

Below is the complete list of the CrossFit Benchmark Workouts (Courtesy of CrossFit.com). Benchmark workouts are not usually repeated often. This allows you to track your progress, while still not falling into a routine.

The Benchmark Girls		
Angie	100 Pull-ups 100 Push-ups 100 Sit-ups 100 Squats	For Time Complete all reps of each exercise before moving to the next.
Barbara	20 Pull-ups 30 Push-ups 40 Sit-ups 50 Squats	5 rounds for time
Chelsea	5 Pull-ups 10 Push-ups 15 Squats	Each min on the min for 30 min
Cindy	5 Pull-ups 10 Push-ups 15 Squats	As many rounds as possible in 20 min
Diane	Deadlift 225 lbs Handstand push-ups	21-15-9 reps, for time
Elizabeth	Clean 135 lbs Ring Dips	21-15-9 reps, for time
Fran	Thruster 95 lbs Pull-ups	21-15-9 reps, for time
Grace	Clean and Jerk 135 lbs	30 reps for time
Helen	400 meter run 1.5 pood Kettlebell swing x 21 Pull-ups 12 reps	3 rounds for time
Isabel	Snatch 135 pounds	30 reps for time

Jackie	1000 meter row Thruster 45 lbs (50 reps) Pull-ups (30 reps)	For time
Karen	Wall-ball 150 shots	For time
Linda (aka "3 bars of death")	Deadlift 1 1/2 BW Bench BW Clean 3/4 BW	10/9/8/7/6/5/4/3/2/1 rep rounds for time
Mary	5 Handstand push-ups 10 1-legged squats 15 Pull-ups	As many rounds as possible in 20 min
Nancy	400 meter run Overhead squat 95 lbs x 15	5 rounds for time
The New Girls		
Annie	Double-unders Sit-ups	50-40-30-20 and 10 rep rounds; for time
Eva	Run 800 meters 2 pood KB swing, 30 reps 30 pullups	5 rounds for time.
Kelly	Run 400 meters 30 box jump, 24 inch box 30 Wall ball shots, 20 pound ball	Five rounds for time
Lynne	Bodyweight bench press (e.g., same amount on bar as you weigh) pullups	5 rounds for max reps. There is NO time component to this WOD.
Nicole	Run 400 meters Max rep Pull-ups	As many rounds as possible in 20 minutes. Note number of pull- ups completed for each round.

The Heroes Workouts

JT



In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little Creek, VA, who was killed in Afghanistan June 2005

First posted 6 July 2005

Handstand push-ups
Ring dips
Push-ups

21-15-9 reps, for time

Michael



In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan June 28 2005.

First posted 15 July 2005

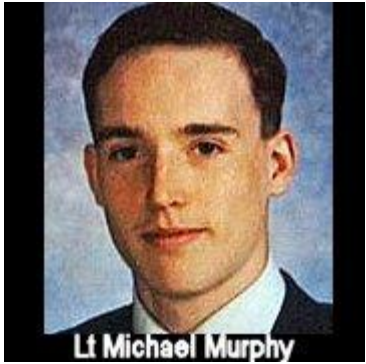
Run 800 meters
50 Back Extensions
50 Sit-ups

3 rounds for time

Murph

1 mile Run
100 Pull-ups
200 Push-ups
300 Squats

For time.
Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run.



In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.

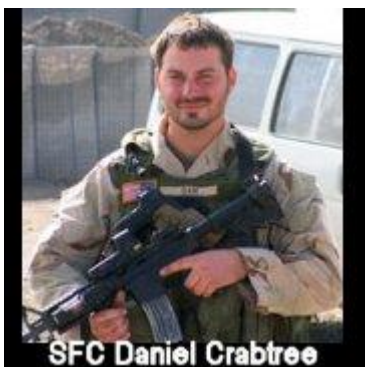
This workout was one of Mike's favorites and he'd named it 'Body Armor.' From here on it will be referred to as 'Murph' in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

First posted 18 August 2005

1 mile Run

If you've got a twenty pound vest or body armor, wear it.

Daniel





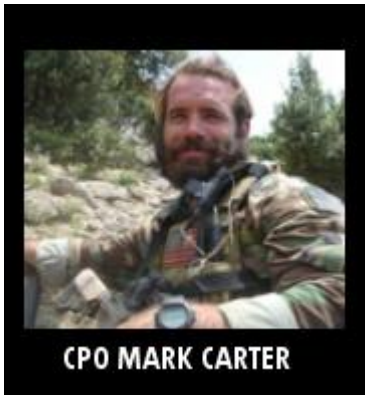
Dedicated to Army Sgt 1st Class Daniel Crabtree who was killed in Al Kut, Iraq on Thursday June 8th 2006.

First Posted 6 June 2005

50 Pull-ups
400 meter run
95 pound Thruster, 21 reps
800 meter run
95 pound Thruster, 21 reps
400 meter run
50 Pull-ups

For time.

