### WOD's Posted to www.NavySeals.com

<table>
<thead>
<tr>
<th><strong>Workout</strong></th>
<th><strong>Exercises</strong></th>
<th><strong>Notes</strong></th>
</tr>
</thead>
</table>
| 100 - 50    | • Thrusters 85lb  
• Box Jumps  
• Push-ups  
• Squats  
• 1 mile Run between sets | Do 100 of all four exercises, then run 1 mile. then do 50 of each. |
| 100 x 6 = pain | • 100 Wallball  
• 100 Push-ups  
• 100 Box Jumps  
• 100 Thrusters 55lb KB  
• 100 Sit-ups  
• 100 Kettlebell Swings 55lbs | For time |
| 300         | • 25 Pull-ups  
• 50 Deadlift 135lb  
• 50 Push-ups  
• 50 Box Jumps 20"  
• 50 Knees to Elbows  
• 50 KB Swings 1.5 pood  
• 25 Pull-ups  
Warm up: 50 double Unders, or 400 singles (jump rope). 50 lunges each leg. 100 sit-ups.  
Pood = apx 36lbs | Kipping pull-ups ok. ensure proper set-up (silverback) with deadlift before each lift..don't rush the DL and risk injury. Knees to Elbow (KTE): from a hang position on the bar, elevate your knees to your armpits, or elbows, in that order. slight kipping motion ok. Ensure good hip extension on the KB swings, and bring ball above forehead |
| 4 Miles of Fun | • 50 Pull-ups  
• 1 mile Run  
• 50 Push-ups  
• 1 mile Run  
• 50 squats  
• 1 mile Run  
• 50 Burpees  
• 1 mile Run | For time |
| Alex        | 400 meter Run then 3 Rounds of:  
• 20 Wallball 20lb 10’ target  
• 25 KB Swing 50 or 55lb  
• 30 Box Jumps  
• 35 Sit-ups  
1 mile Run then 3 Rounds of:  
• 20 Pull-ups  
• 25 Push Press 65lb  
• 30 Push-ups  
• 35 Flutter Kicks  
• 400 meter Run | Warm up: 1 mile jog, 5 x each station in the workout (warm-up 5 of each exercise in the "3-round sets" so 5 wall ball, 5 KB swings, 5 box jumps, 5 sit ups, etc.) Flutter kicks are 4-count. |
| Are We There Yet? | **Endurance Stamina**  
• Dumbell snatch each side 35lbs  
• Box Jumps  
• Thrusters 75lbs  
• Pull-ups | Warm-up / Preparation: PST lite: 1.5 mile run for time. max pull-ups, push-ups and sit-ups in 2 minutes  
100 Each. Break up the sets any way you would like...straight through would be burly |
| Bravo Zero  | • 3 Mile Run  
Then Complete 5 Rounds of:  
• 10 Thrusters 110lbs  
• 30 KB Swings 55lbs | 5 rounds for time |
| Bravo Zero v2.0 | • 10 Thrusters 110lbs  
• 30 KB Swings 55lbs  
• 400 meter Run | 5 rounds for time |
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Sets</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Bullet Proof | Strength, Stamina  
- Pull-ups  
- KB Swings (55lb)  
- Burpees | 50, 30, 20 |  
1 mile Run  
50 Burpees  
1 mile Run  
50 Burpee-Pull-ups  
1 mile Run  
50 Pull-ups |
| Burpee-Hell |  
- 5 Deadlift 65lbs  
- 5 Hang Power Cleans 65lbs  
