 23, 2016.

[DETAILS](#)

HOLLYWOOD

For time:
 Run 2,000 meters
 22 wall-ball shots
 22 muscle-ups
 22 wall-ball shots
 22 power cleans
 22 wall-ball shots
 Run 2,000 meters
 ♀ 20-lb medicine ball to a 9-foot target, 125-lb barbell
 ♂ 30-lb medicine ball to a 10-foot target, 185-lb barbell

First posted Nov. 22, 2016.

[DETAILS](#)

MANUEL

5 rounds of:
 3 minutes of rope climbs
 2 minutes of squats
 2 minutes of push-ups
 3 minutes to run 400 meters
 Wear a weight vest or body armor. After the run, rest for the remainder of the 3 minutes before beginning the next round.

First posted Dec. 02, 2016.

[DETAILS](#)

TIFF

On a 25-minute clock:
 1.5-mile run
 Then, in the remaining time, complete as many rounds and reps as possible of:
 11 chest-to-bar pull-ups
 7 hang squat cleans
 7 push presses
 ♀ 105 lb
 ♂ 155 lb

First posted Dec. 23, 2016.

[DETAILS](#)

PAUL PENA

7 rounds, each for time, of:
 100-meter sprint
 19 kettlebell swings
 10 burpee box jumps
 Rest 3 minutes between rounds.
 ♀ 53-lb kettlebell, 20-inch box
 ♂ 70-lb kettlebell, 24-inch box

First posted Jan. 19, 2017.

[DETAILS](#)

YETI

For time:
 25 pull-ups
 10 muscle-ups
 1.5-mile run
 10 muscle-ups
 25 pull-ups

First posted Feb. 21, 2017.

[DETAILS](#)

LIAM

For time:
 Run 800 meters with a plate
 100 toes-to-bars
 50 front squats
 10 rope climbs to 15 feet
 Run 800 meters with a plate
 Partition the toes-to-bars, front squats, and rope climbs as needed. Start and finish with the run.

♀ 25-lb plate, 105-lb barbell
 ♂ 45-lb plate, 155-lb barbell

First posted March 21, 2017.

[DETAILS](#)

WES

For time:

Run 800 meters with
a 25-lb plate

Then, 14 rounds of:

5 strict pull-ups

4 burpee box

jumps, 24-inch box

3 cleans, 185 lb

Then, run 800 meters with
a 25-lb plate

First posted April 15, 2017.

[DETAILS](#)

MIRON

5 rounds for time of:

800-meter run

23 back squats, $\frac{3}{4}$ body weight

13 deadlifts, $1\frac{1}{2}$ body weight

First posted April 30, 2017.

[DETAILS](#)

PAT

For time:

Run 800 meters with a plate

Then, 14 rounds of:

5 strict pull-ups

4 burpee box jumps

3 cleans

Then,

Run 800 meters with a plate

♀ 25-lb plate, 20-inch box,
125-lb barbell

♂ 25-lb plate, 24-inch box,
185-lb barbell

First posted May 29, 2017.

[DETAILS](#)

SCOTTY

Complete as many rounds and
reps as possible in 11 minutes of:

5 deadlifts

18 wall-ball shots

17 burpees over the bar

♀ 205-lb barbell, 14-lb medicine
ball to a 9-foot target

♂ 315-lb barbell, 20-lb medicine
ball to a 10-foot target

First posted June 16, 2017.

[DETAILS](#)

RICH

For time:

13 squat snatches

Then, 10 rounds of:

10 pull-ups

100-meter sprint

Then, 13 squat cleans

♀ 105 lb

♂ 155 lb

First posted July 4, 2017.

[DETAILS](#)

DALLAS 5

5 minutes of:

Burpees

Then, 5 minutes of:

7 deadlifts

7 box jumps

Then, 5 minutes of:

Turkish get-ups

Then, 5 minutes of:

7 snatches

7 push-ups

Then, 5 minutes of:

Rowing for calories

Complete as many reps as
possible at each 5-minute
station. Rest 1 minute
between stations.

♀ 105-lb deadlift, 20-inch box,
30-lb dumbbell for Turkish
get-up, 55-lb snatch

♂ 155-lb deadlift, 24-inch box,
40-lb dumbbell for Turkish
get-up, 75-lb snatch

First posted July 8, 2017.

