

Short, Heavy Metcons from the message boards (for Gant Grimes Crossfit Hybrid Program)

Four rounds, individually for time:
5 x 65lb Dumbbell Snatch (each hand)
10 x 65lb Dumbbell Swing
10 Burpees
Rest

Four rounds for time:
With weight vest
5 Pullups
5 Dips
5 65lb DB Thrusters

21-15-9 of:
100kg deadlifts
24" box jumps
dips

21 100kg deadlifts
5 40kg press+push press+push jerk+jerk
(20 reps total)
15 100kg deadlifts
4 40kg press+push press+push jerk+jerk
(16 reps total)
9 100kg deadlifts
3 40kg press+push press+push jerk+jerk
(12 reps total)

15-12-9 of:
Double KB (53#) Power Cleans to
Thrusters
Pull-ups

3 rds for time:
7-HSPU's
7-105# Thrusters
7-105# Hang Power Cleans

Fran @ 135lbs. and 15, 12, 9 reps

3 rounds of 10 reps each of:
Bodyweight power cleans
35# ring dips
5 rounds of:
3 reps 315# deadlifts
7 reps burpees w/15# in a backpack

3 rounds of:
5 reps 165# thrusters
10 pull-ups
15 ring push-ups

(Tabata – 8 minutes alternating
exercises of...
Deadlifts/K2E's
Overhead Squats/Double Unders
Pull Ups/GHD Sit Ups
Ring Dips/Row)

5rnds:
5-300# DL's
12-HSPU's
12-Pull Ups
5-155# Thrusters

4rnds:
25-Towel Pull Ups (alt hands)
25-70# DB Swings
25-Burpees
25-95# SDHP

3rnds:
10-Pull Ups
10-135# C&J
10-20" Box Jumps

3rnds:
15-Pull Ups
10-155# Power Cleans

5-155# Thrusters

Heavy Fran 15-12-9

135# Thrusters

45#-Weighted Pull Ups

1rnd:

25-135# SDHP

25-25# Weighted Pull Ups

25-135# Thrusters

5rnds:

5-135# SDHP

10-Ring Dips

5-135# Thrusters

5rnds:

15-70# DB Swings

15-Ring Dips

5rnds:

7-155# Hang Squat Cleans

10-Slapping Push Ups

Run 400m

50 Pull-ups with vest

50 Push-ups with vest

Run 400m

50 Sit-ups with vest

50 Squats with vest

Run 400m

6 - 4 - 2

Rope climb (add a vest if you're feeling frisky)

Big Tire flips (multiply reps by 2)

Cross-chops (multiply reps by 3; total is per side)

15 - 12 - 9 reps of:

- Pull-ups

- KB swings, 2 pood

- Dips

*all done while wearing a 40lb. vest

4 rounds of:

- 10R/10L KB snatches (I used a 16kg)

- Med Ball Overhead Toss, 20lb. ball

- Sprint 100m

- Med Ball Overhead Toss, 20lb. ball

- Sprint 100m

16 kg KB (x2) push press

sit-ups, unanchored

40-30-20-10

sandbag push jerks

sledgehammer (vs. tire)

tire flips

1 minute @ each station, rest one minute, repeat

20 sledge strikes, 16# hammer

Farmer's Carry 35m, med. anvils

5 rounds for time

800 sandbag run

5 rounds of:

10 KB OH swings, 32 kg

10 ring pushups

3 rounds of:

10 2-hand KB rows @ 20 kg

5 dead hang chins

10 med-ball plyo pushups

5 thrusters @ 75 kg (154#)

10 m sprint

10 2-hand KB swings @ 20 kg
10 m sprint
10 burpress
3 rounds, rest fully b/w rounds
(aim for less than a minute on each round)

10 tire flips
20 swats, 16# sledge
250m sprint
3 rounds, recover fully between rounds
(this was very difficult)

Like "Lynne"
3 rounds of:
ring pushups
pullups

(from the Games, a good one)
5 rounds of:
5 275# DL
10 burpees (OH clap)

21-15-9
32 kg KB swings
flying arm bars
slam balls 8#, on knees

3 rounds for time of:
400m sprint
20 burpees
NO REST

Double alternating tabata
sprints/double unders (carry the rope
while you run)

Double alternating tabata KB Farmer's
walk/KB front squats

Ring dips: 20s on/40s off
Row: 20s on, 40s off
Repeat 3 times.