<p style="text-align: center;">Josh</p>  <p style="text-align: center;">SSG JOSHUA HAGER</p> <p>SSG Joshua Hager, United States Army, was killed Thursday February 22 2007 in Ar Ramadi, Iraq.</p> <p><i>First posted 26 February 2007</i></p>	<p>95 pound Overhead squat, 21 reps 42 Pull-ups 95 pound Overhead squat, 15 reps 30 Pull-ups 95 pound Overhead squat, 9 reps 18 Pull-ups</p>	<p>For time.</p>
<p style="text-align: center;">Jason</p>  <p style="text-align: center;">S01 JASON LEWIS</p> <p>S01 (SEAL) Jason Dale Lewis was killed by an IED while conducting combat operations in Southern Baghdad July 6, 2007. We name this workout "Jason" in honor of his life, family, and courage.</p> <p><i>First posted 2 August 2007</i></p>	<p>100 Squats 5 Muscle-ups 75 Squats 10 Muscle-ups 50 Squats 15 Muscle-ups 25 Squats 20 Muscle-ups</p>	<p>For time.</p>
<p style="text-align: center;">Badger</p>	<p>95 pound Squat clean, 30 reps</p>	<p>3 rounds for time.</p>



CPO MARK CARTER

In honor of Navy Chief Petty Officer Mark Carter, 27, of Virginia Beach, VA who was killed in Iraq 11 December 2007.

First posted 19 December 2007

30 Pull-ups
Run 800 meters

Joshie



SSG JOSHUA WHITAKER

In honor of Army Staff Sergeant Joshua Whitaker, 23, of Long Beach, CA who was killed in Afghanistan May 15th, 2007.

First posted 22 December 2007

40 pound Dumbbell snatch, 21 reps, right arm
21 L Pull-ups
40 pound Dumbbell snatch, 21 reps, left arm
21 L Pull-ups

The snatches are full squat snatches.

3 rounds for time.

Nate

2 Muscle-ups
4 Handstand Push-ups
8 2-Pood Kettlebell swings

As many rounds as possible in 20 minutes



In honor of Chief Petty Officer Nate Hardy, who was killed Sunday February 4th during combat operations in Iraq. Nate is survived by his wife, Mindi, and his infant son Parker.

First posted 12 February 2008

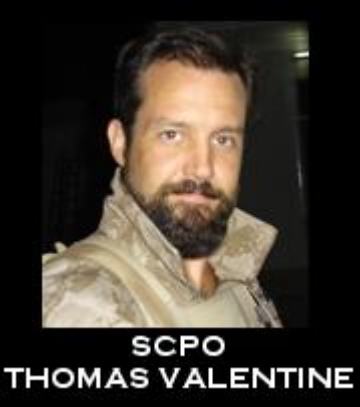

Randy



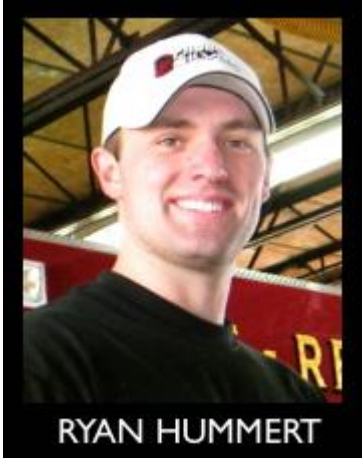
In honor of Randy Simmons, 51, a 27 year LAPD veteran and SWAT team member who was killed February 6 in the line of duty. Our


75# [power snatch](#), 75 reps

For time

<p>thoughts and prayers go out to Officer Simmons' wife and two children.</p> <p><i>First posted 13 February 2008</i></p>		
<p>Tommy V</p>  <p>SCPO THOMAS VALENTINE</p> <p>In honor of Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, died in an training accident in Arizona, on Feb. 13 2008.</p> <p><i>First posted 12 March 2008</i></p>	<p>115 pound Thruster, 21 reps 15 ft Rope Climb, 12 ascents 115 pound Thruster, 15 reps 15 ft Rope Climb, 9 ascents 115 pound Thruster, 9 reps 15 ft Rope Climb, 6 ascents</p>	<p>For time</p>
<p>Griff</p>  <p>SSgt Travis Griffin</p> <p>In honor of USAF SSgt Travis L. Griffin, 28, who was killed April 3, 2008 in the Rasheed district of Baghdad by an IED strike to his</p>	<p>Run 800 meters Run 400 meters backwards Run 800 meters Run 400 meters backwards</p>	<p>For time</p>

