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HERO WORKOUTS (WODS)

A Hero WOD (workout of the day) is a tribute to a fallen hero. The Hero WODs listed here were either posted online or submitted by users.

[Show more ▾](#)[CrossFit Hero WOD](#)**JACK**

AMRAP in 20 minutes
10 Push Presses (15/85 lb)
10 Kettlebell Swings (1.5/1 pood)
10 Box Jumps (24/20 in)

675

46

[The Heroes](#)[Headstrong Hero/Tribute WOD](#)**THREE WISE MEN**

Three AMRAPs in 16 minutes

AMRAP in 4 minutes
5 Hang Squat Snatches (135/95 lb)
10 Bar-Facing Burpees

Rest 2 minutes

Then, AMRAP in 4 minutes
10 Power Cleans (135/95 lb)
20 Pull-Ups

Rest 2 minutes

Then, AMRAP in 4 minutes
15 Box Jump-Overs (24/20 in)
30 Wall Ball Shots (20/14 lb)

207

2

[Memorials, Tributes, & Holidays, The Heroes](#)[Hero WOD](#)**DANNY**

AMRAP in 20 minutes
30 Box Jumps (24/20 in)
20 Push Presses (115/75 lb)
30 Pull-Ups

129

12

[The Heroes](#)[CrossFit Hero WOD](#)**JENNY**

AMRAP in 12 minutes
20 Overhead Squats (45/35 lb bar)
20 Back Squats (45/35 lb bar)
400 meter Run

157

6

[The Heroes](#)[555 Fitness Hero WOD](#)**EDWARD WHITE**

EMOM for 23 minutes
3 Deadlifts (230/160 lb)
5 Strict Pull-Ups

117

8

[The Heroes](#)**EFFECTIVE TRAINING FOR BUSY ATHLETES**

Juggling fitness with family and work?
Get it done in 60 minutes a day.
At home or at the gym.

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Expertly crafted.
World-class coaches.
Personalized by AI.
Avoid over-training & plateaus.
Get fit. And stay fit.

[Try 7 Days Free](#)[CrossFit Hero WOD](#)**GREN'S**

AMRAP in 34 minutes
13 Deadlifts (90/65 lb)
23 Deadlifts (90/65 lb)
9 Pull-Ups
17 Push-Ups

At the end of each round perform 1 Burpee for every b-

[Wear a Weight Vest \(20/14 lb\)](#)

93

8

[The Heroes](#)[555 Fitness Hero WOD](#)**MICHAEL KIEFER**

EMOM for 20 minutes
Odd Minutes:
5 Bench Presses (65% of TRM)

Even Minutes:

8 Hand Release Push-Ups

224

31

[The Heroes](#)[CrossFit 3D Memorial WOD](#)**3D REMEMBRANCE DAY**

AMRAP in 18 minutes
11 Hang Power Snatches (35/25 kg)
11 Burpees
11 Thrusters (35/25 kg)
11 Pull-Ups

At 11:00:

1 minute Rest in Silence

77

3

[The Heroes](#)**BROAD FITNESS, LOOK BETTER NAKED**

Strength.
Cardio.
Gymnastics.
At high-intensity.
Aesthetics are a side-effect.

[Try 7 Days Free](#)[555 Fitness Hero WOD](#)**KEVIN REILLY**

EMOM for 12 minutes
Odd Minutes:
5 Push Presses (155/105 lb)

Even Minutes:

Deadline (155/105 lb)

93

9

[The Heroes](#)[CrossFit Hero WOD](#)**RICKY**

AMRAP in 20 minutes
10 Pull-Ups
5 Dumbbell Deadlifts (75/55 lb)
8 Push-Presses (135/95 lb)

79

7

[The Heroes](#)[Hero WOD](#)**CODE 2 OFF DUTY**

Four AMRAPs in 40 minutes
AMRAP in 12 minutes
4 Deadlifts (140/95 kg)
8 Bar Over Bicep
16 Handstand Push-Ups

79

7

[The Heroes](#)**WOD WITH WARRIOR'S TRIBUTE WOD**

AMRAP in 21 minutes
400 meter Run
21 Push-Ups
21 Box Jumps (24/20 in)
15 Burpees
9 Pull-Ups