Double alternating tabata KB clean
(35lb in each hand) / KB OH squat

5 rounds of:
5 squat clean & jerks @ bw
5 MUs

3 or 5 rounds:
10 BW DL
10 2pd swings
10 burpee pull-ups

AMRAP in 10 minutes:
clean and jerk 155#x5 + 200meter sprint

10 rounds of:
15 DL @135#
15 pushups

5 Manmakers
400m run
4 rounds, each for time, full
recovery...our men are in the 2:30-2:40
range

8 Pullup
10 Pushup
12 Box Jump
14 Wall ball
2 laps (~250m) run
4 rounds, each for time, full
recovery...more or less same times as
above

5 rounds for time of:
5 DB snatch each arm
5 DB swing each arm
10 Burpees

3 rounds of:
1 minute max rep weighted PU
1 minute max rep weighted ring dip
1 minute rest

3 rounds of:
1 minute max rep heavy thruster (135 and up)
1 minute max rep weighted PU
1 minute rest

21-15-9 of:
100kg Back Squat
Ring dips

DEADWEIGHT

BW BENCH PRESS X 5
BW DEADLIFT X 5
PULL-UPS X 5
5 ROUNDS

4 rounds of:
10 tuck jumps
100m sprint
15 1.5 2pood swings
100m sprint back to the starting line

Tabata Burpees with weighted vest

Tabata Tuck jumps followed by 1min rest followed by "Half Cindy"(10min)

For time:
200m Bear crawl with weight vest
20 push-ups
200m Bear crawl
20 air squats

21-15-9 of:
Back squat with .75 b/w
115lb Push-Press

With a partner 3 rounds of:
100m firemen's carry
50 air squats
25 push-ups
100m Firemen's carry

5 rounds:
15xsnatch grip DL 65kg
15xpushups

Suicide Run with KB or DB -

Best to use marked football field. Start at goal line. You will move the kettlebell up the field 10 yards at a time returning to goal line to do your pushups. Sprint back up the field to the KB and move it forward 10 yards. Time stops after your last round of pushups. Use 1 53lb KB.

Make sure to alternate carrying arms.
1 round for time:

Take KB to 10 yard line. Sprint back to goal line. Do 3 pushups

Take KB to 20 yard line. Sprint back to goal line. Do 6 pushups

Take KB to 30 yard line. Sprint back to goal line. Do 9 pushups

Take KB to 40 yard line. Sprint back to goal line. Do 12 pushups

Take KB to 50 yard line. Sprint back to goal line. Do 15 pushups

Take KB to 60 yard line. Sprint back to goal line. Do 18 pushups

Take KB to 70 yard line. Sprint back to goal line. Do 21 pushups

Take KB to 80 yard line. Sprint back to goal line. Do 24 pushups

Take KB to 90 yard line. Sprint back to goal line. Do 27 pushups
Take KB to 100 yard line. Sprint back to goal line. Do 30 pushups

4 Rounds:

400m sprint

30 x DBL KB C&P (16kg)

or

Timed Sets x 1 min for 8 total min

Aim for AMRAP each Min. Rest position is the rack position if you need it. KB's do not touch the floor until set 8 min is up.

Min 1: DBL KB Clean&Press (16kg)

Min 2: Dbl KB Swing (16kg)

Min 3: DBL KB Clean&Press (16kg)

Min 4: Dbl KB Swing (16kg)

Min 5: DBL KB Clean&Press (16kg)

Min 6: Dbl KB Swing (16kg)

Min 7: DBL KB Clean&Press (16kg)

Min 8: Dbl KB Swing (16kg)

AMRAP in 15 minutes of:

7 ring dips (sub weighted if you want)

7 front squats (135)with bar cleaned from ground every time you need to pick it up.

Double alt. Tabata

95-115# Thrusters (nothing under 95 nothing over 115 you decide on the

weight)

Rope Climbs

Triple alt. Tabata

95-115# thrusters (pick your weight)

rope climbs

225-275# dl's (pick your weight)

Triple alt. Tabata

115-155# PP (pick your weight)

KTE's

Ring dips.

