







12 Deadlifts (225/155 lb)

### 13 HEROES OF KABUL

AMRAP in 26 minutes  
31 Double-Unders  
25 Pull-Ups  
23 Push-Ups  
23 Air Squats  
23 AbMat Sit-Ups  
22 Kettlebell Swings (53/35 lb)  
22 calorie Row  
22 Toes-to-Bars  
20 Wall Ball Shots (20/14 lb)  
20 Box Jumps (24/20 in)  
20 Alternating Dumbbell Snatches (50/35 lb)  
20 Burpees  
20 Dumbbell Thrusters (2x50/35 lb)

Cash-Out: 3 minute Plank Hold

39 0

The Heroes

1 Hero WOD

### HOLLOWAY

AMRAP (with a Partner) in 23 minutes  
200 meter Partner Run  
94 Double-Unders  
29 Burpees  
3 Rope Climbs

16 0

The Heroes

1 CrossFit Drachen Hero WOD

### DERMYER

AMRAP (with a Partner) in 37 minutes  
Partner A:  
400 meter Run

Partner B:  
10 Box Jump-Overs (24/20 in)  
15 Ball Slams (30/20 lb)  
20 Sit-Ups

Partners switch after each Run

47 2

The Heroes

1 British Hero WOD

### BONDY

AMRAP in 20 minutes  
6 Pull-Ups  
11 Burpees  
24 Sit-Ups

Wear a Weight Vest (20/14 lb)

189 2

The Heroes

1 CrossFit Hero WOD

### MANUEL

5 Rounds for Reps in 50 minutes  
3 minutes of Max Rope Climbs  
2 minutes of Max Air Squats  
2 minutes of Max Push-Ups  
3 minutes to Run 400 meters

Wear a weight vest (20/14 lb)

29 3

The Heroes

1 555 Fitness Hero WOD

### THOMAS GAMBINO

Every 3 Minutes on the Minute for 18 minutes  
7 Bear Complexes (135/95 lb)  
14 Burpees  
21 Double-Unders

One "Bear Complex" consists of: 1 Power Clean, 1 Front Squat, 1 Push Press, 1 Back Squat, and 1 Push Press.

33 0

The Heroes

1 CrossFit Hero WOD

### LEDESMA

AMRAP in 20 minutes  
5 Parallette Handstand Push-Ups (6" Deficit)  
10 Toes Through Rings  
15 Medicine Ball Cleans (20/14 lb)

9 2

The Heroes

1 British Hero WOD

### JAMES WRIGHT

18 minutes  
1 Squats (115/75 lb)  
ope Climb (15 ft rope, from seated position)

22 American Kettlebell Swings (24/16 kg)

20 calorie Assault Bike

20 Air Squats (each)

20 Burpees

20 GHD Sit-Ups

20 Box Jumps (20 in)

26 Total Synchro Push-Ups (13 each)

Wear a Weight Vest (30/20 lb)

9 2

The Heroes

1 CrossFit Davis Hero WOD

### NATALIE CORONA

AMRAP (with a Partner) in 22 minutes  
Partner A, perform AMRAP of:  
20 Sit-Ups  
20 Burpees

...while Partner B performs:  
400 meter Run

Partners switch after each Run

Wear a Weight Vest (20/14 lb) throughout

101 2

The Heroes

1 CrossFit Mayhem 9/11 Firefighter Memorial WOD

### 343 TRIBUTE

AMRAP in 20 minutes  
3 Muscle-Ups  
4 Power Cleans (225/135 lb)  
3 Front Squats (225/135 lb)

34 2

The Heroes

1 555 Fitness Hero WOD

### JOHN WILLIAMSON

EMOM for 36 minutes  
From 0:00-6:00, EMOM of:  
10 Pull-Ups

From 6:00-12:00, EMOM of:  
5 Squat Cleans (155/105 lb)

From 12:00-18:00, EMOM of:  
10 Toes-to-Bars

From 18:00-24:00, EMOM of:  
5 Shoulder-to-Overheads (155/105 lb from the ground)

From 24:00-30:00, EMOM of:  
10 Hand Release Push-Ups

From 30:00-36:00, EMOM of:  
5 Overhead Squats (155/105 lb)

50 5

The Heroes

1 Aesthetic Freaks Hero WOD

### PETER HERRERA

AMRAP in 35 minutes  
400 meter Run  
9-8-7-6-5-4-3-2-1 Deadlifts (bodyweight)  
200 ft Walking Lunges  
8 Burpees over the Bar