[319](#)

16

[The Heroes](#)**21 GUNS**

AMRAP in 21 minutes
400 meter Run
21 Push-Ups
21 Box Jumps (24/20 in)
15 Burpees
9 Pull-Ups

[319](#)

16

[The Heroes](#)**CROSSFIT FRESNO HERO WOD**

AMRAP in 23 minutes
9 Deadlifts (240/25 lb)
9 Alternating Dumbbell Lunges (2x40/25 lb)
9 Dumbbell Push Presses (2x40/25 lb)
20 Sit-Ups

[169](#)

40

[The Heroes](#)**NATE**

AMRAP in 20 minutes
4 Muscle-Ups
4 Handstand Push-Ups
8 Kettlebell Swings (2/1.5 pood)

[225](#)

60

[The Heroes](#)**CROSSFIT HERO WOD**

AMRAP in 20 minutes
4 Muscle-Ups
4 Handstand Push-Ups
8 Kettlebell Swings (2/1.5 pood)

[484](#)

47

[The Heroes](#)**MCGHEE**

AMRAP in 30 minutes
5 Deadlifts (275/185 lb)
13 Push-Ups
9 Box Jumps (24/20 in)

[484](#)

47

[The Heroes](#)**HORTMAN**

AMRAP in 45 minutes
800 meter Run
80 Air Squats
8 Muscle-Ups

[34](#)

3

[The Heroes](#)**ARTIE**

AMRAP in 20 minutes
5 Pull-Ups
10 Push-Ups
15 Squats
5 Pull-Ups
10 Thrusters (95/65 lb)

[181](#)

11

[The Heroes](#)**THE FIRE CHIEF**

Every 3 minutes (for 6 Rounds) in 18 minutes
6 Burpees
18 Alternating Dumbbell Snatches (50/35 lb)
7 Toes-to-Bars
9 Goblet Squats (50/35 lb)

[89](#)

14

[The Heroes](#)**ZIMMERMAN**

AMRAP in 25 minutes
11 Chest-to-Bar Pull-Ups
2 Deadlifts (315/205 lb)
10 Handstand Push-Ups

[76](#)

1

[The Heroes](#)**BARAZZA**

AMRAP in 18 minutes
200 meter Run
9 Deadlift (275/185 lb)
6 Burpee Bar Muscle-Ups

[28](#)

8

[The Heroes](#)**CHEESY JAG**

AMRAP in 23 minutes:
1-mile Run
Then, 5 Circles of:

[2](#)

1

[The Heroes](#)**CROSSFIT HERO WOD**

AMRAP in 30 minutes of:
20 Box Step-Ups with a weighted backpack (24/20 in, 50/35 lb)
23 Burpees-Over-Backpack
19 Air Squats*

[30](#)

0

[The Heroes](#)**GALE FORCE**

AMRAP in 30 minutes of:
20 Box Step-Ups with a weighted backpack (24/20 in, 50/35 lb)
23 Burpees-Over-Backpack
19 Air Squats*

[30](#)

0

[The Heroes](#)**CROSSFIT HERO/MEMORIAL PARTNER WOD**

AMRAP (with a Partner) in 31 minutes
Partner A performs AMRAP of:
8 Thrusters (155/105 lb)
6 Rope Climbs (15 ft)
11 Box Jumps (30/24 in)

[111](#)

0

[The Heroes](#)**EDC CROSSFIT HERO/MEMORIAL PARTNER WOD**

AMRAP (with a Partner) in 18 minutes
11 Hang Power Snatches (35/25 kg)
11 Burpees
11 Deadlifts (35/25 kg)
11 Pull-Ups

[30](#)

0

[The Heroes](#)**EDC REMEMBRANCE DAY**

AMRAP (with a Partner) in 18 minutes
11 Hang Power Snatches (35/25 kg)
11 Burpees
11 Deadlifts (35/25 kg)
11 Pull-Ups

[30](#)

0

[The Heroes](#)**FALEK**

AMRAP in 18 minutes:
1-mile Run
Then, 5 Circles of:

[2](#)

1

[The Heroes](#)**CROSSFIT HERO WOD**

AMRAP in 30 minutes:
20 Box Step-Ups with a weighted backpack (24/20 in, 50/35 lb)
23 Burpees-Over-Backpack
19 Air Squats*

[30](#)

0

[The Heroes](#)**PHOTO BY: RICHARD**

AMRAP in 30 minutes:
20 Box Step-Ups with a weighted backpack (24/20 in, 50/35 lb)
23 Burpees-Over-Backpack
19 Air Squats*

[30](#)

0

[The Heroes](#)

8 Box Jumps (30/24 in)
1 Rope Climb (15 ft)

46 2

The Heroes

Hero WOD
SISON
AMRAP in 20 minutes
1 Rope Climbs (15 ft)
5 Burpees
200 meter Run
Wear a weight vest (20/14 lb)

42 5

The Heroes

Jk McLeod
CHOE
AMRAP in 35 minutes
Buy-In:
9 Man Makers (2x35/20 lb dumbbells)
11 Burpees
In remaining time, AMRAP of:
300 meter Run
27 Air Squats
9 Handstand Push-Ups

108 8

The Heroes, Coach Creations

CrossFit NW1 Hero WOD
JENKINS
AMRAP (with a Partner) in 40 minutes
50 Burpees
400 meter Run
50 Kettlebell Swings (24/16 kg)
400 meter Run
50 Pull-Ups
400 meter Run
50 Push-Ups
400 meter Run

330 3

The Heroes

CrossFit Hero WOD
BURIAK
AMRAP in 20 minutes of:
5 Squat Cleans (155/135 lb)
10 Burpees Over the Bar
15 Pull-Ups
200 meter Run

4 3

The Heroes

CrossFit Hero WOD
KEV
AMRAP (with a Partner) in 26 minutes
6 Deadlifts (315/205 lb) (each)
9 Bar-Facing Burpees (synchronized)
9 Bar Muscle-Ups (each)
55 foot Farmer Barbell Carry (315/205 lb)

15 2

The Heroes

CrossFit Hero WOD
SCOOTER
With a Running Clock in 35 minutes
First, AMRAP in 30 minutes (with a Partner)
30 Double Unders
15 Pull-Ups
15 Push-Ups
100 meter Sprint
Partners alternate rounds
Then, 5 minutes to find a 1-rep-max Partner Deadlift

56 4

The Heroes

CrossFit Hero WOD
NUKES
AMRAP in 30 minutes
From 0:00-8:00
1 mile Run
Max Deadlifts (315/205 lb)
From 8:00-18:00
1 mile Run
Max Power Cleans (225/155 lb)
From 18:00-30:00
1 mile Run
Max Overhead Squats (135/95 lb)

44 0

The Heroes

555 Fitness Hero WOD
DAVID WOOLEY
EMOM for 12 minutes
3 Front Squats (185/135 lb)
3 Box Jumps (24/20 in)

-- --

JENNIFER
AMRAP in 26 minutes
10 Push-Ups
15 Kettlebell Swings (1.5/1 Pood)
20 Box Jumps (24/20 in)

182 6

The Heroes

CrossFit Empire South Hero WOD
AGENT BILLY CLARDY III
AMRAP (in a Team of 3) in 48 minutes
Partner A: Run 400 meters
Partner B performs AMRAP of:
12 Overhead Plate Alternating Lunges (45/25 lb)
6 Burpees to Plate (45/25 lb)
19 Plate Ground-to-Overheads (45/25 lb)
Partner C: Rest
All partners rotate when Partner A finishes the run
Wear a Weight Vest (20/14 lb) throughout

65 3

The Heroes

CrossFit Rife Hero WOD
MARSTON
AMRAP in 20 minutes
1 Deadlift (405/285 lb)
10 Toes-to-Bar
15 Bar Facing Burpees

101 12

The Heroes

Campus CrossFit Hero WOD
SNOWBIRD
AMRAP in 22 minutes
35 Kettlebell Swings (50/35 lb)
9 Burpees
35 Air Squats
8 Push-Ups

146 14

The Heroes

CrossFit PR Star Hero WOD
WHITING
AMRAP in 19 minutes
1 mile Run
Then, 5 Rounds of:
27 Air Squats
18 Push-Ups
If you finish, start again on the run.