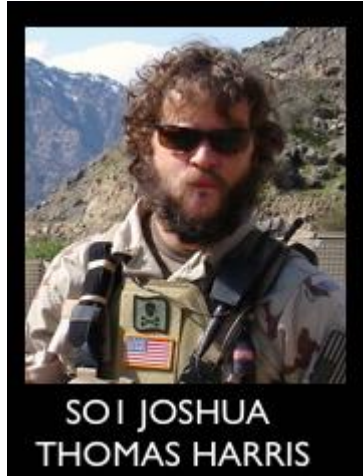
<p>vehicle. Travis is survived by his son Elijah.</p> <p><i>First posted 9 June 2008</i></p>		
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<p style="text-align: center;">Ryan</p>  <p style="text-align: center;">RYAN HUMMERT</p> <p>Maplewood, Missouri Firefighter, Ryan Hummert, 22, was killed by sniper fire July 21st 2008 when he stepped off his fire truck responding to a call. He is survived by his parents Andrew and Jackie Hummert.</p> <p style="text-align: center;"><i>First posted 8 October 2008</i></p>	<p>Five rounds of:</p> <p>7 Muscle-ups 21 Burpees</p> <p>Each burpee terminates with a jump one foot above max standing reach.</p>	<p style="text-align: center;">For time</p>
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<p style="text-align: center;">Erin</p>  <p style="text-align: center;">MASTER CORPORAL ERIN DOYLE</p> <p>Canadian Army Master Corporal Erin Doyle, 32, was killed in a firefight August 11th, 2008 in the Panjwaii District, Kandahar Province, Afghanistan. He is survived by his wife Nicole and his daughter Zarine.</p>	<p>Five rounds of:</p> <p>40 pound Dumbbells split clean, 15 reps 21 Pull-ups</p>	<p style="text-align: center;">For time</p>
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First posted 9 October 2008

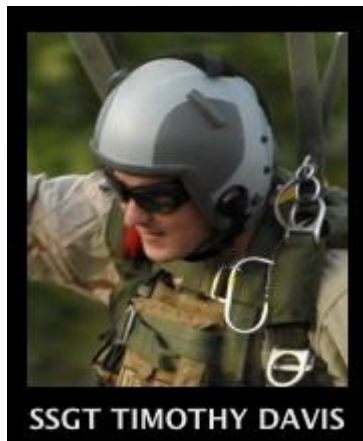
Mr. Joshua



SO1 Joshua Thomas Harris, 36, drowned during combat operations, August 30th 2008 in Afghanistan. He is survived by his parents Dr. Sam and Evelyn Harris, his brother Ranchor and twin sister Kiki.

First posted 10 October 2008

DT



In honor of USAF SSGT Timothy P. Davis, 28, who was killed on February, 20 2009 supporting operations in OEF when his vehicle was struck by an IED. Timothy is survived by his wife Megan and one-year old son T.J.

First posted 13 April 2009

Five rounds of:

Run 400 meters
30 Glute-ham sit-ups
250 pound Deadlift,
15 reps

For time

Five rounds of:

155 pound Deadlift,
12 reps
155 pound Hang
power clean, 9 reps
155 pound Push
jerk, 6 reps

For time

Danny



Oakland SWAT Sergeant Daniel Sakai, age 35, was killed on March 21, 2009 in the line of duty along with fellow officers Sergeant Ervin Romans, Sergeant Mark Dunakin, and Officer John Hege. Daniel is survived by wife Jenni and daughter Jojiye.

First posted 16 April 2009

Rounds in 20 min
of:

24" box jump, 30
reps
115 pound push
press, 20 reps
30 pull-ups

Rounds
completed

Hansen



Marine Staff Sgt Daniel Hansen died February 14th in Farah Providence, Afghanistan when an IED he was working on detonated. Daniel is survived by his mother Sheryll, his father Delbert, his younger sister Katie, and his twin brother Matthew (also a Marine).

First posted 2 May 2009

Five rounds:

30 reps, 2 pood
Kettlebell swing
30 Burpees
30 Glute-ham sit-
ups

For time

Tyler



1LT Tyler E. Parten, 24, of Arkansas, died Sept. 10 in Konar province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small arms fire. He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, CO.

First posted 17 October 2009

Five rounds:

7 Muscle-ups
 21 reps 95 pound Sumo-deadlift high-pull

For time

Lumberjack 20




On Nov. 5 2009 at 1:34 p.m., a terrorist named Major Nidal Hasan attacked fellow soldiers and civilians at Fort Hood, TX. He killed 12 soldiers and one civilian and wounded 43 others.

Spc. Frederick Greene, 29, of Mountain City,

20 Deadlifts (275lbs)
 Run 400m
 20 KB swings (2pood)
 Run 400m
 20 Overhead Squats (115lbs)
 Run 400m
 20 Burpees
 Run 400m
 20 Pullups (Chest to Bar)
 Run 400m
 20 Box jumps (24")
 Run 400m
 20 DB Squat Cleans (45lbs each)
 Run 400m

For time

<p>Tennessee, Pfc. Aaron Thomas Nemelka, 19, of West Jordan, Utah, Pfc. Michael Pearson, 22, of Bolingbrook, Illinois, and Spc. Kham Xiong, 23, of St. Paul, Minnesota, along with eleven of the wounded were active CrossFitters in the 20th Engineer Battalion, home to Lumberjack CrossFit.</p> <p><i>First posted 5 December 2009</i></p>		
<p>Stephen</p>  <p>Cpl Stephen Bouzane</p> <p>Third Battalion, Princess Patricia's Canadian Light Infantry member Corporal Stephen Bouzane, 26, was killed by an IED strike June 20th, 2007 in the Panjwai district in Afghanistan. He is survived by his parents Fred and Moureen Bouzane and his sister Kelly.</p> <p><i>First posted 7 February 2010</i></p>	<p>30-25-20-15-10-5 rep rounds of:</p> <p>GHD sit-up Back extension Knees to elbow 95 pound Stiff legged deadlift</p>	<p>For time</p>
<p>Garrett</p>	<p>Three rounds of:</p> <p>75 Squats 25 Ring handstand push-ups 25 L-pull-ups</p>	<p>For time</p>



Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia was killed by an IED strike in Herat Province, Afghanistan on August 4, 2008. He is survived by his wife, Trisha, and two sons, Ryan, 6, and Caden, 4.