Double alt. Tabata

135-155# Power Clean (pick your wght)

Pull ups

42/21

30/15

18/9

of Doubleunders/2pood kettlebell swings.

100 Dips

Every time you have to come off the bars or rest with anything other than your hands on the bars, do 15 swings with a 32 kg KB.

Partitioned Grace. Especially fun if done at bodyweight.

10 Cleans

Sprint 100m

10 Jerks

Sprint 100m

10 Clean and Jerks

Sprint 100m

10 Jerks

Sprint 100m

10 Cleans

With 100lb Sandbag.
3 rounds (tough to fit in 10 min, but do-able):
Shoulder bag x 10 (alternate sides each rep)
50m Run with bag in Zercher Position
Push Press with Bag x15
50m Run with bag in Zercher Position
Lunge with bag on shoulder x 20 (10 with bag on each shoulder)
50m Run with bag in Zercher Position

5 rounds :
6 C&J 135lbs
6 Muscle-ups

5-4-3-2-1 of:
2x Bodyweight Deadlift
1x Bodyweight Clean and Jerk

Adjust the reps on this one so you don't have to stop. Also fun with 500s instead of 250s:

Row 250
15xDouble KB Clean Jerk/Push press/anyhow (2 24kg 'bells)
Row 250
12xDouble KB C+J
Row 250
9x Double KB C+J

Alternating Tabata sledge hammer strikes and 90lb sandbag push press.

With X-vest on, sandbag in zercher position and sled dragging behind you:
AMRAP in 7 min:
15m 'run' (not sure the distance on this one, just keep it short...)
Rest 20sec. Make sure you have a clean 'action-zone' for your hammer

work...grip tends to be an issue in the later rounds...

Every Minute on the Minute (for 10 min)
3 Power Cleans at 185
5 Weighted Ring dips with +50 lbs

For time:
100 Double Unders
75 Box Jumps - 20"
50 KB Swing 1.5pd
25 Burpees

50 reps for time: 65lb KB Swing

AMRAP in 10 min: 20x KB swing and 20x burpee

Fat Burpee Jackie
3 rounds of:
500M row
10 heavy thrusters
10 burpee pull-ups

Ladder Linda
5-4-3-2-1-2-3-4-5
Deadlift
Bench press
Power clean

For Time:
Back Squat - 75% of 5-Rep Max
1-3-5-7-9-11
Ring Dip
15-12-9-6-3-1
Warning: do not try unless you have a solid back squat, as this can MESS YOU UP real fast.

3 rounds:
-3 Deadlift
-3 Hang Squat Clean
-3 Push Press
-3 Front Squat
then run 200m

then
3 rounds:
-3 pullups
-6 pressups
-9 squats
then run 400m
(weight should be 3/4 bwt for the bar complex)

3 rounds:
run 200m
12 Thrusters
18 KB swings

6 rounds:
30sec Row (for max metres)
30sec rest

3 Rounds:
60 M Sprint
10 - 275# Deadlift
10 - 50# DB Thruster
10 - Clapping Push-Ups
10 - Ring Dips
60 M Sprint

600m row
15 dips
15 knee-to-elbows
300m row
12 dips
12 knee-to-elbows
150m row
9 dips
9 knee-to-elbows

Tabata mashup alternating rows and 45 lb. DB push presses

15-12-9 of pullups, 65 lb. DB swing, burpees

AMRAP in 10 min. of 7 push press @ 135lbs, 7 pullups, 7 glute-ham raises

10 Rounds of 10 BW deadlifts, 20 clapping pushups

185 lb. deadlift
Hand Stand Push Up
Vertical Jump
15-12-9-6-3

30 weighted pullups (5 lbs)
30 weighted pushups (10 lbs)
30 back squats (20 lbs)
20 weighted pullups (10 lbs)
20 weighted pushups (20 lbs)
20 back squats (40 lbs)
10 weighted pullups (15 lbs)
10 weighted pushups (30 lbs)
10 back squats (60 lbs)

AMRAP in 10 minutes of the complex:
deadlift
SDHP
power snatch
pushpress
thruster
Go as heavy as possible.

AMRAP Bear in 10 min:
40 kg - 25 rounds so it was too light. Pick your own weight.

