

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

Christian G. Meyer



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