First posted 22 February 2010

War Frank



Captain Warren A. Frank, 26, of Cincinnati, Ohio, died November 25, 2008 while supporting combat operations in Ninewa province, Iraq. He was assigned to the 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force, Okinawa, Japan. He is survived by his wife, Allison, and daughters Sophia Lynn and Isabella Grace.

First posted 1 March 2010

Three rounds of:

- 25 Muscle-ups
- 100 Squats
- 35 GHD situps

For time

McGhee

275 pound Deadlift,
5 reps

Rounds in
30 min



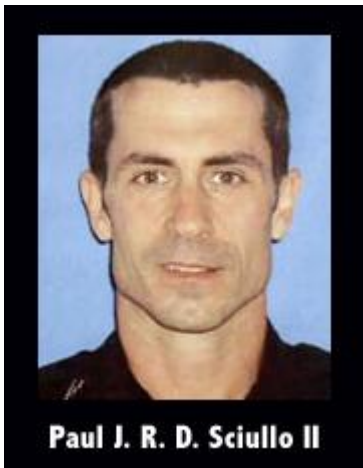
Cpl Ryan McGhee

Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Ga. This was his fourth deployment, his first to Iraq. Ryan was engaged to Ashleigh Mitchell of Fredericksburg, VA. He is survived by his father Steven McGhee of Myrtle Beach S.C., his mother Sherrie Battle McGhee, and his brother Zachary.

First posted 15 April 2010

13 Push-ups
9 Box jumps, 24
inch box

Paul






Paul J. R. D. Sciallo II

Pittsburgh Police Officer Paul John Rizzo Domenic Sciallo II, 36, was shot and killed in the line of duty while [responding to a domestic disturbance](#) call on April 4, 2009. He was engaged to be married with Lisa

Five rounds of:
50 Double unders
35 Knees to elbows
185 pound
Overhead walk, 20
yards

For Time

<p>Esposito.</p> <p><i>First posted 24 April 2010</i></p>		
<p>Jerry</p>  <p>SGM JERRY PATTON</p> <p>Sgt Major Jerry Dwayne Patton, 40, died on 15 October 2008 during High Altitude High Opening (HAHO) training while assigned to Army USSOCOM preparing for deployment to Afghanistan. Jerry is survived by his wife Molly and his sons Chad, Cody, Chase and Connor.</p> <p><i>First posted 9 May 2010</i></p>	<p>Run 1 mile Row 2K Run 1 mile</p>	<p>For Time</p>
<p>Nutts</p>  <p>LT ANDREW NUTTALL</p> <p>Lieutenant Andrew Richard Nuttall, 30, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group was killed by an improvised explosive device that detonated during a</p>	<p>10 Handstand push-ups 250 pound Deadlift, 15 reps 25 Box jumps, 30 inch box 50 Pull-ups 100 Wallball shots, 20 pounds, 10' 200 Double-unders Run 400 meters with a 45lb plate</p>	<p>For Time</p>

<p>joint foot patrol near the village of Nakhonay in Panjwaii District, about 25 km southwest of Kandahar City on December 23, 2009.</p> <p>He is survived by his parents, Richard and Ethel Jane Nuttall.</p> <p><i>First posted 28 May 2010</i></p>		
<p>Arnie</p>  <p>Los Angeles County Fire Fighter Specialist Arnelo "Arnie" Quinones, 34, was killed in the line of duty on Sunday, August 30, 2009 during the Station Fire. His emergency response vehicle went over the side of the road and fell 800 feet into a steep canyon during fire suppression activities protecting Camp 16 outside the City of Palmdale, CA.</p> <p>He is survived by his wife Lori and daughter Sophia Grace, born three weeks after his death.</p> <p>A fund for Arnie's family has been established by the Los Angeles County Fire Department.</p> <p><i>First posted 29 May 2010</i></p>	<p>With a single 2 pood kettlebell:</p> <p>21 Turkish get-ups, Right arm 50 Swings 21 Overhead squats, Left arm 50 Swings 21 Overhead squats, Right arm 50 Swings 21 Turkish get-ups, Left arm</p>	<p>For Time</p>
<p>The Seven</p>	<p>"The Seven" Seven rounds of:</p> <p>7 Handstand push-ups</p>	<p>For Time</p>



A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda. Seven new stars will be etched onto the memorial wall at the CIA where every star represents grieving friends, family and colleagues dedicated to fight against the enemy, forever in their name.