25 1

The Heroes

1 Centrum Fitness Lea Hero WOD

### KUBAS

AMRAP in 25 minutes  
400 meter Run  
11 Strict Pull-Ups  
70 meter Walking Lunges  
11 Strict Pull-Ups  
70 Push-Ups  
11 Strict Pull-Ups

9 4

The Heroes

1 CrossFit 858 Hero WOD

### DEVI OF RAMANI

18 minutes  
1 Squats (115/75 lb)  
ope Climb (15 ft rope, from seated position)

36 13

The Heroes

1 Hero WOD

### JOHNSON

AMRAP in 20 minutes  
9 Deadlifts (245/165 lb)  
8 Muscle-Ups  
9 Squat Cleans (155/105 lb)

36 0

The Heroes

1 CrossFit Hero WOD

### JBO

18 minutes  
1 Squats (115/75 lb)  
ope Climb (15 ft rope, from seated position)

22 American Kettlebell Swings (24/16 kg)

20 calorie Assault Bike

20 Air Squats (each)

20 Burpees

20 GHD Sit-Ups

20 Box Jumps (20 in)

26 Total Synchro Push-Ups (13 each)

Wear a Weight Vest (30/20 lb)

9 2

The Heroes

1 CrossFit Hero WOD

### OTIS

AMRAP in 15 minutes  
Back Squat (1½ bodyweight)  
Shoulder Press (¾ bodyweight)  
Deadlift (1½ bodyweight)

Start with 1 rep each. Increase each by 1 rep per round.

40 1

The Heroes

1 CrossFit IQ Hero WOD

### BRASWELL

AMRAP in 40 minutes  
12 Burpees  
9 Hang Power Cleans (95/65 lb)  
18 Wall Ball Shots (20/14 lb)  
200 meter Sandbag Run (60/40 lb)

71 1

The Heroes

1 Australian Hero Games WOD

### HOPPY

AMRAP in 17 minutes  
21 Lateral Bar Burpees  
16 Box Jumps (24/20 in)  
8 Front Back Forward Lunges (60/40 kg)  
3 Ground-to-Overheads (60/40 kg)

25 2

e Heroes

1 Dauntless Athletic Hero WOD

### ANGELS OVER KABUL

With a Running Clock in 39 minutes  
From 0:00-26:00, AMRAP of:  
8 Hang Cleans (105/75 lb)  
26 calorie Row  
21 Kettlebell Swings (53/40 lb)  
13 Handstand Push-Ups

From 26:00-39:00, establish:  
1 rep max Hang Clean

5 1

The Heroes

1 MarineWOD Hero WOD

### ROCK

Three 5-minute AMRAPs in 17 minutes

AMRAP in 5 minutes  
10 Power Cleans (135/95 lb)  
12 Burpees  
14 Box Jumps (24/20 in)  
20 Sit-Ups  
Max distance Row

Rest 1 minute

76 15

The Heroes

1 555 Fitness Hero WOD

### GREGORY STAJK

EMOM for 13 minutes  
For every odd minute, perform:  
13 Hand Release Push-Ups

For every even minute, perform:  
13 Shoulder-to-Overheads (115/75 lb)

36 13

The Heroes

1 CrossFit Hero WOD

### DUNN

AMRAP in 19 minutes  
3 Muscle-Ups  
Shuttle Sprint (5, 10, 15 yards)  
6 Burpee Box Jump Overs (20 in)

7 1

The Heroes

let for the c

Then, AMRAP in the remaining time of:

27 Push-Ups

20 Deadlifts (315/205 lb)

14 0

The Heroes

1 Military Times Hero WOD

### NIOLA

AMRAP in 25 minutes

6, 9, 12, 15, 18, etc. Reps of:  
Thrusters (95/65 lb)  
Wall-Ups  
Over-the-Bar Burpees

93 2

Heroes

1 CrossFit Hero WOD

### FOO

AMRAP in 20 minutes  
7 Chest-to-Bar Pull-Ups  
77 Double-Unders  
2 Squat Clean Thrusters (170/125 lb)  
28 Sit-Ups

Buy-In:  
13 Bench Presses (170/125 lb)