- 5 Front Squats 65lbs  
- 5 Push Press 65lbs  
- 5 Back Squat 65lbs | For time |  
1 mile Run  
50 Burpees  
1 mile Run  
50 Burpee-Pull-ups  
1 mile Run  
50 Pull-ups |
| Connor |  
- 5 Thrusters 65lbs  
- 5 Hang Power Cleans 65lbs  
- 5 Front Squats 65lbs  
- 5 Push Press 65lbs  
- 5 Back Squat 65lbs | Max rounds in 20 mins |  
1 mile Run  
50 Burpees  
1 mile Run  
50 Burpee-Pull-ups  
1 mile Run  
50 Pull-ups |
| Dead Ringer | Strength, Stamina  
- Dead Lift 225lb  
- Ring Dip  
- Burpees | 21-15-9 |  
15 Deadlift 135lbs  
12 Hang Power Clean 135lbs  
9 Front Squat 135lbs  
6 Push Jerk 135lbs |
| Death by Bar-bell |  
- Hearts = Burpees  
- Diamonds = Mountain Climbers  
- Spades = Flutter Kicks  
- Clubs = Sit-ups  
- Jokers = 400m Run | Flutter kicks and mountain climbers are a 4 count |  
15 Deadlift 135lbs  
12 Hang Power Clean 135lbs  
9 Front Squat 135lbs  
6 Push Jerk 135lbs |
| Deck of Cards (version 1) |  
- Push Press 75lbs  
- Ring Dip  
- Burpees  
- Sumo Deadlift High Pull 75lbs | 10-9-8-7-6-5-4-3-2-1-2-3-4-5-6-7-8-9-10 of each exercise |  
- Hearts = Burpees  
- Diamonds = Mountain Climbers  
- Spades = Flutter Kicks  
- Clubs = Sit-ups  
- Jokers = 400m Run |
| Dick Draeger |  
- 5 Thrusters 95lbs  
- 7 Hang Power Clean 95lbs  
- 10 Sumo Deadlift High Pull 95lbs | 20 mins as many rounds as possible |  
- Push Press 75lbs  
- Ring Dip  
- Burpees  
- Sumo Deadlift High Pull 75lbs |
| Embrace the Suck |  
- 20 Wall Ball (20lb)  
- 20 SDHP 55lbs  
- 20 Box Jump 24"  
- 20 Push-Press 75lbs  
- Row for 20 calories | Warm-up/Prep: 1 Mile Run  
4 Rounds - 1 min rest between each round. |  
- 20 Wall Ball (20lb)  
- 20 SDHP 55lbs  
- 20 Box Jump 24"  
- 20 Push-Press 75lbs  
- Row for 20 calories |
| Fight Gone Bad v2.0 |  
- 90 secs Max Effort Thrusters (M95lb, W65lb)  
- 90 secs Max Effort Pull-ups  
- 90 secs Max Effort Burpee Box Jumps, minimum 20"  
- 60 secs Rest | 3 Rounds for Time: The structure of this workout is identical to Fight Gone Bad. Rotate from exercise to exercise after each 90 second interval. Each repetition counts towards overall score. |  
- 90 secs Max Effort Thrusters (M95lb, W65lb)  
- 90 secs Max Effort Pull-ups  
- 90 secs Max Effort Burpee Box Jumps, minimum 20"  
- 60 secs Rest |
| Fran Gone Bad | 21-15-9  
- Thrusters 95lbs  
- Pull-ups  
Then run 10k for time | For time |  
- Thrusters 95lbs  
- Pull-ups  
- 50lb Kettlebell Swing  
- 400 meter Run |
| Frantenque |  
- Thruster 95lbs  
- Pull-up  
- 50lb Kettlebell Swing  
- 400 meter Run | 21-15-9 reps, for time |  
- Thruster 95lbs  
- Pull-up  
- 50lb Kettlebell Swing  
- 400 meter Run |
### Frindy

