

# HWPO WORKOUT LOG

Below are some of the most popular benchmark workouts in CrossFit. They're meant to be tested every few months in order to track your progress and identify your weaknesses. As always, you should scale the movements and weight as needed.

When there are weights included, the first number is considered the Rx weight for men, and the second number is the Rx weight for women.

Workout	Date	Score	Weight	Notes
ANGIE For Time 100 Pull-Ups, 100 Push-Ups, 100 Sit-Ups, 100 Air Squats				
ANNIE For Time 50–40–30–20–10 Reps Double-Unders and Sit-Ups				
BARBARA For Time 5 Rounds Rest: 3 Minutes Between Rounds 20 Pull-Ups, 30 Push-Ups, 40 Sit-Ups, 50 Air Squats				

<b>Workout</b>	<b>Date</b>	<b>Score</b>	<b>Weight</b>	<b>Notes</b>
CHELSEA EMOM for 30 Minutes 5 Pull-Ups, 10 Push-Ups, 15 Air Squats				
CINDY AMRAP in 20 Minutes 5 Pull-Ups, 10 Push-Ups, 15 Air Squats				
DIANE For Time 21-15-9 Reps Deadlifts (M 225 lbs/W155 lbs) and Handstand Push-Ups				
ELIZABETH For Time 21-15-9 Reps Cleans (M 135 lbs /W 95 lbs) and Ring Dips				
EVA For Time 5 Rounds 800m Run, 30 Kettlebell Swings (M 32 kg/W 24 kg), 30 Pull-Ups				
FRAN For Time 21-15-9 Reps Thrusters (M 95 lbs /W 65 lbs) and Pull-Ups				
GRACE For Time 30 Reps Clean and Jerks (M 135 lbs/W 95 lbs)				

<b>Workout</b>	<b>Date</b>	<b>Score</b>	<b>Weight</b>	<b>Notes</b>
HELEN For Time 3 Rounds 400m Run, 21 Kettlebell Swings (M 24 kg/W 16 kg), 12 Pull-Ups				
ISABEL For Time 30 Snatches (M 135 lbs/W 95 lbs)				
JACKIE For Time 1,000m Row, 50 Thrusters (M 45 lbs /W 35 lbs), 30 Pull-Ups				
KAREN For Time 150 Walls-Balls (M 20 lbs/W 14 lbs)				
KELLY For Time 5 Rounds 400m Run, 30 Box Jumps (M 24"/W 20"), 30 Wall-Balls (M 20 lbs /W 14 lbs)				
LINDA For Time 10—9—8—7—6—5—4—3—2—1 Reps 1½ × Bodyweight Deadlift, Bodyweight Bench Press, ¾ × Bodyweight Cleans				
LYNNE AMRAP for 5 Rounds Max Bodyweight Bench Press and Max Pull-Ups				

<b>Workout</b>	<b>Date</b>	<b>Score</b>	<b>Weight</b>	<b>Notes</b>
<b>MARY</b> AMRAP in 20 Minutes 5 Handstand Push-Ups, 10 Pistols (Alternating Legs), 15 Pull-Ups				
<b>NANCY</b> For Time 5 Rounds 400m Run and 15 Overhead Squats (M 95 lbs/W 65 lbs)				
<b>NICOLE</b> AMRAP in 20 Minutes 400m Run and Max Pull-Ups (Score is total pulls-ups completed in all rounds)				