Killed in the attack were CIA officers Jennifer Lynne Matthews, 45; Scott Michael Roberson, 39; Harold E. Brown Jr., 37; Darren LaBonte, 35; Elizabeth Hanson, 30; and security contractors Jeremy Jason Wise, 35, and Dane Clark Paresi, 46.

First posted 30 May 2010


135 pound Thruster,
7 reps
7 Knees to elbows
245 pound Deadlift,
7 reps
7 Burpees
7 Kettlebell swings,
2 pood
7 Pull-ups

RJ



Veteran LAPD officer and United States Marine Corps Reservist Sergeant Major Robert J Cottle, 45, was killed by an improvised explosive device while on patrol in Southern Afghanistan on Wednesday, March 24, 2010.

Five rounds of:
Run 800 meters
15 ft Rope Climb, 5 For Time ascents
50 Push-ups

<p>RJ joined the Marines at age 18, and the LAPD in 1990. His various LAPD assignments included Hollywood Vice, Southeast Area, LAPD Dive Team and, most recently, SWAT.</p> <p>He is survived by his wife Emily and 9 month old daughter Kaila. The LAPD established a trust fund for them.</p> <p><i>First posted 22 June 2010</i></p>		
<p>Luce</p>  <p>CPT Ronald Luce</p> <p>Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 20th Special Forces Group, headquartered at Jackson, MS, died August 2, 2009 in Qole Gerdsar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.</p> <p>He is survived by by his wife Kendahl Shoemaker and 5 year old daughter Carrie, and parents Ronald and Katherine Luce.</p> <p><i>First posted 5 Jul 2010</i></p>	<p>Wearing a 20 pound vest, three rounds of:</p> <p>Run 1K 10 Muscle-ups 100 Squats</p>	<p>For Time</p>
<p>JOHNSON</p>	<p>245 pound Deadlift, 9 reps 8 Muscle-ups 155 pound Squat clean, 9 reps</p>	<p>Rounds in 20 Min</p>



1st Lt Michael E. Johnson

1st Lt. Michael E. Johnson, 25, of the U.S. Marine Corps 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, headquartered in Okinawa, Japan, died September 8, 2009 while supporting combat operations in Kunar province, Afghanistan.

He is survived by his wife Durinda Johnson.

First posted 9 Jul 2010

ROY



Sgt Michael C. Roy

Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, FL, assigned to the 3rd Marine Special Operations Battalion, Marine Special Operations Advisor Group, Marine Corps Forces Special Operations Command at Camp Lejeune, was [killed in action](#) on July 8th, 2009 in Nimroz Province, Afghanistan, while supporting combat operations.

He is survived by his wife Amy and three children, Michael, Landon and Olivia.

Five rounds

225 pound Deadlift,

15 reps

20 Box jumps, 24
inch box

25 Pull-ups

For Time

First posted 27 Jul 2010

ADAMBROWN



Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, AR, was killed on March 17th, 2010 in Komar Province, Afghanistan, in a battle against heavily armed militants.

He is survived by his wife, Kelley, two children, Nathan and Savannah, and by his parents.

First posted 10 Aug 2010

COE



Army Sgt. Keith Adam Coe, 30, of Auburndale, FL, assigned to the 1st Battalion, 37th Field Artillery

Two rounds

295 pound Deadlift,
24 reps

24 Box jumps, 24
inch box

24 Wallball shots,
20 pound ball

195 pound Bench
press, 24 reps

24 Box jumps, 24
inch box

24 Wallball shots,
20 pound ball

145 pound Clean,
24 reps


For Time

Ten rounds

95 pound Thruster,
10 reps

10 Ring push-ups

For Time

<p>Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, WA, died April 27th, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device.</p> <p>He is survived by his wife Katrina Coe, two sons, Killian and Keith Jr., and daughter, Klover.</p> <p><i>First posted 12 Aug 2010</i></p>		
<p style="text-align: center;">SEVERIN</p> <div style="text-align: center;">  <p>SFC SEVERIN SUMMERS</p> </div> <p>U.S. Army Sergeant First Class Severin W. Summers III, 43, of Bentonia, MS, assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), headquartered at Jackson, MS, died August 2, 2009 in Qole Gersar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.</p> <p>Summers is survived by his wife Tammy Fraser and his daughters Jessica, Shelby & Sarah.</p> <p><i>First posted 5 September 2010</i></p>	<p>50 Strict Pull-ups 100 Push-ups, release hands from floor at the bottom Run 5K If you've got a twenty pound vest or body armor, wear it.</p>	<p>For Time</p>
<p style="text-align: center;">HELTON</p>	<p>Three rounds of: Run 800 meters 30 reps, 50 pound dumbbell squat cleans 30 Burpees</p>	<p>For Time</p>



U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, GA, assigned to the 6th Security Forces Squadron at MacDill Air Force Base in Tampa, FL, was killed September 8th, 2009, while on a mission near Baghdad, Iraq, when an improvised explosive device detonated near his vehicle.

Helton is survived by his mother, Jiffy Helton.

First posted 9 September 2010

JACK



Army Staff Sgt. Jack M. Martin III, 26, of Bethany, OK, assigned to the 3rd Battalion, 1st Special Forces Group, Fort Lewis, WA, died September 29th, 2009, in Jolo Island, Philippines, from the detonation of an improvised explosive device.

