

Cindy — CrossFit Benchmark WOD

Type: Functional Fitness / CrossFit • Duration: 20 minutes (AMRAP) • Equipment: Pull-up bar

Routine (As Many Rounds As Possible):

- 5 pull-ups (scale: banded pull-ups or ring rows)
- 10 push-ups (scale: incline or knee push-ups)
- 15 air squats

Instructions:

- Set a timer for 20 minutes and start with pull-ups, then push-ups, then air squats.
- Keep cycling through the three movements in order for the full 20 minutes.
- Count each completed set of 5/10/15 as one round.
- Record your total rounds (and extra reps) at the end.

Scaling Options:

- Beginner: 3 pull-ups (or ring rows), 6 push-ups, 9 air squats.
- No pull-up bar: 5 x inverted rows under a sturdy table or TRX/bands.
- Advanced: Wear a light weighted vest and maintain full range of motion.

Movement Standards (Quick Cues):

- Pull-ups: Full hang to chin-over-bar. Scale with band/ring rows if needed.
- Push-ups: Body in one line, chest to floor, full lockout at top. Scale to incline or knees.
- Air squats: Hips below parallel, stand tall with hips and knees fully extended.

Score & Notes:

Rounds	Extra Reps	Date	Notes

Tip: Warm up shoulders, wrists, hips, and ankles. Cool down with light mobility work.