

SMR for the CrossFit Benchmark Girls Workouts

Created by Network Fitness and listed at www.networkfitness.com

WOD Name	Pre-WOD SMR	Post-WOD SMR
Angie 100 pull-ups, push-ups, sit-ups, squats	Side Roll VMO Rollout Center Quad Rock & Roll	Triceps Head Grab Side Roll RF Flex Core Press Pecs Squeeze Infraspinatus Rotations & Shrugs VMO Rollout
Barbara 5 rounds: 20 pull-ups, 30 push-ups, 40 sit-ups, 50 squats	Center Quad Rock & Roll VMO Rollout Side Roll	RF Flex Core Press Side Rock VMO Rollout Triceps Head Grab Pecs Squeeze/Pecs Leg Press (your choice)
Chelsea 30 rounds, 30 minutes: 5 pull-ups, 10 push-ups, 15 squats	Side Roll Center Quad Rock & Roll VMO Rollout	Pecs Squeeze Side Roll Side Rock Infraspinatus Rotations & Shrugs RF Flex VMO Rollout VLO Rollout
Cindy AMRAP20: 5 pull-ups, 10 push-ups, 15 squats	Side Roll Center Quad Rock & Roll VMO Rollout	Pecs Squeeze Side Roll Side Rock Infraspinatus Rotations & Shrugs RF Flex VMO Rollout VLO Rollout
Diane 21-15-9: 225/155# DL & HSPU	Pecs Squeeze/Leg Press (your choice) Levator Bridge/Press (your choice) Center Quad Rock & Roll	Side Roll SPI Rock & Roll Obliques Rock & Roll QL Rotate & Press RF Flex Levator Bridge/Press (your choice) Triceps Head Grab
Elizabeth 21-15-9: 135/95# Cleans & Ring Dips	Extensors Roll Center Quad Rock & Roll VMO Rollout Triceps Head Grab	RF Flex VMO Rollout Pecs Squeeze/Pecs Leg Press (your choice) TP Butterfly Triceps Head Grab Extensors Rock & Press
Fran 21-15-9: 95/65# Thrusters & Pull-ups	Center Quad Rock & Roll VMO Rollout Side Roll	Side Roll Side Rock Infraspinatus Rotations & Press TP Butterfly RF Flex VMO Rollout
Grace 30 reps: 135/95# C & J	VMO Rollout SPI Rock & Roll Center Quad Rock & Roll	VMO Rollout Extensors Roll Flexors Roll SPI Rock & Roll TP Butterfly Core Press QL Rotate & Press RF Flex

SMR for the CrossFit Benchmark Girls Workouts

Created by Network Fitness and listed at www.networkfitness.com

WOD Name	Pre-WOD SMR	Post-WOD SMR
<p>Helen 3 rounds: 400m, 21 KBS (24/16kg), 12 PU</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll Side Roll</p>	<p>Post Tib Rotations & Slaps VMO Rollout Side Roll Side Rock SPI Rock & Roll Levator Bridge/Press (your choice)</p>
<p>Isabel 30 reps: 135/95# Snatch</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>Soleus Rock & Roll Foot Roll RF Flex VMO Rollout TFL Rock & Roll/Frontal Hip Rock (your choice) SPI Rock & Roll Core Press QL Rotate & Press Infraspinatus Rotations & Shrugs Levator Bridge/Press (your choice)</p>
<p>Jackie 1000m Row, 50 Thrusters 45/30#, 30 PU</p>	<p>VMO Rollout Center Quad Rock & Roll Side Roll</p>	<p>RF Flex VMO Rollout Core Press Side Roll Side Rock SPI Rock & Roll</p>
<p>Karen 150 Wall-ball 20/14#</p>	<p>Center Quad Rock & Roll VMO Rollout</p>	<p>VMO Rollout SPI Rock & Roll RF Flex TFL Rock & Roll Levator Bridge/Press (your choice)</p>
<p>Linda 10-9-8-7-6-5-4-3-2-1: DL 3/2 BW, Bench Press BW, Cleans 3/4 BW</p>	<p>Center Quad Rock & Roll SPI Rock & Roll</p>	<p>VMO Rollout RF Flex SPI Rock & Roll QL Double-Ball Rock Extensors Roll Extensors Rock & Press Flexors Roll</p>
<p>Mary AMRAP20: 5 HSPU, 10 Pistols, 15 PU</p>	<p>Levator Bridge/Press (your choice) VMO Rollout Center Quad Rock & Roll Side Roll</p>	<p>VMO Rollout VLO Rollout RF Flex Levator Bridge/Press (your choice) Triceps Head Grab Side Roll Side Rock</p>
<p>Nancy 5 rounds: 400m Run, 15 OHS 95/65#</p>	<p>Soleus Rock & Roll Center Quad Rock & Roll VMO Rollout Side Roll</p>	<p>RF Flex VMO Rollout SPI Rock & Roll TP Butterfly Infraspinatus Rotations & Shrugs</p>

SMR for the CrossFit New Girls Workouts

Created by Network Fitness and listed at www.networkfitness.com

WOD Name	Pre-WOD SMR	Post-WOD SMR
<p>Annie 50-40-30-20-10: DU, Sit-ups</p>	<p>Soleus Rock & Roll Foot Roll Center Quad Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Popliteus Press & Rock Infraspinatus Rotations & Shrugs</p>
<p>Eva 5 rounds: 800m Run, 30 KBS 2 Pood, 30 PU</p>	<p>Soleus Rock & Roll Foot Roll Center Quad Rock & Roll SPI Rock & Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps SPI Rock & Roll RF Flex Side Roll</p>
<p>Kelly 5 rounds: 400m Run, 30 BJ 24", 30 WB 20#</p>	<p>Soleus Rock & Roll Foot Roll VMO Rollout Center Quad Rock & Roll SPI Rock & Roll</p>	<p>RF Flex Soleus Rock & Roll Post Tib Rotations & Slaps SPI Rock & Roll VMO Rollout</p>
<p>Lynne 5 rounds max reps (NO time component): Bench Press BW, PU</p>	<p>Pecs Squeeze/Leg Press (your choice) Side Roll</p>	<p>Pecs Squeeze/Leg Press (your choice) Triceps Head Grab Side Roll Side Rock</p>
<p>Nicole AMRAP20 (note number of PU per round): 400m Run, max reps PU</p>	<p>Soleus Rock & Roll Side Roll</p>	<p>Soleus Rock & Roll Post Tib Rotations & Slaps Side Roll Side Rock</p>