38 2

The Heroes

1 555 Fitness Hero WOD

### GERALD ATWOOD

AMRAP in 10 minutes

1 Clean  
2 Front Squats  
1 Shoulder-to-Overhead

Workout weight is 70% of your 1 Rep Max Front Squat

59 7

The Heroes

1 Australian Hero WOD

### BAIRD VC MG

AMRAP in 13 minutes

Buy-In: 600 meter Run (2-minute cap)\*

Then, 3 Rounds of:  
1 minute Max Pull-Ups  
1 minute Max Deadlifts (90/70 kg)  
1 minute Max Lateral Burpees  
1 minute Rest

13 0

The Heroes

1 CrossFit Inner Chamber Hero WOD

### BULLFROG 8116S

AMRAP in 29 minutes

Buy-In: 811 meter Run

Then AMRAP in remaining time:  
8 Pull-Ups  
11 Push Presses (135/85 lb)  
8 Box Jumps (24/20 in)  
11 Kettlebell Swings (53/35 lb)  
8 Toes-to-Bars  
11 Power Cleans (135/85 lb)  
8 Burpees

47 6

The Heroes

1 CrossFit Simi Valley Hero WOD

### PONGO/NAVAS

AMRAP in 20 minutes  
3 Rope Climbs  
8 Shoulder-to-Overheads (135/85 lb)  
34 calorie Row

5 0

The Heroes

1 Hero WOD for Dennis James Ferderer Jr.

### FERD

AMRAP in 22 minutes

Buy-In: 1 minute Wall Ball Shots (20/14 lb)

Directly into, AMRAP in 20 minutes of:  
1 Power Clean (115/85 lb)  
3 Push Presses (115/85 lb)  
2 Thrusters (115/85 lb)  
11 Box Jumps (24/20 in)

Cash-Out: 1 min Farmer's Carry (2x70/50 lb)

38 3

The Heroes

1 Hero WOD

### BAZ

AMRAP in 30 minutes

AMRAP (with a Partner) in 30 minutes

Buy-In:  
1 mile Run (together)

14 0

The Heroes

1 Box Programming Hero WOD

### SHINNERS

AMRAP (with a Partner) in 25 minutes

30 Burpees  
1,000 meter Row  
30 Kettlebell Swings (70/53 lb)

52 3

The Heroes

1 Hero WOD

### MATT WOULD GO

AMRAP in 33 minutes  
2 Clusters (205/155 lb)  
19 Bar Facing Burpees  
13 calorie Bike

16 2

The Heroes

1 Hero WOD

### ROCKET

AMRAP in 30 minutes

50 meter Swim  
10 Push-Ups  
15 Air Squats

59 8

The Heroes

1 CrossFit Zwijndrecht Memorial WOD

### JOOST

EMOM for 20 minutes

Minute 1: 6 Wall Ball Shots (9/6 kg) + 3 Bar Muscle-Ups  
Minute 2: 12 Box Jumps (24/20 in)  
Minute 3: 4 Power Snatches (55/40 kg) + 6 Overhead Squats (55/40 kg)  
Minute 4: 10 Toes-to-Bars + 10 Knees-to-Elbows  
Minute 5: 17 Push-Ups

Repeat 4 times

28 3

The Heroes

1 Hero WOD

### DALE

AMRAP in 20 minutes

400 meter Run  
1 Rope Climb (20 ft)

28 4

The Heroes

1 Honesdale CrossFit Hero WOD

### JUSTIN

AMRAP in 23 minutes

1/2 mile Run  
4 Deadlifts (275/185 lb)  
17 Pull-Ups  
90 Burpees  
20 Box Jumps (24/20 in)  
13 Hand Release Push-Ups

Buy-Out: 5 minutes to relax in the sun and reflect on the day

8 0

The Heroes

1 555 Fitness Hero WOD

### WHITMAN KRZYWICKI

AMRAP in 20 minutes

1 Power Clean (115/85 lb)  
3 Push Presses (115/85 lb)  
2 Thrusters (115/85 lb)  
11 Box Jumps (24/20 in)

38 3

The Heroes

1 Hero WOD

### BAZ

AMRAP in 30 minutes

1 Power Clean (115/85 lb)  
3 Push Presses (115/85 lb)  
2 Thrusters (115/85 lb)  
11 Box Jumps (24/20 in)

38 3

The Heroes

1 Hero WOD

### BAZ

AMRAP in 30 minutes

1 Power Clean (115/85 lb)  
3 Push Presses (115/85 lb)  
2 Thrusters (115/85 lb)  
11 Box Jumps (24/20 in)

38 3



11 Hand Release Push-Ups  
10 Box Jumps (24/20 in)  
15 Broomstick Overhead Squats  
20 Walking Lunges (2-count)

31 1

The Heroes

Driven Strength and Conditioning Hero WOD

LESLEY

AMRAP in 35 minutes  
24 Jumping Lunges  
24 Hollow Rocks  
24 Air Squats  
24 AbMat Sit-Ups  
24 Burpees

