

the **CrossFit** JOURNAL ARTICLES

“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.

“Angie”

Original

For time:
100 pull-ups
100 push-ups
100 sit-ups
100 squats

Modified

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



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“The Girls” for Grandmas (continued...)



“Barbara”

Original	Modified
5 rounds for time of:	3 rounds for time of:
20 Pull-ups	20 Ring Rows
30 Push-ups	30 push-ups
40 Sit-ups	40 sit-ups
50 Squats	50 squats
3 minutes rest between rounds	3 minutes rest between rounds



“Chelsea”

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



“The Girls” for Grandmas (continued...)

“Diane”	
Original	Modified
For time: Deadlift 225 lbs Handstand pushups 21-15-9 reps	For time: Deadlift 50 lbs Dumbbell shoulder press 10 lbs 21-15-9 reps

“Elizabeth”	
Original	Modified
For time: Clean 135 lbs Ring dips 21-15-9 reps	For time: Clean 25 lbs Bench dips 21-15-9 reps



“The Girls” for Grandmas (continued...)

“Fran”

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