20 minutes to complete:
- Fran
  - 21-15-9
    - Thruster 95lbs
    - Pull-up
- Then:
  - Cindy
    - 5 Pull-ups
    - 10 Push-ups
    - 15 Squats

Start the clock and get to work on Fran. Upon completion, note your time, then continue with AMRAP (as many rounds as possible) of Cindy until you end at 20 minutes.

### Invictus

**Intensity**
- 800 meter Run
- 21 Press 95lbs
- 800 meter Run
- 21 Push Press 95lbs
- 800 meter Run
- 21 Push Jerk 95lbs
- 800 meter Run

Warm-up/Prep: Front Squat Work
Front Squats do a 1-1-1-1-1-1- build starting at moderate weight to warm up and building to 20lb below previous 1 rep max. Then do 1 rep at 5 lb increments until you exceed your previous max (assuming you can).

The Intensity phase is compliments of our friends at CrossFit Invictus in San Diego. Invictus means "unbreakable" and is the root word of Victory and Invincible.

### Jingle Jangle

**MetCon**
- 8 x 25 yard sprints, 10 seconds rest between
- Then: AMRAP 30 minutes:
  - 7 Handstand Push-ups
  - 14 Pull-ups
  - 21 Wall Ball 20lbs

Finish with 8 x 25 yard sprints

Warm-up/Prep: 100 Squat
Work at maximum intensity but maintain proper form for HSPU and Wall ball. If you need to scale HSPU, use a box and place your feet on the box, pike your back so that your push-up is vertical with head to ground

### Ladder of Death

- Thrusters 65lbs
- 10 Pull-ups

Ladder is descending for thrusters only. Starting with 25, then 20, then 15, 10, 5, then 10, 15, 20 and ending at 25. Do 10 pull-ups between each set of thrusters. Try to do unbroken sets of both thruster and pull-ups. Get into the habit of only resting for 3 breath cycles between broken sets

### Man Maker

**Mental Stamina**
- 10 Man Makers (35lb dumbell)
- 45 walking lunges w/ 20 pushups at # 15, 30 and 45
- 20 Knees to Elbows
- 800 meter Run

Warm-up / Preparation: 25 Burpees
5 Rounds for Time. If you have more than one guy, then do this as a team WOD with the team moving as fast as the slowest man. That means the gazelle will need to do extra work, not stand around, while the slow-poke finishes his man-makers, etc. A man maker is a renegade row, followed by full dumbell squat clean thruster. Awesome grind workout

### Monsoor

Michael Anthony Monsoor was a U.S. Navy SEAL killed during the Iraq War and posthumously awarded the Medal of Honor. On September 29, 2006 an insurgent threw a grenade onto a rooftop where Monsoor and several other SEAL and Iraqi soldiers were positioned. Monsoor quickly smothered the grenade with his body, absorbing the resulting explosion and most likely saving his comrades from serious injury or death. Monsoor died 30 minutes later from serious wounds caused by the grenade explosion.

**MetCon Core**

With a 20lb vest, pack or body armor
- 800 Meter Run
- 20 SDHP w/ 70lb KB
- 20 Burpees
- 100 yard farmer carry w/ 2 x 70lb KB
- 40 sit-ups

