

WheelWOD Adapted CrossFit Rx Benchmarks - Seated			
Workout	Movement	Rx Weight	Movement Standards
Grace	30 Clean & Press	95lbs/65lbs	Bar Must start from floor, lock out over head, return to floor
Fran	21-15-9 Sh. press & Pull up	75lbs/45lbs	Sh. Press barbell must touch shoulder at bottom and full lock out over head Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang
Isabel	30 Muscle snatch	85lbs/55lbs	Must start from floor, lock out over head, return to floor - Snatch grip
Angie	100 of push up, pull up, Box Dip and Sit up	none	push ups from knees, pull ups full hang, dips to full extension and 90 degree at bottom. This workout must be done in 100 sets, you can not move to the next movement before completing 100 of the previous
Annie	50-40-30-20-10 Battle ropes (2-4-1) & Seated back extensions	40 ft rope (20 feet each length) 1 1/2 inch diameter	battle ropes, rope must ripple all the way to anchor point each swing to count successful rep. 2-4-1 means 1 left swing & 1 right swing = 1 rep Seated back extension is chest touch knees and full upright seated position at top. (can not use hands to push up or assist)
Barbra	20 Pull-ups 30 Push ups 40 Sit ups 50 Dips	rest 3 minutes between each round	push ups from knees, pull ups full hang, dips to full extension and 90 degree at bottom. Sit ups can use arms to help sit up, must touch feet top of each rep.
Cindy	20 min Amrap 5 pull ups, 10 push ups 15 Dips	as many rounds as possible, 1 round equals 30 reps	push ups from knees, pull ups full hang, dips to full extension and 90 degree at bottom.
Mary	20 min Amrap 5 DB Sh. Press 10 single arm push ups 15 pull ups	55lbs/35lbs as many rounds as possible, 1 round equals 30 reps	DB S.Press Dumbbell bust touch shoulder at bottom and reach full extension directly above the shoulder at top of movement. Push ups from knees single arm & alternate arms each push up, pull ups full hang,
Linda	10-9-8-7-6-5-4-3-2-1 Barbell Row Bench press Clean	3/4 body weight ROW Body Weight bench 1/2 Body Weight Clean	Row is face down on bench, arms must be fully extended and row bar to touch bottom of bench Bench press bar must start locked out, touch chest return to locked out Clean must start from floor and elbows must clear front of bar path at full seated position
Lynne	5rds Max Reps Bench Press Pull ups	Bench Body weight	max reps of: Bench press bar must start locked out, touch chest return to locked out Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang
Chelsea	30 Min EMOM 5 pull ups, 10 push ups 15 Dips	Every minute on the minute perform	push ups from knees, pull ups full hang, dips to full extension and 90 degree at bottom.
Elizabeth	21-15-9 Cleans Ring Dips	95lbs/65lbs	Clean must start from floor and elbows must clear front of bar path at full seated position, Dips must be performed on rings and top of ring must touch bottom of armpit and full extension of elbows at top
Diane	21-15-9 Seated Dead Lift DB Sh. Press	DL = 2x70lb KB SH.P= 55lbs/35lbs	Dead Lift - weights from floor to full seated extension) DB S.Press Dumbbell bust touch shoulder at bottom and reach full extension directly above the shoulder at top of movement.
Jackie	1000m Row 50 Sh. Press 30 Pull Ups	45lbs/35lbs	Sh. Press barbell must touch shoulder at bottom and full lock out over head Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang. Rowing can be performed any means necessary
Karen	150 med ball wall tosses	14lbs/10lbs	9ft & 8ft Target Middle of ball must clear target mark on wall.
Nicole	20 min Amrap 400m wheel max effort pull ups	none	Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang. max effort ends when release of bar or butt touches seat.

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Helen	3RFT 400m wheel 21 Kb raises 12 pull ups	12kg/8kg	KB Raise (swing) 2 hands start from lap extent fully above head with KB bottom facing ceiling at extension. Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang
Nancy	5RFT 400m wheel 15 Behind Head Snatch grip press	75lbs/45lbs	Behind head sh.press starts bar touching back rack position and press behind head to full extension in a snatch grip
Eva	5RFT 800m Wheel 30 Kb Raises 30 pull ups	16kg/12kg	KB Raise (swing) 2 hands start from lap extent fully above head with KB bottom facing ceiling at extension. Pull ups are in full hang position. feet can touch at bottom but must clear floor at top of pull up. Must start every pull up from full arm extension hang
Kelly	5RFT 400m Wheel 30 ply push ups to box 30 med ball wall tosses	12inch/8inch box 14lbs/10lbs @ 9ft/8ft Target	plyo push up. from knees, chest must touch floor and push up 2 hand landing on box and down to chest again Middle of ball must clear target mark on wall.
Amanda	9-7-5 Muscle up Snatch	85lbs/55lbs	Muscle up- must start seated on floor, arms at full extension gripped in ring. Muscle up is complete when athlete is in full extension of the ring dip Snatch -Must start from floor, lock out over head, return to floor - Snatch grip