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FRIDAY		SATURDAY		SUNDAY	
Stack 9:00 - 11:00	SPRINT RELAY 100 points 11-minute cap 6 x 415 meter Sprints	Stack 9:00 - 10:40	YOKE 100 points 3-minute cap Carry yoke (370/230lbs) for total distance. One attempt per athlete.	Stack 12:35 - 1:10	THE GIRLS Winner takes all 30-minute cap Each athlete completes one workout in a timed relay as follows: 1. Female: "Elizabeth" 21-15-9 95 pound Clean Ring Dips 2. Female: "Fran" 21-15-9 65 pound Thruster Pull-ups 3. Female: "Isabel" 95 pound Snatch, 30 reps 4. Male: "Isaac" 135 pound Clean & jerk, 30 reps 5. Male: "Diane" 21-15-9 225 pound Deadlift Handstand push-up 6. Male: "Karen" 150 Wallball Shots, 20 pound ball
	BIG BOB 100 points 10-minute cap For time: Push Big Bob 100 yards down the field Pull Big Bob 100 yards back up the field		ROPE - CLEAN 100 points 10-minute cap Women together, then men together, complete: 135/185lb Clean & jerk, 30 reps Run 100 yards 20 Rope climbs Then each team member (women first) completes: 1 Rope climb Sprint 100 yards 135/185lb Clean & jerk, 1 rep		
Stack 3:00 - 5:00	FRONT SQUAT M 50 points W 30 points 4-minute cap 2-rep Front squat for max load One bar per team. Men's heaviest weights are added together. Women's heaviest weights are added together.	Stack 2:20 - 3:40	BAR MUSCLE-UP M 50 points W 30 points 3-minute cap Max reps Bar muscle-ups One bar per team. Men's reps are added together. Women's reps are added together.		
	TEAM TRIPLET 100 points 10-minute cap Three mixed-gender pairs must complete in order: Row 750m while 215/145lb Front rack held 50 Burpees while 135/95lb Overhead held 50 Thrusters 95/65lb while Dip support held		TEAM CHIPPER 100 points 14-minute cap For time: 30 GHD sit-ups 30 Deadlifts 225/155lb 30 Double-unders 30 Overhead squats 95/65lb 30 Pull-ups Men start first, then women. Athletes can't advance stations until station in front is clear.		

CROSSFIT PORTLAND

Level 1	Level 2	Level 3
100 points	100 points	100 points
10-minute cap	10-minute cap	10-minute cap

PDF

SOFTWEIGHT MOVEMENTS

TRAINING FOCUS

WHY ARE THEY NAMED AFTER GIRLS?

BARBARA 5 ROUNDS 3 MIN REST 100 Push-ups 100 Squats 100 Clean	CHELSEA EMOM FOR 30 MIN 100 Push-ups 100 Squats 100 Clean	MARY AMRAP IN 20 MIN 100 Push-ups 100 Squats 100 Clean	CINDY AMRAP IN 20 MIN 100 Push-ups 100 Squats 100 Clean
NICOLE AMRAP IN 20 MIN 100 Push-ups 100 Squats 100 Clean	ANGIE AFAP 100 Push-ups 100 Squats 100 Clean	NO BARS HERE This workout is for athletes who do not have a barbell in their gym.	EVA 5 ROUNDS 200 Push-ups 30 Handstand Springs 30 Pull-ups
KELLY 5 ROUNDS 30 Sit-ups 30 Wallballs	KAREN AFAP 100 Push-ups 100 Squats 100 Clean	MIX IT UP This gets you moving and keeps your heart rate up.	AMANDA 5 ROUNDS 20 Push-ups 20 Squats 20 Clean
DIANE 21-15-9 Handstand push-up	FRAN 21-15-9 Pull-ups	ELIZABETH 21-15-9 Ring Dips	NANCY 5 ROUNDS 20 Handstand Squats
GET HEAVY This is the "heavy" workout. It's for athletes who have a barbell in their gym.	ISABEL AFAP 100 Push-ups 100 Squats 100 Clean	LINDA 5 ROUNDS 20 Push-ups 20 Squats 20 Clean	GRACE AFAP 100 Push-ups 100 Squats 100 Clean



W.O.D.

1 mile run
100 jumping jacks
50 box jumps
50 squat jumps
50 push ups
50 sit ups
50 lunge jumps
50 dips
100 jumping jacks
50 good mornings
20 Turkish pood get ups

