

THE NEW CROSSFIT GIRLS

Crossfit added 7 new "Girls" to the iconic list of benchmark workouts named after women. Let's meet the new ladies of Crossfit:

GRETTEL

10 RFT

3 Clean-and-Jerks, 135/95

3 Burpees over the Bar

LYLA

For Time, 10-1:

Muscle-Ups

BW Clean-and-Jerks

INGRID

10 RFT

3 Snatches, 135/95

3 Burpees over the Bar

BARBARA ANN

5 RFT w/ 3 Min Rest Between Rounds

20 HSPU; 30 Deadlifts 135/95 LBS

40 Sit-Ups; 50 Double-Unders

ELLEN

3 RFT: 20 Burpees

21 Single Dumbbell Snatches 50/35 Lbs

12 Dual Dumbbell Thrusters 50/35 Lbs

ANDI

For Time:

100 Hang Power Snatches 65/45 Lbs

100 Push Presses, 65/45 Lbs

100 Sumo Deadlift High Pulls, 65/45 Lbs

100 Front Squats, 65/45 Lbs

LANE

5 Rounds for Max Reps:

$\frac{3}{4}$ Bodyweight Hang Power Snatches

Handstand Push-Ups

Rest as Needed Between Rounds

CROSSFIT SAND + STEEL

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Crossfit Guide

SJ Ball



Crossfit Guide:

The Enigmatic Realm of **Crossfit Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Crossfit Guide** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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