4 Rounds For Time. Think of Michael's last mission before starting this WOD. He had to run, lift heavy gear to his sniper hide site, carry shit, and he used his core to shield his teammates from harm. This WOD is, in a feeble manner, trying to simulate some of the pain and suffering so we can connect with him for a moment. Michael is a true American hero and a total stud - a man we honor and are, quite frankly, in awe of.
| **Peak Experience** | **Endurance** | 10 Burpees  
20 Pull-ups  
30 KB swings (55lb)  
40 Wall Ball (20lb)  
50 Sumo-Dead-Lift-High-Pull (70lb)  
When all rounds are completed Run 2 miles | **Warm-up / Prep:** 3 rounds: 10 x Kettle Bell Swing, 10 x KB Thrusters 55lb, 10 x Air Squat  
4 Rounds then Run 2 Miles |
|---|---|---|
| **Prisoner of War** | 400 meter Run  
100 Thrusters 45lb  
100 Push-ups  
400 meter Run  
100 Pull-ups  
100 Sit-ups  
400 meter Run | For time |
| **Ruck Suck** | LSD / Mental Toughness  
1. If you have time (a lot - 5 hours), then do 14 Mile Hump w/ 20-40lb weighted backpack  
2. If time is not on your side, then do 6 mile run with 20lb backpack, and stop every mile to do 25 x squats, pushups, and back-pack thrusters. | 3 Rounds of 2 mins max reps. Do 2 minutes box jumps, move immediately to 2 minutes PP, etc. until you have done 8 minutes continuous exercise at max capacity. Record # of reps for each exercise. Rest 2 minutes and repeat. Repeat again. |
| **Rumble** | Box Jumps 26”  
Push Press 65lb  
Deadlift 185lb  
Kettlebell Swing 50lb | 3 Rounds for time |
| **Run 600** | 1 mile Run  
50 Wall Ball (20lbs ball / 10’ target)  
50 Double-unders (or 200 singles)  
50 Sumo Deadlift High Pull 65lbs  
50 Push-ups | For time |
| **Running with Angie** | 100 Pull-ups  
1 Mile Run  
100 Push-ups  
1 Mile Run  
100 Sit-ups  
1 Mile Run  
100 Squats  
1 Mile Run | For time |
| **Running with Angie v2.0** | 2 mile Run  
50 of: Pull-ups, Push-ups, Situps, Squats  
2 mile Run  
50 of: Pull-ups, Push-ups, Situps, Squats | For time |
| **Running with Angie - Mod 1**  
(Angie is in a Bad Mood) | 1 mile Run  
100 Pull-ups  
100 Push-ups  
2 mile Run  
100 GHD Sit-ups  
100 Star Jumpers  
1 mile Run | For time - Substitute Sit-ups if no access to a Glute Ham Developer. Star-Jumpers are an air squat followed by a jump off the ground |
| **Running with Fran** | **800 meter Run**  
21-15-9 of the following:  
• Thrusters (95lb Rx)  
• Pull-ups  
Then  
• 800 meter Run  
21-15-9 of the following:  
• Thrusters (95lb Rx)  
• Pull-ups  
Then  
• 800 meter Run |
| **Running with Tabata** | **Tabata Push ups**  
• 1200 meter Run  
• Tabata Wall Ball 20lbs  
• Tabata Squat  
• Tabata Dumbbell Push Press  
• Tabata weighted sit up 45lbs  
Tabata is 8 rounds, 20 sec on, 10 sec rest. Score your total reps and total time |
| **Run, Squat, Push, Run** | **1 Mile Run**  
• 30 Front Squat 135lb  
• 50 Push ups  
• 20 Front Squat 135lb  
• 50 Push ups  
• 10 Front Squat 135lb  
• 50 Push ups  
• 5 Front Squat 135lb  
• 1 Mile Run  
For time |
| **Ryan** | • 10 Wallball 10'  
• 20 GHD Sit-ups  
• 30 Push-ups  
• 40 Squats  
• 400 meter Run  
5 Rounds for time |
| **Seal Adventure Race** | **Endurance**  
• Sea Phase: Row 5,000 meters  