[DETAILS](#)

DUNN

Complete as many rounds as
possible in 19 minutes of:

3 muscle-ups

1 shuttle sprint (5 yards, 10
yards, 15 yards)

6 burpee box jump-overs

On the burpees, jump over the
box without touching it.

♀ 20-inch box

♂ 20-inch box

First posted Aug. 24, 2017.

[DETAILS](#)

KEV

With a partner, complete as many rounds and reps as possible in 26 minutes of:

- 6 deadlifts, each
- 9 synchronized bar-facing burpees
- 9 bar muscle-ups, each
- 55-foot partner barbell carry
- ♀ 205-lb barbell
- ♂ 315-lb barbell

First posted Sept. 6, 2017.

[DETAILS](#)

EMILY

10 rounds for time of:

- 30 double-unders
- 15 pull-ups
- 30 squats
- 100-meter sprint
- Rest 2 minutes

First posted Sept. 10, 2017.

[DETAILS](#)

ANDY

For time:

- 25 thrusters
- 50 box jumps
- 75 deadlifts
- 1.5-mile run
- 75 deadlifts
- 50 box jumps
- 25 thrusters

Wear a weight vest or body armor.

- ♀ 14-lb weight vest, 75-lb barbell, 20-inch box
- ♂ 20-lb weight vest, 115-lb barbell, 24-inch box

First posted Sept. 26, 2017.

[DETAILS](#)

VIOLA

Complete as many rounds and reps as possible in 20 minutes of:

- 400-meter run
- 11 power snatches
- 17 pull-ups
- 13 power cleans
- ♀ 65 lb
- ♂ 95 lb

First posted Nov. 11, 2017.

[DETAILS](#)

COFFLAND

Hang from a pull-up bar for 6 minutes

Each time you drop from the bar, complete:

- 800-meter run
- 30 push-ups

First posted Nov. 13, 2017.

[DETAILS](#)

THE LYON

5 rounds, each for time, of:

- 7 squat cleans
- 7 shoulder-to-overheads
- 7 burpee chest-to-bar pull-ups

Rest 2 minutes between rounds.

Ideally, use a pull-up bar that is 6 inches above your max reach when standing.

- ♀ 115-lb barbell
- ♂ 165-lb barbell

First posted Dec. 27, 2017.

[DETAILS](#)

T

5 rounds for time of:

- 100-meter sprint
- 10 squat clean thrusters
- 15 kettlebell swings
- 100-meter sprint
- Rest 2 minutes
- ♀ 75-lb barbell and 35-lb kettlebell
- ♂ 75-lb barbell and 35-lb kettlebell

First posted Feb. 4, 2018.

[DETAILS](#)

HAVANA

Complete as many rounds as possible in 25 minutes of:

- 150 double-unders
- 50 push-ups
- 15 power cleans
- ♀ 125 lb
- ♂ 185 lb

First posted Feb. 20, 2018.

[DETAILS](#)

TAMA

For time:

800-meter single-arm barbell

farmers carry, weight 1

31 toes-to-bars

31 push-ups

31 front squats

400-meter single-arm barbell

farmers carry, weight 2

31 toes-to-bars

31 push-ups

31 hang power cleans

200-meter single-arm barbell

farmers carry, weight 3

♀ Farmers carry 35 - 65 - 95

lb; Front squat 65 lb; Hang

power clean 95 lb

♂ Farmers carry 45 - 95 - 135

lb; Front squat 95 lb; Hang

power clean 135 lb

First posted March 28, 2018.

[DETAILS](#)

OTIS

Complete as many reps as possible in 15 minutes of:

1 back squat, 1 shoulder

press, 1 deadlift

2 back squats, 2 shoulder

presses, 2 deadlifts

3 back squats, 3 shoulder

presses, 3 deadlifts

Etc.

Use 1½ body weight for the

squats and deadlifts and ¾ body

weight for the presses.

First posted April 24, 2018.

[DETAILS](#)

JOSIE

For time, wearing a 20-lb vest:

1-mile run

Then, 3 rounds of:

30 burpees

4 power cleans

6 front squats

Then, 1-mile run

♀ 105 lb

♂ 155 lb

First posted June 17, 2018.

[DETAILS](#)

DORK

6 rounds for time of:

60 double-unders

30 kettlebell swings

15 burpees

♀ 35-lb kettlebell

♂ 53-lb kettlebell

First posted Oct. 10, 2018.