The Heroes

CrossFit Cardiff Hero WOD

BENJAMIN REDDY

AMRAP in 16 minutes  
From 0:00-4:00, complete 1 round of:  
18 calorie Assault Bike  
4 Clean-and-Jerks (100/70 kg)  
5 Burpee Box Jumps (30/24 in)

Rest until 4:00

From 4:00-6:00, AMRAP of:  
Wall Ball Shots (20/14 lb)

Rest until 10:00

From 10:00-14:00, complete 1 round of:  
18 calorie Assault Bike  
4 Clean-and-Jerks (100/70 kg)  
5 Burpee Box Jumps (30/24 in)

Rest until 14:00

From 14:00-16:00, AMRAP of:  
Wall Ball Shots (20/14 lb)

9 0

The Heroes

CrossFit Gallo Nero Hero WOD

GHOST OF KYIV

AMRAP in 30 minutes  
6 Strict Presses (40/25 kg)  
20 Box Jump Overs (24/20 in)  
22 Double-Unders

Every minute on the minute, complete:  
3 Push-Ups

38 13

The Heroes

CrossFit Latte Stone Hero WOD

MAX

AMRAP in 22 minutes  
1 Ring Muscle-Up  
22 Handstand Push-Ups  
99 Double-Unders  
8 Snatches (135/95 lb)  
26 Toes-to-Bars  
21 Wall Ball Shots (20/14 lb)

4 0

The Heroes

555 Fitness Hero WOD

DAVID WEISS

AMRAP in 10 minutes  
5 Front Squats (225/155 lb)  
9 Deadlifts (225/155 lb)  
5 Squat Cleans (225/155 lb)  
9 Back Squats (225/155 lb)

33 0

The Heroes

Hero WOD

RUNYAN

AMRAP in 24 minutes  
21 Bar Over Burpees  
7 Deadlifts (1.5x bodyweight)  
10 Pull-Ups

resses (115/75 lb)

British Hero WOD

MEIKTILA

AMRAP in 20 minutes  
10 Pull-Ups  
40 Air Squats  
80 Double-Unders

105 6

The Heroes

Hero WOD

TIFF

With a running clock in 25 minutes  
1.5 mile Run

Then AMRAP in remaining time:  
11 Chest-to-Bar Pull-Ups  
7 Hang Squat Cleans (155/105 lb)  
7 Push Presses (155/105 lb)

23 2

The Heroes

Centrum Fitness Lea Hero WOD

SŁOWIK

AMRAP (with a Partner) in 26 minutes  
26 Odd Object Shoulder-to-Shoulder (30/20 kg) / Toes-to-Bars  
2,000 meter Run (together)  
20 Odd Object Squats (30/20 kg) / Pull-Ups  
80 Burpees Over Odd Object (shared)

Wear a Weight Vest (10/6 kg)

3 0

The Heroes

CrossFit Cardiff Hero WOD

PAUL COLLINS

AMRAP in 5 minutes  
13 Wall Ball Shots (20/14 lb)  
6 Toes-to-Bars

26 8

The Heroes

Imperial CrossFit Hero WOD

MORENO

AMRAP (in a Team of 3) in 35 minutes  
20/15 calorie Air Bike  
7x100 meter Sprints  
22 Clean-and-Jerks (135/95 lb)  
180 Double-Unders

8 1

The Heroes

British Hero WOD

BLANCHARD (SAPPER)

AMRAP in 15 minutes  
3 Ground-to-Overheads (70/50 kg)

Then, 3 Rounds of:  
5 Pull-Ups  
10 Push-Ups  
15 Air Squats  
30 Double-Unders

28 3

The Heroes

Daybreak CrossFit Hero WOD

MILLEY

AMRAP in 23 minutes  
Buy-in: 2,000 meter Row

In the remaining time, AMRAP of:  
11 Wall Ball Shots (30/20 lb)  
30 Double-Unders  
10 Burpees

