



Barbara Crossfit Benchmark Workout



Created by Alex

40 min.
55 sec.

Difficulty
3.6



0%



55%



44%



0%

4
Exercises

Tags: Full Body Crossfit Benchmark Workout WOD

Runde



Pullup

20Reps



Pushup

30Reps



Atomic Situps

40Reps



Squats

50Reps

Pause

3min. 0sec.

Runde



Pullup

20Reps



Pushup

30Reps



Atomic Situps

40Reps



Squats

50Reps

Pause

3min. 0sec.

Runde



Pullup

20Reps



Pushup

30_{Reps}



Atomic Situps

40_{Reps}

Squats

50_{Reps}

Pause

3_{min.} 0_{sec.}

Runde



Pullup

20_{Reps}



Pushup

30_{Reps}



Atomic Situps

40_{Reps}



Squats

50_{Reps}

Pause

3_{min.} 0_{sec.}

Runde



Pullup

20_{Reps}



Pushup

30_{Reps}



Atomic Situps

40_{Reps}



Squats

50_{Reps}

Description

This is an official crossfit benchmark workout called Barbara!!

Exercise descriptions



Pullup

Have a shoulder wide grip with palms facing away from you and pull yourself up so that your chin reaches over the bar. Lower yourself slowly down until your arms are outstretched.



Pushup

Take a shoulder wide stance and go down so that your elbows form a 90 degree angle. Keep your back straight.



Atomic Situps

Lie on your back, outstretch legs and your arms behind your head. Then lift your upper body up and pull your knees toward your chest.



Squats

Start from a shoulder wide stance and pay attention that your back is straight when going down. Push your butt back and keep the weight on your heels while your knees point slightly outward.

This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.