[DETAILS](#)

BERT

For time:

50 burpees

400-meter run

100 push-ups

400-meter run

150 walking lunges

400-meter run

200 squats

400-meter run

150 walking lunges

400-meter run

100 push-ups

400-meter run

50 burpees

First posted Oct. 26, 2018.

[DETAILS](#)

WADE

For time, wearing a 20-lb vest or body armor:

Run 1,200 meters

Then, 4 rounds of:

12 strict pull-ups

9 strict dips

6 strict handstand push-ups

Then, run 1,200 meters

First posted Nov. 11, 2018.

[DETAILS](#)

FOURNIER

For time:

50 shoulder-to-overheads

50-foot arm-over-arm sled pull

40 burpees

50-foot arm-over-arm sled pull

30 sumo deadlift high pulls

50-foot arm-over-arm sled pull

♀ 75-lb shoulder-to-overhead,

55-lb sumo deadlift high pull

♂ 115-lb shoulder-to-overhead,

85-lb sumo deadlift high pull

For the sled pull, use a load

that is challenging but doesn't require extended rest periods.

First posted Aug. 28, 2020.

[DETAILS](#)

LARRY

21-18-15-12-9-6-3 reps

for time of:

Front squats

Bar-facing burpees

♀ 75-lb squat, 50-lb sandbag

♂ 115-lb squat, 80-lb sandbag

First posted Nov. 11, 2020.

[DETAILS](#)

KELLY BROWN

5 rounds for time of:

Row 440 meter

10 box jumps

10 deadlifts

10 wall-ball shots

♀ 20-lb medicine ball to 9 feet,

185-lb deadlift, 24-inch box

♂ 30-lb medicine ball to 10 feet,

275-lb deadlift, 30-inch box

First posted Nov. 13, 2020.

[DETAILS](#)

KERRIE

Wearing a weight vest, 10 rounds for time of:

100-meter sprint

5 burpees

20 sit-ups

15 push-ups

100-meter sprint

Rest 2 minutes

First posted Dec. 10, 2020.

[DETAILS](#)

MARTIN

For time, with a partner:

2,000-meter row

100 bodyweight deadlifts

50 thrusters (65/95 lb)

1,000-meter row

100 hand-release push-ups

50 pull-ups

500-meter row

100 sit-ups

100 wall-ball shots (14/20 lb)

First posted Jan. 24, 2021.

[DETAILS](#)

LAURA

With a partner, complete as many rounds as possible in

21 minutes of:

30-calorie row

20 burpees over the rower

10 power cleans

♀ 105 lb

♂ 155 lb

First posted Feb. 13, 2021.

[DETAILS](#)

LORENZO

For time:

Run 1,000 meters

Then,

5 rounds of:

15 push-ups

20 medicine-ball cleans

21 burpees

Then,

Run 1,000 meters

First posted Feb. 20, 2021.

[DETAILS](#)

PEYTON

Complete as many rounds as possible in 20 minutes of:

10 chest-to-bar pull-ups

10 dumbbell thrusters, 35/50 lb

Stop and perform 40 double-unders every 2 minutes, including at 0:00.

Then, at the 20:00 mark, complete a 2-mile run.

Post rounds of the AMRAP and run time to comments.

First posted July 3, 2021.

[DETAILS](#)

MAXTON

With a weight vest, 13 rounds for time of:

8 strict pull-ups

26 box step-ups

21 burpees

♀ 14-lb vest, 20-inch box

♂ 20-lb vest, 24-inch box

First posted Nov. 11, 2021.

[DETAILS](#)

EVA STRONG

With a partner, 5 rounds for time of:

24 double-unders (each)

19 toes-to-bars (total)

2 clean and jerks (total)

400-meter run (together)

♀ 135 lb

♂ 205 lb

First posted June 18, 2022.

[DETAILS](#)

CHAD1000X

For time:

1,000 weighted box step-ups

♀ 35-lb ruck, 20-inch box

♂ 45-lb ruck, 20-inch box

First posted Nov. 11, 2023

[DETAILS](#)

TPT9000

For time:

100-meter run

Then, 9 rounds of:

8 burpees

26 kettlebell swings

21 wall-ball shots

100-meter run

♀ 35-lb kettlebell, 14-lb

medicine ball to 9-foot target

♂ 44-lb kettlebell, 20-lb

medicine ball to 10-foot target

If you have a 14-/20-lb weight vest, wear it.