6 4

The Heroes

INDY 08

Buy-In: 2013 meter Air Bike

AMRAP in 30 minutes  
4 Toes-to-Bars  
4 Burpees  
27 Wall Ball Shots (20/14 lb)

6 2

The Heroes

CrossFit Cardiff Hero WOD

GEORGIE SPARKS

AMRAP in 20 minutes  
27 Double-Unders  
11 Pull-Ups  
13 Power Cleans (50/35 kg)

24 3

The Heroes

Hero WOD

ROBBIE

AMRAP in 25 minutes  
8 Freestanding Handstand Push-Ups  
1 L-Sit Rope Climb (15 foot)

7 0

The Heroes

Good Friday Hero WOD

GOOD FRIDAY BATTLE

AMRAP in 20 minutes  
2 Rope Climbs (15 ft)  
4 Deficit Strict Handstand Push-Ups (3.5/2 in)  
10 Pistols (each leg)

Weight Vest (10/6 kg)

2

CrossFit Pneuma Hero WOD

SARTOR

AMRAP in 23 minutes  
13 Deadlifts (225/155 lb)  
20 Single-Arm Dumbbell Push Presses (50/35 lb, 10 per arm)  
40 Pull-Ups  
280 foot Sand Bucket Carry (80/60 lb)  
Wear a Weight Vest (20/14 lb)

6 0

The Heroes

Hero WOD

MCCLAREN

AMRAP in 20 minutes  
3 Thrusters (50% bodyweight)  
5 Box Jumps (24/20 in)  
7 Hand Release Push-Ups

75 15

The Heroes

CrossFit Florian Hero WOD

DORK

AMRAP in 20 minutes  
33 calorie Row  
15 Deadlifts (225/155 lb)  
4 Rope Climbs

21 1

The Heroes

555 Fitness Hero WOD

ANGEL JUARBE JR.

EMOM for 10 minutes  
3 Deadlifts (65% of max rep)  
Max Burpees

40 3

The Heroes

CrossFit Cardiff Hero WOD

THE BEAR

AMRAP in 20 minutes  
12 Overhead Walking Lunges (50/35 kg)  
15 Burpees  
8 Bar Muscle-Ups

17 0

The Heroes

Pace Patriot Pride Fitness Hero WOD

TRIPLE DEUCE

AMRAP in 20 minutes  
22 Burpees  
22 Air Squats  
22 Pull-Ups  
22 Sandbag Over Shoulder (60/40 lb)  
722 meter Sprint

3 0

The Heroes

11 Hand Release Push-Ups

96 3

The Heroes

555 Fitness Hero WOD

PATRICK WATERS

AMRAP in 10 minutes  
5 Clean-and-Jerks (135/105 lb)  
200 meter Sprint

7 3

The Heroes

555 Fitness Hero WOD

ALAN FEINBERG

Every Minute On the Minute (EMOM) for 9 minutes  
5 Back Squats (225/155 lb)  
5 Burpee Box Jumps (20 in)

39 3

The Heroes

CrossFit Alghero Hero WOD

VV.F ANTONIO MARCO MATTEO

AMRAP in 36 minutes  
5 Clean-and-Jerks (60/40 kg)  
11 Pull-Ups  
19 Bar Over Burpees

11 0

The Heroes

CrossFit Superfly Hero WOD

BRIAN LAVIGNE – BRANDON STALKER

AMRAP (with a Partner) in 42 minutes  
Brian Lavigne:  
From 0:00-21:00, complete:  
Buy-In: 111 Push-Ups

In the remaining time, AMRAP of:  
5 Squat Cleans (each at 185/135 lb)  
3 Burpees (switch after every rep)  
30 Pull-Ups

Brandon Stalker:  
21:00-42:00, complete:  
Buy-In: 514 meter Row (each)

In the remaining time, AMRAP of:  
7 Squats  
10 Vebell Box Step Overs (24/20 in, 2x70/53 lb)  
10 American Kettlebell Swings (70/53 lb)  
10 Partner Run

2

The Heroes

CrossFit Dimensions Memorial WOD

SNIPES

AMRAP in 40 minutes  
9 Clean-and-Jerks (135/95 lb)  
1 Rope Climb  
8 Burpees  
12 Push-Ups  
40 second Plank Hold  
800 foot Sandbag Carry (80/50 lb)  
17 Wall Ball Shots (20/14 lb)