115 pound Push
press, 10 reps
10 KB Swings, 1.5
pood
10 Box jumps, 24
inch box

Max
Rounds in
20 Min

<p>Martin is survived by his wife Ashley Martin, his parents Jack and Cheryl Martin, and siblings Abe, Mandi, Amber and Abi.</p> <p><i>First posted 29 September 2010</i></p>		
<p style="text-align: center;">FORREST</p> <div data-bbox="397 541 756 972" data-label="Image"> <p style="text-align: center;">FORREST N. LEAMON</p> </div> <p>U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed October 26th, 2009, while on a counternarcotics mission in Western Afghanistan when the helicopter he was in crashed.</p> <p>He is survived by his wife Ana, his son Luke, his parents, Sue and Richard Leamon, and his sister Heather.</p> <p><i>First posted October 17 2010</i></p>	<p>Three rounds</p> <p>20 L-pull-ups 30 Toes to bar 40 Burpees Run 800 meters</p>	<p>For Time/td></p>
<p style="text-align: center;">BULGER</p>	<p>Ten rounds of:</p> <p>Run 150 meters 7 Chest to bar pull-ups 135 pound Front squat, 7 reps 7 Handstand push-ups</p>	<p>For Time</p>

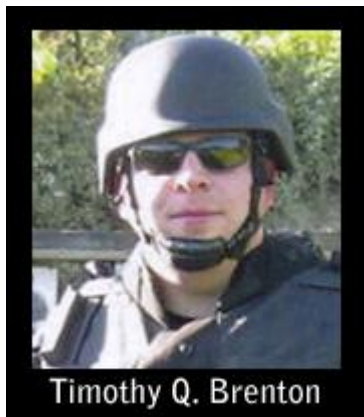


Canadian Forces Corporal Nicholas Bulger, 30, of Peterborough, Ontario, assigned to the 3rd Battalion of Princess Patricia's Canadian Light Infantry, based out of Edmonton, AB, died July 3, 2009 while on patrol in the Zhari district of Afghanistan when an improvised explosive device exploded near his vehicle.

Cpl. Bulger is survived by his wife Rebeka, and daughters Brookelynn and Elizabeth.

First posted October 19 2010

BRENTON



Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, was [shot and killed in a drive-by shooting](#) while on duty on October 31, 2009.

He is survived by his wife Lisa, his son Quinn, and daughter Kayliegh.

Five rounds of:
Bear crawl 100 feet
Standing broad-jump, 100 feet

Do three Burpees after every five broad-jumps. If you've got a twenty pound vest or body armor, wear it.

For Time

First posted October 21 2010

BLAKE



SCPO David Blake McLendon

U.S. Navy Senior Chief Cryptologic Technician David Blake McLendon, 30, of Thomasville, GA, assigned to Naval Special Warfare Group 2 Support Activity in Norfolk, VA, was killed September 21, 2010, in a helicopter crash during combat operations in the Zabul province of Afghanistan.

McLendon is survived by his wife Kate McLendon, his parents David and Mary-Ann McLendon, his brother Chris McLendon, and his sister Kelly Lockman.

First posted November 13 2010

COLIN



CPO Collin Trent Thomas

Navy Special Warfare Operator Chief Collin Trent

Four rounds of:


100 foot Walking lunge with 45lb plate held overhead
30 Box jump, 24 inch box
20 Wallball shots, 20 pound ball
10 Handstand push-ups

For Time

Six rounds of:

Carry 50 pound sandbag 400 meters
115 pound Push press, 12 reps
12 Box jumps, 24 inch box
95 pound Sumo deadlift high-pull, 12 reps

For Time

<p>Thomas, 33, of Morehead, KY, assigned to a Navy SEAL team based out of Little Creek, VA, was fatally shot on August 18, 2010, during combat operations in Eastern Afghanistan.</p> <p>He is survived by his fiancée Sarah Saunders, his parents Clay and Jean Thomas, and his sister Meghan Edwards.</p> <p><i>First posted November 21 2010</i></p>		
<p style="text-align: center;">THOMPSON</p> <div style="text-align: center;">  <p>CPT David J. Thompson</p> </div> <p>U.S. Army Captain David J. Thompson, 39, of Hooker, OK, commander of Operational Detachment Alpha 3334, Company C, 3rd Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, was killed on January 29, 2010, while supporting combat operations in the Wardak Province of Afghanistan.</p> <p>Thompson is survived by his wife, Emily, their two daughters, Isabelle and Abigail, his parents, Charles and Freida, and his sister Alisha Mueller.</p> <p><i>First posted November 30 2010</i></p>	<p>10 rounds of:</p> <p>15 ft Rope Climb, 1 ascent</p> <p>95 pound Back squat, 29 reps</p> <p>135 pound barbells Farmer carry, 10 meters</p> <p>Begin the rope climbs seated on the floor.</p>	<p>For Time</p>
<p style="text-align: center;">WHITTEN</p>	<p>Five rounds of:</p> <p>22 Kettlebell swings, 2 pood</p>	<p>For Time</p>