• Land Phase: Run 3 miles w/ 40lb (vest or backpack)  
• Air Phase: 30 muscle ups, or 120 pull-ups  
Any time under an hour would be a great show. Don’t slack on the row - you should maintain sub 2:00 per 500 pace. If no access to a rowing machine, then sub 100 burpees |
| **Seal Fight Gone Bad-1** | • 135lb Deadlift  
• Kettlebell Swing 1.5 Pood  
• Knees to Elbows  
• Box Jumps  
Every min move from through each of the 5 stations - the clock runs continuously - 1 min rest between rounds before repeating. 3/5 rounds |
| **Seal Fight Gone Bad-2** | • KB Swing 40lb  
• Sit-ups  
• Burpees  
• Push Press 65lb  
• Mountain Climbers  
Every min move from through each of the 5 stations - the clock runs continuously - 1 min rest between rounds before repeating. 3/5 rounds |
| **Seal Fit** | **With 20lb vest / Backpack**  
• Run 400 meters  
• 25 Pull-ups  
• 50 push-ups  
• 75 sit-ups  
• 100 squats  
Warm-up / Mental Preparation Turkish Get-up: 3 X 5 each side @ 40lb  
3 Rounds |
<table>
<thead>
<tr>
<th><strong>Tiffani</strong></th>
<th>Warm up 4 rounds 15 squats, 15 push-ups, rope climb. Sub 15 pullups for rope climb. Sub 75 regular situps for 25 GHD situps if necessary. Scale to 75lb thruster if necessary</th>
</tr>
</thead>
</table>
| • 1 mile Run  
• 75 Burpees  
• 800m Run  
• 50 Thusters 95lb  
• 400m Run  
• 25 GHD Sit-ups  
• 1 mile run |  |
| **Thermopylae Run** | The “300” with running |
| • Run 1 mile  
• 25 Pull ups  
• 25 Deadlift 135lb  
• 25 Push ups  
• 25 Box Jumps 20" box  
• 25 Knees to Elbows  
• 25 Kettlebell Swings 50lb  
• Run 1 mile  
• 25 Pull ups  
• 25 Deadlift 135lb  
• 25 Push ups  
• 25 Box Jumps 20" box  
• 25 Knees to Elbows  
• 25 Kettlebell Swings 50lb  
• Run 1 mile |  |
| **The Grind** | For Time |
| • 100 Situps  
• 50 Wallball  
• 25 Deadlift 155lbs  
• 100 Push-ups  
• 50 Wallball  
• 25 Deadlift 155lbs  
• 100 Double-unders/500 singles  
• 50 Wallball  
• 25 Deadlift 155lbs |  |
| **The Pirates** | Warm-up: 50 burpee pull-ups 3 rounds for time (one for each Pirate killed by the SEALs). Row fast so you get to shore before the sniper rounds hit! This will suck. Recall the Curtis P - Perform a Clean from the floor, then racked lunge each side, finish with push-press. That is 1 repetition |
| Metcon / Strength  
• 25 Curtis P's 115lb  
• Row 1,500 meters |  |
| **Thruster Buster** | 30 - 20 - 10 For time: |
| • Squat Clean Thruster 65lb  
• KB swing 55lb (1.5 pood)  
• Knees to Elbows |  |
| **To Hell You Row** | Warm-up: 100 air squats, 100 push-ups, 100 sit-ups  
Do ten thrusters, then row 100 meters. Do 9 thrusters, row 200 meters, 8 thrusters, row 300 meters...all the way to 1 thruster and 1,000 meters |
| Intensity / Stamina  
• Thrusters 115lbs 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1  
• Row (meters) 100 - 200 - 300 - 400 - 500 - 600 - 700 - 800 - 900 - 1,000 |  |
| **Unworthy** | 5 Rounds, 1st round looks like 80 Squats + 40 KB + 20 Pull-ups. 2nd Round looks like 40 Squats + 20 KB + 10 Pull-ups. And so on... |
| • 80-40-20-40-80: Squats  
• 40-20-10-20-40: KB Swing 1.5 Pood  
• 20-10-05-10-20: Pull-ups |  |
| **Weighted Pull-up Pyramid** | Do 5 Pull-ups at the following weight: 10-20-30-40-50-60-70-60-50-40-30-20-10 |
## The Nameless Workouts