45 5

The Heroes

Drill Weekends Hero WOD

TALLEY

AMRAP in 22 minutes  
8 Chest-to-Bar Pull-Ups  
9 Hang Power Snatches (75/55 lb)  
11 Jumping Air Squats

8 6

The Heroes

CrossFit Mayhem Hero WOD

VAN AALTEN

AMRAP (with a Partner) in 20 minutes  
2000 meter Row / partner Handstand  
150 Wall Ball Shots / partner Handstand  
Max Toes-to-Bars (alternate sets)

18 1

The Heroes

Hero WOD

RED HORSE

AMRAP in 10 minutes 17 seconds  
9 Thrusters (95/65 lb)  
22 Burpees  
13 Kettlebell Swings (53/35 lb)  
500 meter Row

62 5

The Heroes

11 Hand Release Push-Ups

28 2

The Heroes

TrainWaco Memorial WOD

DORIE

AMRAP (with a Partner) in 20 minutes  
Buy In:  
150 meter Partner Carry (each)

Then:  
Partner A completes 1 round of:  
15 American Kettlebell Swings (53/35 lb)  
10 Burpees  
5 Ground-to-Overheads (95/65 lb)

While Partner B performs:  
Max Wall Ball Shots (20/14 lb)  
Partners rotate each round until team completes 150 Wall Balls

Then, in time remaining:  
AMRAP of the 15/10/5 rep rounds above (one partner working at a time)

83 0

The Heroes

Fern Creek CrossFit Hero WOD

CAR 294

AMRAP (with a Partner) in 25 minutes  
18 calorie Air Bike  
12 Reverse Alternating Lunges  
24 Jumping Air Squats  
32 Wall Ball Sit-Ups (20/14 lb)  
31 Synchronized Burpees

\*Perform 7 Push-Ups every 5 minutes

38 5

The Heroes

Hero WOD

NOOKIE

AMRAP in 20 minutes  
7 Squat Cleans (40/30 kg)  
7 Push Press (40/30 kg)  
7 Back Squats (40/30 kg)  
200 meter Run

112 8

The Heroes

Hero WOD

MOTE

AMRAP in 20 minutes  
8 Deadlifts (155/105 lb)  
10 Cleans (155/105 lb)  
12 Shoulder-to-Overheads (155/105 lb)  
200 Single-Unders

39 4

The Heroes

555 Fitness Hero WOD

MICHAEL BOCCINO

EMOM for 8 minutes  
3 Squat Clean Thrusters (155/105 lbs)  
3 Bar Over Burpees

60 2

The Heroes

GoRuck Hero WOD

HARRISON

AMRAP in 15 minutes  
3 Sandbag Hang Cleans (60/40 lb)  
3 Sandbag Presses (60/40 lb)  
6 Push-Ups  
12 Sit-Ups

Wear a Ruck (30/20 lb)

7 8

The Heroes

Hudson River Athletics Hero WOD

HERZBERG

AMRAP in 35 minutes  
800 meter Medicine Ball Run (30/20 lb)  
10 Man Makers (2x50/35 lb)  
21 Box Facing Burpee Box Jump Overs (24/20 in)  
6 Rope Climbs

3 1

The Heroes



FILTERS (1)

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The Heroes

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The Heroes

555 Fitness Hero WOD

**RICARDO QUINN**

EMOM for 15 minutes  
2 Push Presses (80% of 1 RM)  
10 Double-Unders

44 6

The Heroes

555 Fitness Hero WOD

**MICHAEL HAUB**

EMOM for 10 minutes  
4 Front Squats (225/155 lb)  
10 Double-Unders

61 8

The Heroes

Cross Power Hero WOD

**SGT BARROS**

AMRAP in 12 minutes  
12 Wall Ball Shots (10/6 kg)  
12 Kettlebell Swings (20/16 kg)  
12 Kettlebell Snatches (20/16 kg)  
100 meter Sprint

82 2

The Heroes

555 Fitness Hero WOD

**PETER CARROLL**

AMRAP in 8 minutes  
5 Snatches (115/85 lb)  
10 Burpees

The Heroes

555 Fitness Hero WOD

**GERARD NEVINS**

AMRAP in 15 minutes  
6 Deadlifts (255/165 lb)  
9 Hand Release Push-Ups  
12 Box Jumps (24/20 in)