92 17

The Heroes

CrossFit Hero WOD
DALLAS 5
Five 5-minute AMRAPS in 29 minutes
AMRAP from 0:00-5:00:
Burpees
AMRAP from 6:00-11:00:
7 Deadlifts (155/105 lb)
7 Box Jumps (24/20 in)
AMRAP from 12:00-17:00:
Turkish Get-Ups (40/30 lb Dumbbells)
AMRAP from 18:00-23:00:
7 Snatches (75/55 lb)
7 Push-Ups
AMRAP from 24:00-29:00:
Row (calories)
Rest 1 minute between each AMRAP station

78 2

The Heroes

555 Fitness Hero WOD
PETER FREUND
EMOM for 11 minutes
5 Clean-and-Jerks (135/95 lb)

64 6

The Heroes

CrossFit Hero WOD
TK
AMRAP in 20 minutes
8 Strict Pull-Ups
8 Box Jumps (36/30 in)
12 Kettlebell Swings (2/1.5 pood)

147 11

The Heroes

Hero WOD by Complete Fitness
M.I.R.
AMRAP (with a Partner) in 30 minutes
Station 1: "Michalski"
From 0:00-10:00, Partner A performs:
23 Wall Ball Shots (20/14 lb)
53 Double Unders
Partner B performs AbMat Sit-Ups*

44 0

The Heroes

555 Fitness Hero WOD
DAVID WOOLEY
EMOM for 12 minutes
3 Front Squats (185/135 lb)
3 Box Jumps (24/20 in)

-- --

3 Front Squats (100/70 kg)
6 Push-Ups
9 Wall Ball Shots (20/14 lb)

Rest 1 minute

AMRAP in 8 minutes
9 Air Squats
6 Power Cleaners (60/40 kg)
3 Shoulder-to-Overheads (60/40 kg)

Rest 1 minute

AMRAP in 6 minutes
15 Thrusters (40/30 kg)
15 Pull-Ups

Rest 1 minute

AMRAP in 20 minutes
9 Air Squats
6 Power Cleaners (60/40 kg)
3 Shoulder-to-Overheads (60/40 kg)

Rest 1 minute

AMRAP in 6 minutes
15 Thrusters (40/30 kg)
15 Pull-Ups

Rest 1 minute

AMRAP in 20 minutes
9 Air Squats
6 Power Cleaners (60/40 kg)
3 Shoulder-to-Overheads (60/40 kg)

Rest 1 minute

AMRAP in 20 minutes
12 Box Jumps (24/20 in)
6 Thrusters (95/65 lb)
6 Bar Facing Burpees

198 23

The Heroes

CrossFit Hero WOD
RAHOI
AMRAP in 12 minutes
1 Deadlift (405/285 lb)
10 Toes-to-Bar
15 Bar Facing Burpees

45 3

The Heroes

555 Fitness Hero WOD
MICHAEL CAMMARATA
Every Minute On the Minute (EMOM) for 10 minutes
2 Squat Cleans (185/135 lb)
2 Box Jumps (30/24 in)

63 1

The Heroes

CrossFit Hero WOD
SCOTTY
AMRAP in 11 minutes
5 Deadlifts (315/205 lb)
18 Wall Ball Shots (20/14 lb)
17 Bar Over Burpees

67 9

The Heroes

CrossFit Hero WOD
HARPER
AMRAP in 23 minutes
9 Chest-in-Rar Pull-Ups

132 17

The Heroes

555 Fitness Hero WOD
ADAM RAND
EMOM for 15 minutes
From 0:00-5:00, every minute on the minute of:
5 Thrusters (115/85 lb)
From 5:00-10:00, every minute on the minute of:
3 Thrusters (135/95 lb)
From 10:00-15:00, every minute on the minute of:
1 Thruster (165/115 lb)