| For Time: 3 Rounds | Endurance | Wear 20lb Vest During WOD  
|---|---|---|---|
| • 50 Squats  
| • 25 Burpees  
| • 10 Pull-ups  
| • 2 Mile Run | Warm-up: Hydrate, 100 jumping jacks  
| | Strap on the vest or backpack with 2 10lb weights and hit it hard. This is a good time to clear your minds and push past the your self-imposed limitations. Seriously, this is not hard, just looks like it. If you enjoy this kind of workout, then you join me in the ranks of the deranged, but utterly sane | |

| For Time: 4 Rounds | Intensity / Power | Warm-up: Run 2 miles |---|---|---|
|---|---|---|
| • Max Body Weight Rep Bench Press  
| • Max Pull-ups  
| • 30 Box Jumps 24"  
| • 400 meter Sprint | Warm-up/Prep: Barbell complex 65lb, 75lb, 85lb, 95lb, 105lb  
| | Barbell complex: 6 reps each, without putting bar down: Dead lift, upright Row, Hang Squat Clean, Front Squat, Overhead Press, Back Squat. Do this for each weight stated. For Core break into sets of 50 flutter kicks if necessary | |

| For Time: 4 Rounds | MetCon Intensity |---|---|---|
|---|---|---|
| • 800m run  
| • 21 Box Jump  
| • 21 Deadlift 185lbs | Warm-up/Prep: Barbell complex 65lb, 75lb, 85lb, 95lb, 105lb  
| | Barbell complex: 6 reps each, without putting bar down: Dead lift, upright Row, Hang Squat Clean, Front Squat, Overhead Press, Back Squat. Do this for each weight stated. For Core break into sets of 50 flutter kicks if necessary | |

| As Many Rounds in: 30 mins | Intensity | As many rounds in 30 minutes |---|---|---|
|---|---|---|
| • 10 Thruster 95lb  
| • 15 Pull ups  
| • 20 KB Swing 55lb | Warm-up/Prep: Barbell complex 65lb, 75lb, 85lb, 95lb, 105lb  
| | Barbell complex: 6 reps each, without putting bar down: Dead lift, upright Row, Hang Squat Clean, Front Squat, Overhead Press, Back Squat. Do this for each weight stated. For Core break into sets of 50 flutter kicks if necessary | |

As many rounds in 15 mins of:  
| • 10 Squats  
| • 5 Burpees  
| • 5 Sumo Deadlift High Pull 65lbs  
| Then after 15 mins run 1 mile  
| Repeat-As many rounds in 15 mins of:  
| • 10 Squats  
| • 5 Burpees  
| • 5 Sumo Deadlift High Pull 65lbs |---|---|---|

50 Sumo Deadlift High Pull 50lbs  
Then perform a reverse order Helen:  
21 - 15 - 9  
| • Kettlebell Swing 50lbs  
| • Pull-ups  
| • 400m run  
| After Helen repeat 50 SDHP 50lbs |---|---|---|

50 - 35 - 20  
| Push Press 65lbs  
| Kettlebell Swing 50lbs  
| Box Jump 20"  
| Push-up  
| 400m Run | 50 - 35 - 20 |---|---|---|

50 - 35 - 20  
| Push Press 65lbs  
| Box Jump 20"  
| Push-ups  
| Sumo Deadlift High Pull 65lbs  
| Pull-ups | 50 - 35 - 20 |---|---|---|
| 50 - 35 - 20 | • Kettlebell Swing 50lbs  
• Pull-ups  
• Sit-ups  
• Burpees  
• 400m Run | 50 - 35 - 20 |
| 50 - 35 - 20 | • Deadlift 135lbs  
• Knees to Elbows  
• Box Jump 20" | 50 - 35 - 20 |
| 50 - 35 - 20 | • Kettlebell Swing 50lbs  
• Ring Pull-ups  
• Ring Dips  
• 400m Run | 50 - 35 - 20 |
| **For Time: 5 Rounds** | • Max Bench Press in 1 min  
- Rest 1 min  
• Max Pull-ups in 1 min  
- Rest 1 min | 5 Rounds |
| **For Time: 5 Rounds** | • Max Push-ups in 1 min  
- Rest 1 min  
• Max Ring Dips in 1 min  
- Rest 1 min | 5 Rounds |