[DETAILS](#)

GARBO

On a 21-minute clock:

400-meter run

Then, as many rounds and reps as possible of:

10 hand-release push-ups

4 strict pull-ups

20 kettlebell swings

10 kettlebell goblet squats

♀ 35-lb kettlebell

♂ 53-lb kettlebell

[DETAILS](#)

MCCARTNEY

For time in teams of 3:

2,000-meter row

14 dumbbell thrusters

34 kettlebell swings

484 double-unders

108 burpees

2,000-meter row

18 deadlifts

♀ 35-lb dumbbells, 53-lb kettlebell, 155-lb deadlifts

♂ 50-lb dumbbells, 70-lb kettlebell, 225-lb deadlifts

[DETAILS](#)

WESLEY

On a 35-minute clock:

800-meter run

Then, as many rounds and reps

as possible of:

8 box jumps

6 strict pull-ups

21-yard walking lunge with a

45-lb plate overhead

[DETAILS](#)

HAMMY

For time:

1,200-meter run

80 box step-overs

40 hand-release push-ups

800-meter run

40 burpees to target

20 strict pull-ups

400-meter run

20 burpee box jumps

10 ring muscle-ups

400-meter run

40 burpees to target

20 strict pull-ups

800-meter run

80 box step-overs

40 hand-release push-ups

1,200-meter run

If you have a 14-/20-lb weight vest, wear it for as much of the workout as possible.

♀ 20-inch box, 6-inch target for burpees

♂ 24-inch box, 6-inch target for burpees

[DETAILS](#)

TRIPLE DEUCE

As many rounds and reps as possible in 20 minutes of:

22 burpees

22 air squats

22 pull-ups

22 sandbag

ground-to-over-the-shoulders

722-meter sprint

♀ 40-lb sandbag

♂ 60-lb sandbag

[DETAILS](#)

K27

27 rounds for time of:

5 hang power cleans

5 burpees

15 double-unders

♀ 105 lb

♂ 185 lb

[DETAILS](#)

BURIAK

As many rounds and reps as possible in 20 minutes of:

5 squat cleans

10 burpees over the bar

15 pull-ups

200-meter run

♀ 135 lb

♂ 155 lb

[DETAILS](#)

ODA 7313

7 rounds for time of:
 300-meter jog
 10 left-arm dumbbell thrusters
 10 right-arm dumbbell thrusters
 7 strict pull-ups
 Wear a 10-14-lb weight vest.

♀ 20 lb

♂ 30 lb

[DETAILS](#)

GOOSE

For time with a partner:

106 deadlifts

Then, 7 rounds of:

3 rope climbs

15 thrusters

15 kettlebell swings

Then, 400-meter run with
 a plate (Both partners
 carry a plate.)

♀ 95-lb barbell, 15-foot rope,

53-lb kettlebell, 25-lb plate

♂ 135-lb barbell, 15-foot rope,

70-lb kettlebell, 45-lb plate

[DETAILS](#)

PIKEY

For time:

Run 400 meters

12 burpee bar muscle-ups

15 squat snatches

Run 800 meters

12 burpee bar muscle-ups

20 clean and jerks

Run 800 meters

12 burpee bar muscle-ups

18 thrusters

Run 400 meters

♀ 105-lb barbell

♂ 155-lb barbell

[DETAILS](#)

GALE FORCE

As many rounds and reps as
 possible in 30 minutes of:

20 box step-ups with a

weighted backpack

23 burpees-over-backpack

19 air squats

When 30 minutes have elapsed,

complete one more set of 19

squats together as a group.

♀ 35-lb backpack, 20-inch box

♂ 50-lb backpack, 24-inch box

[DETAILS](#)

NORTHRUP

For time:

26 barbell back-rack step-ups

Then, 3 rounds of:

17 power cleans

19 sit-ups

21 deadlifts

Then, 31-calorie row

♀ 20-inch box, 65-lb barbell

♂ 24-inch box, 95-lb barbell

[DETAILS](#)

FERN

With a 60-minute time cap:

For time:

2-mile run

Then 9 rounds of:

20-calorie row

20 burpees

Then 3 rounds for time of

30 push-ups

30 pull-ups

30 burpees

♀ Wear a 14-lb weight vest

♂ Wear a 20-lb weight vest

[DETAILS](#)

FINSETH

On an 18-minute clock for reps:

83 wall-ball shots

Then, as many rounds and reps
 as possible of:

