

"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.

Allgie	
Original	

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

Modified

25 squats

<image>

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of 4

"The Girls" for Grandmas (continued...)





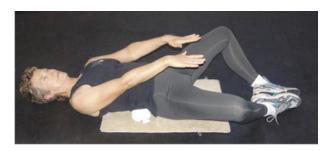
"Barbara"

Original

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





Original	Modified
5 Pull-ups	5 Ring rows
10 Push-ups	10 push-ups
15 Squats	15 squats
Each minute on the	Each minute on the
minute for 30	minute for 20
minutes	minutes



2 of 4

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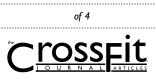
"The Girls" for Grandmas (continued...)

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





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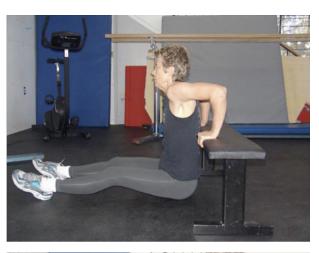


"The Girls" for Grandmas (continued...)

"Fran"

Original	
For time: Thruster 95 lbs Pull-ups	
21-15-9 reps	

Modified For time: Thruster 25 lbs Ring rows 21-15-9 reps





Greg Glassman is the Founder of CrossFit, Inc. and Crossfit Santa Cruz and is the publisher of the CrossFit Journal. He is a former competitive gymnast and has been a fitness trainer and conditioning coach since the early 1980s.

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4 of 4