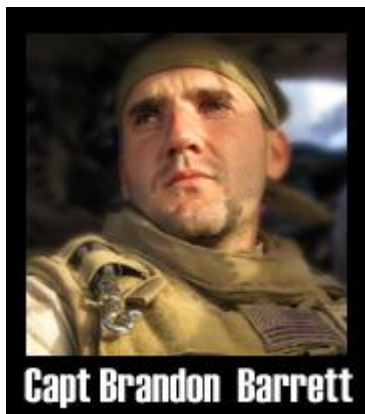
Army Captain Dan Whitten, 28, of Grimes, IA, assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died February 2, 2010, when enemy forces in Zabul, Afghanistan attacked his vehicle with an improvised explosive device.

Whitten is survived by his wife, Starr Whitten, his mother, Jill Whitten, his father, Dan Whitten, and his sister, U.S. Army Captain Sarah Whitten.

First posted December 12 2010

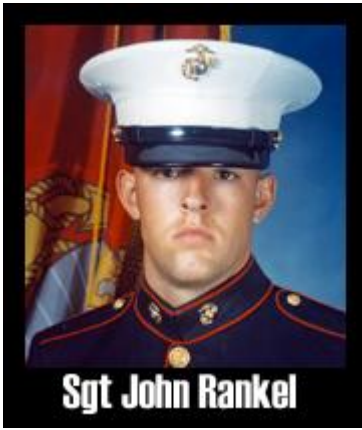
22 Box jump, 24 inch box
Run 400 meters
22 Burpees
22 Wall ball shots, 20 pound ball

BULL



U.S. Marine Corps Captain Brandon "Bull" Barrett, 27, of Marion, IN, assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based out of Camp Lejeune, NC, was killed on

Two rounds of:
200 Double-unders
135 pound
Overhead squat, 50 For Time
reps
50 Pull-ups
Run 1 mile

<p>May 5, 2010, while supporting combat operations in Helmand Province, Afghanistan.</p> <p>He is survived by his parents Cindy and Brett Barrett, his sisters Ashley and Taylor Barrett, his brother Brock Barrett, and his grandmother Carmen Johnson.</p> <p><i>First posted December 26 2010</i></p>		
<p style="text-align: center;">RANKEL</p> <div style="text-align: center;">  <p>Sgt John Rankel</p> </div> <p>U.S. Marine Corps Sergeant John Rankel, 23, of Speedway, IN, assigned to 3d Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan.</p> <p>He is survived by mother and stepfather Don and Trisha Stockhoff; father and stepmother, Kevin and Kim Rankel; and brothers Nathan Stockhoff and Tyler Rankel.</p> <p><i>First posted January 7 2011</i></p>	<p>225 pound Deadlift, 6 reps 7 Burpee pull-ups 10 Kettlebell swings, 2 pood Run 200 meters</p>	<p>AMRAP, 20 Minutes</p>
<p style="text-align: center;">HOLBROOK</p>	<p>Ten rounds 115 pound Thruster, 5 reps 10 Pull-ups 100 meter Sprint</p>	<p>Each Round For Time</p>



CPT JASON HOLBROOK

US Army Captain Jason Holbrook, 28, of Burnet, TX, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based out of Fort Bragg, NC, was killed on July 29th, 2010 in Tsagay, Afghanistan when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his wife Heather Holbrook and his parents Joan and James Holbrook.

First posted January 27, 2011

Rest 1 minute

LEDESMA



CARLOS LEDESMA

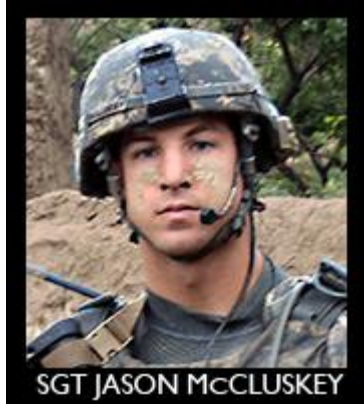
Narcotics Detective and Special Assignment Unit Operator Carlos Ledesma, 34, of the Chandler Police Department, Chandler, AZ, was shot and killed by drug

Complete as many rounds as possible of:

- 5 Parallette handstand push-ups
- 10 Toes through rings
- 20 pound Medicine ball cleans, 15 reps

in 20 Minutes

<p>dealers on July 28, 2010, during an undercover operation in Phoenix, AZ.</p> <p>He is survived by his wife Sherry and sons Luciano and Elijo.</p> <p><i>First posted February 8, 2011</i></p>		
<p>WITTMAN</p>  <p>U.S. Army Sergeant Jeremiah Wittman, 26, of Darby, MT, assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, CO, was killed on February 13, 2010 , when insurgents attacked his unit with a roadside bomb in Zhari province, Afghanistan.</p> <p>He is survived by his daughters Miah and Ariauna, wife Karyn, siblings Robert H., Charity, Jenell, and Natasha, father Robert, and mother Cynthia Church.</p> <p><i>First posted February 10, 2011</i></p>	<p>Seven rounds of:</p> <p>1.5 pood Kettlebell swing, 15 reps 95 pound Power clean, 15 reps 15 Box jumps, 24" box</p>	<p>For Time</p>
<p>MCCLUSKEY</p>	<p>Three rounds of:</p> <p>9 Muscle-ups 15 Burpee pull-ups 21 Pull-ups Run 800 meters</p>	<p>For Time</p>



SGT JASON McCLUSKEY

U.S. Army Sergeant Jason "Mick" McCluskey, 26, of McAlester, OK, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, NC, was killed on November 4, 2010, when insurgents attacked his unit with small arms fire in Zarghun Shahr, Mohammad Agha district, Afghanistan.