2 power cleans

18 push-ups

24 double-unders

♀ 14-lb medicine ball to 9 feet,

125-lb barbell

♂ 20-lb medicine ball to 10 feet,

185-lb barbell

[DETAILS](#)

GAGE

For time:

1,996-meter row

Then, 3 rounds of:

12 power cleans

11 back squats

3 rope climbs to 15 feet

27 burpees

Then, 2,024-meter row

♀ 105-lb barbell,

♂ 155-lb barbell,

[DETAILS](#)

JOSH-0

For time with a partner:

400-meter run

2 rounds of:

44 dumbbell front squats

44 dumbbell floor presses

44 dumbbell hang

clean and jerks

Then,

1,979-meter row

2 rounds of:

44 dumbbell deadlifts

44 dumbbell bent-over rows

44 dumbbell lunges

Then,

400-meter Run

Run together and split all other work as needed.

Use two dumbbells.

♀ 35-lb dumbbells

♂ 50-lb dumbbells

[DETAILS](#)

WHITT

3 rounds for time:

800-meter run with

medicine ball

30 wall-ball shots

30 ball slams with medicine ball

♀ 20-lb medicine ball

♂ 30-lb medicine ball

[DETAILS](#)

RYAN SO

For time:

1,600-meter run

Then,

4 rounds of:

9 power cleans

2 strict pull-ups

14 burpees

Then,

3 rounds of:

13 box jumps

13 push-ups

50 double-unders

Then,

1,600-meter run

♀ 14-lb weight vest for run,

95-lb barbell, 20-inch box

♂ 20-lb weight vest for run,

135-lb barbell, 24-inch box

[DETAILS](#)

HOOVER

8 rounds for time of:

Run 400 meters

15 burpee box jump-overs

10-calorie bike

6 alternating dumbbell snatches

♀ 20-inch box, 50-lb dumbbell

♂ 24-inch box, 75-lb dumbbell

[DETAILS](#)

CITY 100

For time with a partner:

31 shuttle runs (7 meters down, 7 meters back)

Then,

10 rounds for time of:

7 deadlifts

7 hang power cleans

7-meter overhead walking lunge

♀ 105-lb barbell

♂ 155-lb barbell

One partner must hold a barbell in the front rack while the other partner performs an entire round of the complex.

Upon finishing the round, switch stations.

[DETAILS](#)

ALEC

For time:

3 rounds of:

8 burpees

28 air squats

9 push-ups

Then,

Run 1,000 meters

25 over-the-shoulder

sandbag cleans

Run 1,000 meters

Then,

5 rounds of:

10 deadlifts

14 box jumps

10 burpees

♀ 75-lb sandbag, 155-lb

deadlifts, 20-inch box

♂ 100-lb sandbag, 225-lb

deadlifts, 24-inch box

[DETAILS](#)

MULLER

For time:

Run 1,000 meters

710-meter plate carry

Then,

5 rounds of:

13 burpee pull-ups

13 deadlifts

Then,

710-meter plate carry

Run 1,000 meters

♀ 25-lb plate, 155-lb deadlifts

♂ 45-lb plate, 225-lb deadlifts

[DETAILS](#)**DOMINIC J. HALL**

On a running clock:

From 0:00-12:23:

Max-reps box step-ups

From 12:23-15:00:

Rest

From 15:00-48:00:

As many reps as possible of:

9 deadlifts

400-m run

22 push-ups

♀ Wear a 14-lb vest, 20-inch box, 185-lb deadlifts

♂ Wear a 20-lb vest, 20-inch box, 275-lb deadlifts

[DETAILS](#)**JONATHON FARMER**

For time:

1,500-meter row

Then,

2 rounds of:

53 push-ups

11 pull-ups

5 shoulder presses

100-meter farmers carry

50-meter sled push

300-meter sprint

Then,

1,500-meter row

♀ 95-lb shoulder press, 35-lb farmers carry, 45-lb sled push

♂ 135-lb shoulder press, 70-lb farmers carry, 90-lb sled push

[DETAILS](#)**RYAN COMAS**

For time as a 3-person team:

1,065-foot versa climb or 1,065-meter row or ski

Then,

10 rounds of:

13 deadlifts

13 pull-ups

13-calorie row

13 back squats

13 burpees

Then,

1,065-foot versa climb or 1,065-meter row or ski

♀ 165-lb barbell

♂ 225-lb barbell

[DETAILS](#)**TIMOTHY HELTON**

For time, as a 3-person team:

2,364-meter row

Then,

10 rounds of:

49 wall-ball shots

26 pull-ups

200-meter run

8 ring muscle-ups

40 deadlifts

Then,

On a 10-minute clock:

Build to a heavy single back squat for each team member.