5 rounds AFAP:
10 8 ct bodybuilders
10 box jumps
Wore a 20lb weight vest.

5 rounds of:
5 big tire flips
10 burpees

5 rounds:
1 x 185lbs squat clean + 3 x 36 inch box

jump + 5 chest slap push-ups + 7 clapping pull-ups

5 rounds:
250m row
10x 2 pd swings
10x weighted pull-ups

4 rounds:
25 burpee to clean and press w/20# dumbbells

4 rounds:
20 x 70# db swings
20 knees to elbows

5 rounds:
6 c&j 135lbs
6 muscle-ups

"Animals at the Track"

This is best done at the track, although it could be done w/ treadmill.

- 200m sprint
- 200m bear crawl (inside of track)
- 200m sandbag run
- 400m sprint

"Legs A"

- Squat, 205 x 10
- 400m sprint
- Bench Squats w/ 45 lb. dip belt x 25 (set up two benches parallel to each other, tie 45 lb. to yourself on a dip belt and stand on the benches doing squats)

"Legs B"

- 200m sprint x 2
- 50 Double Unders
- Wall Ball x 50 (20 lb. ball)
- 200m Farmer's Walk 100 lb. dumbbells

5 rounds with 1 min rest between rounds.
record total elapsed time:

5 BW DLs
10 50kg sandbag cleans(alternate shoulders)
15 2pd SDLHP

3-5 rounds, all w/ 95# bb using same bar
the whole time:

20 SDHP
20 Floor wipers
20 step ups on 18-20" box

21-15-9 of:

225lbs deadlift+ pull-ups (chest to bar standard)

You dont need a ton of weight, the oxygen debt you accumulate as you go is pretty debilitating. and you can carry the bar however you want (might even be worth changing it each run) but on your shoulders like a back squat is easiest:

10 deadlifts
run 100m carrying the bar
10 bent rows
run 100m carrying the bar
10 hang cleans

run 100m carrying the bar
10 front squats
run 100m carrying the bar
10 push press
run 100m carrying the bar
10 back squats

Link to another list of heavy metcons:
<http://physicalsubculture.com/links/gpp-combo-collection/> (wfs)

40kg sandbag thruster slams - 1 min on/1min off for 10 minutes

5-4-3-2-1 of:
Deadlift 275 lbs
135 lb thruster
Burpees

ASRAP in 10 minutes:
5 Squat Clean 95
5 HSPU

3 rounds:
10 BW DL
10 2pd KB SDLHP
10 2x20kg DB clean and press
then straight after 20xBW DL done as breathing DLs 5 breaths between lifts.

Nasty Girls

"Iron Carney"
4 Rounds 12-9-6-3 or whatever you want for reps, 135 lb Barbell, 20lb vest (scale and be careful with form, try a few dry runs before you go for speed)
-Modified Bear Complex: Power Clean with a rack in the front squat position, squat up and proceed into thruster, no dropping the weight to the ground between reps

-Bear Crawl 100m
-Gorillas: Burpee to Jumping Pullup
-Run back 100m to barbell and repeat

15-12-9
105 lbs squat clean/thrusters
pullups bw plus 45 lbs
ring pushups

1 min on/1 min off for 10mins
40kg sandbag cleans to alternate shoulders
simple yet brutal

Five rounds for time of:
7 burpee+pull ups
7 GHD sit ups
All w/ 20lb vest

5, 4, 3, 2, 1
Push Press or Push Jerk @ BW
C&J @ .75 BW
Snatch @ .5 BW

6 rounds:
5x Burpee-pull-up (c2b standard of course)+
10x Box jumps at waist height+
15x KTE

AMRAP in 10 minutes:
5 x 115Lbs sumo deadlift high pull + 5x 115lbs thruster

SDHP and push jerks. using reps of 21-18-15-12-9

10rounds of 10 reps of 135# DL and 15 pushups, pushups done holding the bar... do not release the bar during the workout...