He is survived by his son Landen, and his mother Delores Olivares.

First posted [March 01, 2011](#)

WEAVER




1LT TODD WEAVER

U.S. Army First Lieutenant Todd W. Weaver, 26, of Hampton, VA, assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based out of Fort Campbell, KY, died on September 9, 2010, of wounds suffered when insurgents attacked his unit with a

Four rounds of:

- 10 L-pull-ups
- 15 Push-ups
- 15 Chest to bar Pull-ups
- 15 Push-ups
- 20 Pull-ups
- 15 Push-ups

For Time

<p>roadside bomb in Kandahar, Afghanistan.</p> <p>He is survived by his wife Emma, daughter Kiley, parents Don and Jeanne, and siblings Glenn, Adrianna, and Christina.</p> <p><i>First posted March 18 2011</i></p>		
<p>ABBATE</p>  <p>Sgt Matthew T. Abbate</p> <p>U.S. Marine Corps Sergeant Matthew T. Abbate, 26, of Honolulu, HI, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on December 2, 2010, while conducting combat operations in Helmand province, Afghanistan.</p> <p>He is survived by his wife Stacie Rigall, son Carson, mother Karen Binion, father Salvatore Abbate, and siblings Dominica Abbate, Elliot Abbate, Valerie Binion, and Kelly Binion.</p> <p><i>First posted March 26, 2011</i></p>	<p>Run 1 mile 155 pound Clean and jerk, 21 reps Run 800 meters 155 pound Clean and jerk, 21 reps Run 1 Mile</p>	<p>For Time</p>
<p>HAMMER</p>	<p>Five rounds of: 135 pound Power clean, 5 reps 135 pound Front squat, 10 reps 135 pound Jerk, 5</p>	<p>Each Round For Time</p>



U.S. Army First Sergeant Michael "Hammer" Bordelon, 37, of Morgan City, LA, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, WA, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq on April 23, 2005.

He is survived by his wife Mila; children Mike Jr., Jacob, and Johanna; mother Dolores; and sister Doreen Scioneaux.

First posted April 17, 2011

reps
20 Pull-ups

Rest 90 seconds
between each
round


MOORE



Officer David S. Moore, 29, of the Indianapolis Metropolitan Police Department, died on January 26,

15 ft Rope Climb, 1 ascent
Run 400 meters
Max rep Handstand push-ups

Rounds in 20 min

<p>2011 from gunshot wounds suffered on January 23, 2011 when he stopped a stolen vehicle and the driver opened fire at him.</p> <p>He is survived by his mother Jo Ann, father Spencer, and sister Carol Bongfeldt.</p> <p><i>First posted April 28, 2011</i></p>		
<p style="text-align: center;">WILMOT</p> <div style="text-align: center;">  <p>Pte Colin Wilmot</p> </div> <p>Canadian Forces Private Colin Wilmot, 24, of Fredericton, NB, assigned to the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, AB, died on July 6, 2008 from wounds suffered when an explosive device detonated near him in the Panjwali District of Afghanistan.</p> <p>He is survived by his fiancée Laura, father Eric Craig, and sister Kathleen.</p> <p><i>First posted May 20 2011</i></p>	<p>Six rounds of:</p> <p>50 Squats 25 Ring dips</p>	<p>For Time</p>
<p style="text-align: center;">MOON</p>	<p>Seven rounds of:</p> <p>40 pound dumbbell Hang split snatch, 10 reps Right arm</p>	<p>For Time</p>



U.S. Army Specialist Christopher Moon, 20, of Tucson, AZ, assigned to 2d Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died on July 13, 2010, from injuries sustained on July 6, 2010 in Arghandab, Afghanistan when insurgents attacked his vehicle with an improvised explosive device.

He is survived by his parents Marsha and Brian and sister Sunday.

First posted June 2 2011

SMALL



U.S. Army Staff Sergeant Marc Small, 29, of Collegeville, PA, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, died on February 12, 2009, from wounds sustained when insurgents attacked his unit with a rocket-propelled

15 ft Rope Climb, 1 ascent
40 pound dumbbell
Hang split snatch,
10 reps Left arm
15 ft Rope Climb, 1 ascent

Alternate feet in the split snatch sets.

grenade launcher and small arms fire in Faramuz,
Afghanistan.

He is survived by his father and stepmother, Murray
and Karen, mother and stepfather, Mary and Peter
MacFarland, and fiancée Amanda Charney.