21 3

The Heroes

3 Gun CrossFit Hero WOD

**BULLFROG 811GS**

AMRAP in 26 minutes  
10 Box Jumps (24/20 in)  
5 Deadlifts (225/155 lb)  
16 Ball Slams (40/30 lb)

Cash Out:  
811-meter Farmer's Carry (2 x 53/35 kg)

44 0

The Heroes

The Heroes

EMOM for 10 minutes  
2 Overhead Squats (135/95 lb)  
2 Push Presses (135/95 lb)

44 2

The Heroes

CrossFit Westchase Hero WOD

**CAMERON**

AMRAP in 23 minutes  
75 Air Squats  
4 Rope Climbs  
75 Air Squats  
27 Burpees  
75 Air Squats  
17x50 meter Sandbag Carry (150/100 lb)

Wear a Weight Vest (20/14 lb)

9 0

The Heroes

555 Fitness Hero WOD

**TERENCE MCSHANE**

EMOM for 20 minutes  
For odd minutes, perform:  
5 Front Squats (205/115 lb)  
For even minutes, perform:  
5 Burpee Box Jumps (24/20 in)

28 1

The Heroes

555 Fitness Hero WOD

**WILLIAM JOHNSTON**

EMOM for 5 minutes  
5 Push Presses (185/135 lb)

The Heroes

Marine Hero WOD

**SGT LANE**

AMRAP in 7 minutes  
23 Burpees  
9 Kettlebell Swings (70/54 lb)  
5 Deadlifts (275/185 lb)

38 3

The Heroes

The Heroes

KEVIN O'ROURKE

EMOM for 10 minutes  
2 Front Squats (225/155 lb)  
5 Burpee Box Jumps (24/20 in)

27 2

The Heroes

Hero WOD for Officer Anastasio Tsakos

**TSAKOS**

AMRAP in 27 minutes  
Buy-in: 1 mile Run

In the remaining time, AMRAP of:  
7 Deadlifts (135/105 lb)  
5 Lateral Bar Over Burpees  
6 Wall Ball Shots (20/14 lb)  
3 Box Jumps (30/24 in)

14 7

The Heroes

555 Fitness Hero WOD

**VERNON RICHARD**

AMRAP in 10 minutes  
5 Push Jerks (155/105 lb)  
12 Mountain Climbers

9 2

The Heroes

British Hero WOD

**CPL SI MILLER**

Three 6-minute AMRAPs in 20 minutes  
Buy-in: 800 meter Run

Then, AMRAP in remaining time:  
12 Front Squats (45/30 kg)  
12 Pull-Ups

Then, 1 minute Rest

18 2

The Heroes

The Heroes

CrossFit Cabalen Hero WOD

**DHAN BAYOT**

AMRAP (with a Partner) in 25 minutes  
24 Box Jumps (24/20 in)  
5 Chest-to-Bar Pull-Ups (each)  
28 Thrusters (95/65 lb)  
20 Toes-to-Bars  
17 Burpees

18 2

The Heroes

555 Fitness Hero WOD

**ANDREW JORDAN**

AMRAP in 10 minutes  
3 Power Cleans (135/95 lb)  
3 Power Snatches (135/95 lb)  
3 Overhead Squats (135/95 lb)  
50 meter Bear Crawl

12 0

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CrossFit War Machine Hero WOD

**KHBT**

AMRAP in 20 minutes 19 seconds  
Buy-in: 200 meter Single-Arm Kettlebell Front Rack Wa

Then, AMRAP in remaining time of:  
9 Chest-to-Bar Pull-Ups  
2 Snatches (61/43 kg)  
10 Bar Over Burpees

6 Pumball Bounce Player (20/15 EPE lb)

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AMRAP in 10 minutes  
5 Push Presses (60% of 1RM)  
5 Sit-Ups  
5 Handstand Push-Ups  
5 Sit-Ups

27 2

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CrossFit Buena Hero WOD

**HOOPES**

AMRAP in 33 minutes  
5 Thrusters (135/95 lb)  
7 Toes-to-Bar  
1 Legless Rope Climb (15 ft)  
200 meter Run

Buy-in: 118 Wall Ball Shots (20/14 lb)

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555 Fitness Hero WOD

**JAMES AMATO**

EMOM for 12 minutes  
Odd Minutes:  
6 Back Squats (275/205 lb)

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