99 5

The Heroes

CrossFit Unsung Hero WOD
TYRANT 22
AMRAP in 22 minutes
22 Deadlifts (275/185 lb)
22 Wall Ball Shots (20/14 lb)
22 Toes-to-Bars
22 Hand Release Push-Ups

22 2

The Heroes

CrossFit Hero WOD
MOORE
AMRAP in 20 minutes
1 Rope Climb (15 ft)
400 meter Run
Max Reps Handstand Push-Ups

9 1

The Heroes

Hero WOD
TOM
AMRAP in 25 minutes
7 Muscle-Ups
11 Thrusters (155/105 lb)
14 Toes-to-Bar

40 1

The Heroes

555 Fitness Hero WOD
TYRANT 22
AMRAP in 22 minutes
22 Deadlifts (275/185 lb)
22 Wall Ball Shots (20/14 lb)
22 Toes-to-Bars
22 Hand Release Push-Ups

12 1

The Heroes

CrossFit WV Hero WOD for Cassie Johnson
BOOTCAMP
AMRAP in 28 minutes
204 meter Run
17 Box Jumps (24/20 in)
3 Power Snatches (135/95 lb)
20 Burpees

Cash-Out: 146 Double-Unders

12 1

The Heroes

CrossFit Hero WOD
TK
AMRAP in 20 minutes
8 Strict Pull-Ups
8 Box Jumps (36/30 in)
12 Kettlebell Swings (2/1.5 pood)

147 11

The Heroes

Hero WOD
JAY
AMRAP in 20 minutes
22 Air Squats

31 2

The Heroes

Hybrid Syndicate Hero WOD
THE 13 FALLEN HEROES
AMRAP (with a Partner) in 2021 seconds
Station 1: "Irwin"
From 10:01-20:00, perform:
30 Alternating Dumbbell Snatches (50/35 lb)
14 Box Jumps (24/20 in)
Partner B performs Wall Sit*

42 1

The Heroes

British Hero WOD
BRODIE
AMRAP in 20 minutes
17 Pull-Ups
11 Renegade Rows (35/25 lb)
3 Burpees
20 AbMat Sit-Ups

13 0

The Heroes

Centrum Fitness Lea Hero WOD
ROZA
AMRAP (with a Partner) in 24 minutes
Buy-In: 2,004 meter Partner Run
Then, in the remaining time, AMRAP of:
12 Syncro Push-Ups
9 Syncro Walking Lunges
12 Syncro Toes-to-Bars
9 Syncro Sit-Ups
Wear a Weight Vest (20/14 lb).

X

• Roseville CrossFit Hero WOD

13 HEROES OF KABUL

AMRAP in 25 minutes
31 Double-Unders
25 Pull-Ups
23 Push-Ups
23 Air Squats
23 AbMat Sit-Ups
22 Kettlebell Swings (53/35 lb)
22 Box Jumps (20/14 in)
22 Toes-to-Bars
20 Wall Ball Shots (20/14 lb)
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

• 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

• CrossFit Drachen Hero WOD

DERMYER

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

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

Partners switch after each Run

47 2

The Heroes

• 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

• 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

• 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

• CrossFit Hero WOD

LEDESMA

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

9 2

The Heroes

• British Hero WOD

JAMES WRIGHT

12 Deadlifts (225/155 lb)
860 meter Run

Partner B performs Burpees*

* Partner B performs the solo movement while Partner A performs the complex for the complex

41 1

The Heroes

• 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

• 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

• 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)

25 2

The Heroes

• Dauntless Athletic Hero WOD

With a Running Clock in 39 minutes
From 0:00-26:00, AMRAP 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

• Aesthetic Freaks Hero WOD

PETER HERRERA

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

28 1

The Heroes

• 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

• CrossFit 858 Hero WOD

DEVII OR RAMANI

For every 13 minutes, perform:
13 Hand Release Push-Ups

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

36 13

The Heroes

• CrossFit 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

• CrossFit Hero WOD

JBO

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

9 2

The Heroes

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 Syncro Push-Ups (13 each)

Wear a Weight Vest (30/20 lb)