Clock begins immediately upon completion of the 10 rounds.

♀ 14-lb medicine ball to 9 feet,

105-lb deadlift

♂ 20-lb medicine ball to 10 feet,

155-lb deadlift

[DETAILS](#)**TOPSY**

Complete as many rounds

and reps as possible in

25 minutes of:

3 ring muscle-ups

8 thrusters

17-calorie row

♀ 75 lb

♂ 115 lb

First posted Oct. 23, 2016.[DETAILS](#)

LOCKE

For time:

565-meter row or run

Then,

7 rounds

9 deadlifts

25 push-ups

21 box step-ups

Then,

565-meter row or run

♀ 125 lb, 20-inch box

♂ 185 lb, 24-inch box

[DETAILS](#)**ESTRADA**

100 box step-ups with a weighted backpack

Then,

3 rounds of:

800-meter run

17-calorie bike

25 front squats

♀ 35-lb backpack, 20-inch box,

135 lb front squats

♂ 50-lb backpack, 20-inch box,

185 lb front squats

[DETAILS](#)**LEEHAN**

7 rounds for time of:

6 deadlifts

6 air squats

6 box jumps (20/24 inches)

Add 6 reps to each movement after every round.

Then, 1,742-meter row

♀ 125 lb, 20-inch box,

♂ 185 lb, 24-inch box,

[DETAILS](#)**NUNEZ**

For time:

800m run

60 burpee box jump overs

50 pull-ups

40 squats (weight 1)

600m run

30 burpee box jump overs

25 chest-to-bar pull-ups

20 squats (weight 2)

400m run

15 burpee box jump overs

12 bar muscle-ups

10 squat cleans (weight 3)

♀ 20 inch box, 65 - 125 -

155 lb. squats

♂ 20 inch box, 95 - 185 -

225 lb. squats

[DETAILS](#)**DREW**

For time, all with a weight vest: (Each round honors one of the heroes who died in the helicopter crash.)

Kraus: 200-meter run, 30 pull-ups, 30 hand-release push-ups, 4 deadlifts*

Rest 30 seconds

Scott: 400-meter run, 25 pull-ups, 25 hand-release push-ups, 4 deadlifts*

Rest 30 seconds

Good: 600-meter run, 20 pull-ups, 20 hand-release push-ups, 4 deadlifts*

Rest 30 seconds

Cully: 800-meter run, 15 pull-ups, 15 hand-release push-ups, 4 deadlifts*

Rest 30 seconds

Night Stalkers: 269 step-ups

*Prescribed weight for deadlifts is 1.5 times bodyweight.

[DETAILS](#)**MALONEY**

6 rounds for time of:

300-meter shuttle run (50-meters out and back x 6, 100-meters out and back x 3)

16 deadlifts

♀ 125 lb

♂ 185 lb

6 hang power cleans

Rest 2 minutes between sets.

[DETAILS](#)**JACK'S TRIANGLE**

On a 23:00 clock, for total reps:

Minutes 0:00-2:00

Max deadlifts (155/225 lb)

Minutes 2:00-21:00

As many rounds and reps as possible in 19 minutes of:

4 strict pull-ups

11 box jumps

13 hand-release push-ups

23-calorie bike

Minutes 21:00-23:00

Max deadlifts

♀ 155-lb barbell, 24-inch box

♂ 225-lb barbell, 30-inch box

First posted March 6, 2026..[DETAILS](#)

MAXIM 56

For time, with a partner:

Buy-in: Each partner completes a 56-second handstand hold or wall sit

Then, each athlete completes:

56 burpees

56 flutter kicks (4-count)

56 walking lunges

56 hand-release push-ups

56 air squats

Cash out: 5,600-meter run

[DETAILS](#)

DANIEL RAY

5 rounds for time of:

25-foot double-kettlebell front-rack lunge

9 strict pull-ups

50-foot double-kettlebell overhead carry

16 hand-release push-ups

75-foot double-kettlebell

front-rack carry

23 air squats

100-foot double-kettlebell

farmers carry

400-meter run

If you have a weight vest or body armor, wear it.

♀ 35-lb kettlebell

♂ 53-lb kettlebell

[DETAILS](#)