9 2

The Heroes

• CrossFit Hero WOD

OTIS

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

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

40 1

The Heroes

• 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

AMRAP (with a Partner) in 30 minutes
Buy-in:
1 mile Run (together)

Then, AMRAP in the remaining time of:
27 Push-Ups

20 Deadlifts (315/205 lb)

14 0

The Heroes

• Military Times Hero WOD

LOLA

AMRAP in 25 minutes
Back Squat (1½ bodyweight)
Shoulder Press (1½ bodyweight)
Deadlift (1½ bodyweight)

Over-the-Bar Burpees

93 2

The Heroes

• 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

• 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

• 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

• 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)

59 8

The Heroes

• Hero WOD

ROCKET

AMRAP in 30 minutes
50 meter Swim
10 Push-Ups
15 Air Squats

59 8

The Heroes

• 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

• 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

• 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

76 15

The Heroes

• 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

• CrossFit Hero WOD

DENNIS FERDERER JR.

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

• 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 (20/14 in)

13 Hand Release Push-Ups

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

8 0

The Heroes

• 555 Fitness Hero WOD

WILLIAM KRUMOWSKI

AMRAP in 30 minutes

Buy-In: 1000m Run

1000m Row

1000m Kettlebell Swings

1000m Box Jumps

1000m Burpees

1000m Handstand Push-Ups

1000m Headstand Hold

1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m Single Leg Squats

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1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m Single Leg Squats

1000m Single Leg Lunges

1000m Single Leg Deadlifts

1000m

Thrust (60/40 kg) (5 points)
Squat Clean (60/40 kg) (3 points)
Deadlift (60/40 kg) (1 point)

31 1

The Heroes

British Hero WOD
MEIKITLA
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

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

175 3

The Heroes

CrossFit Cardiff Hero WOD
BENJAMIN REDDY
AMRAP in 15 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 KVIV
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

18 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

105 6

The Heroes

British Hero WOD
INDY 08
Buy-Bike 2,013 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)

1 Weight Vest (10/6 kg)

11 0

The Heroes

Centrum Fitness Lea Hero WOD
SLOWIK
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 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

CrossFit Dimensions Memorial WOD
SNIPES
AMRAP in 40 minutes
9 Clean-and-Jerks (135/95 lb)
1 rope climb
8 Burpees
10 Push-Ups
40 second Plank Hold
800 foot Sandbag Carry (80/50 lb)
20 Double-Unders
17 Wall Ball Shots (20/14 lb)

45 5

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

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

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

Fern Creek CrossFit Hero WOD
CAR 294
AMRAP (with a Partner) in 25 minutes
6 Deadlifts (225/155 lb)
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

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

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

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The Heroes

555 Fitness Hero WOD

RICARDO QUINN

EMOM for 15 minutes
2 Push Presses (80% of 1RM)
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 BARRIOS

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

28 1

The Heroes

555 Fitness Hero WOD

WILLIAM JOHNSTON

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

28 3

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

555 Fitness Hero WOD

SGT LANE

AMRAP in 7 minutes
23 Burpees
9 Kettlebell Swings (70/54 lb)
5 Deadlifts (225/165 lb)

38 3

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 of:
12 Front Squats (45/30 kg)
12 Pull-Ups

18 2

The Heroes

Hero WOD

LT. BRIAN SULLIVAN

AMRAP in 20 minutes
20 calorie Row
10 Dumbbell Overhead Presses (2x35/30 lb)
20 Sandbag Alternating Lunges (100/75 lb)
20 Box Step-Ups (24/20 in)

18 5

The Heroes

CrossFit Cabalen Hero WOD

KEVIN O'ROURKE

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

27 2

The Heroes

CrossFit Westchase Hero WOD

CAMERON

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

9 0

The Heroes

555 Fitness Hero WOD

TERENCE MC SHANE

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)

9 2

The Heroes

555 Fitness Hero WOD

VERNON RICHARD

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

12 0

The Heroes

CrossFit War Machine Hero WOD

KHBT

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

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

The Heroes

555 Fitness Hero WOD

JAMES AMATO

EMOM for 12 minutes
Odd Minutes:
6 Burpee Box Jumps (24/20 in)

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

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