4 rounds for time:
5-315 Deadlift

10-135 Push Press
15-24" Box jump
20-Abmat Situps

4 rounds for time:

5-Push Jerks
10-Weighted Chinups
15-Hang Power Cleans
20-Jumping Slamball
25-V-Ups

5 rounds for time of:

10-135# Power Cleans
15-Pushups

10 rounds for time:

7-225# Deadlift
5-L-Sit Pullups

Descending Ladder 10 8 6 5 4 3 2 1
BWDL (175#) + Push-Ups

Lighter DLs (135#) - 10, + 25 Crunches, +
10 Push-Ups, + 3 DH Pull-Ups
3 Rounds.

AMRAP in 10 min: 135# Thruster x5, 20
double under

10-8-6-4-2 of 225lbs back squat+10x30
inch box jump+10xK2E+10ring dip
first round looks: 10 back squat+10 box
jump+10 k2e+10 ring dip
second round:8 back squat+10 box
jump+10 k2e+10 ring dip

5 rounds of:

15 row cal
15 burpees

"Freddy's Revenge"

5 Rounds:

-5 Overhead anyhow @ 185lbs (from
rack you can press, P. Press,

Jerk....doesn't matter as long as it starts
at the rack and ends overhead)
-10 Burpees

3 rounds:

60M run
120kg deadlift 10 reps
burpees 10 reps
pushups 10 reps
60M run

So between rounds 1 and 2 and 2 and 3
you are running 60m twice in a row.

5-4-3-2-1

DL 1.5 bw (feel free to bump it to 2x BW
or for guys like Anthony B - 3x bw)
Muscle Ups

AMRAP in 10 minutes:

10 One armed pushups, alternating
sides
10 Pistols, alternating sides

3 rounds for time:

400 m run
8 C&J (CF Games 08 style) - use 135-185
for the loading.

AMRAP 10 minutes:

5 BW DLs
10 40kg sandbag cleans (alternate
shoulders)
15 GHR situps with 7kg MB

5 rounds for time of:

5 pullups with 40# vest
10 2 pood kb swings
25 double unders

50 burpees for time with 40lb vest.

DL 60kg tabata. Can't put bar down,
rest in hang position.
rest 2 mins

hang power clean 60kg tabata. Can't put bar down, rest in hang position.
rest 2 mins
push jerk 60kg tabata. Can't put bar down. rest in rack position.

21-15-9 for time of:
Dead lift @ 100% body weight
Back Squat @ 75% body weight
Burpees

5 rounds of:
10 ring dips
10 2 pood kb swings
25 double unders

10 burpees, 1 KB swing per arm
9 burpees, 2 KB swings per arm
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.
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2 burpees, 9 KB swings per arm
1 burpee, 10 KB swings per arm

4-5 rounds for time:
21 box jumps
21 front squats with KB
21 push-ups
21 KB swings

Back squats and pull ups, start with squats and do AMRAP then switch to AMRAP pull ups. Continue until target # of reps is reached on each. I use 50 reps for my target. You can make this one as heavy as you like by adding/subtracting weight. I shoot for about 8 minutes total time and adjust the weight accordingly.

Back squats 275# x5
Back extensions x 21
Push press 205# x5
Thrusters 95# x21

Repeat 3x with the back ext and thrusters declining to 15 reps and then to 9 reps the last set.

3 rounds for time:
400m run + 15 pull-ups(to clavicle)+ 21 push-ups

5-4-3-2-1
1xwt thruster
.5xbwt burpee pullup

"Superman Grace"
30 reps for time
225 C&J

AMRAP in 10 min:
1 round of Cindy
3 C&J 155#
with a 20# vest

Under-Over
5-4-3-2-1
BW Clean & Jerk
Muscle up

3 Squat Cleans 185/120lbs
5 Muscle Ups
5 rounds for time.

AMRAP in 12 minutes:
5 pullups @ BW + 50 lbs
100m sprints

For time:
Run 800m
5 Deadlift 315/205lbs
5 HSPU

Run 800m
3 Deadlift 315/205lbs
3 HSPU

Run 800m
1 Deadlift 315/205lbs
1 HSPU

5-4-3-2-1 of
250lbs back squat(or 315 lbs deadlift)+
muscle up +HSPU

For time:
Run 800m
9 Deadlift 315
9 HSPU
Run 800m
6 Deadlift 315
6 HSPU
Run 800m
3 Deadlift 315
3 HSPU

5-4-3-2-1:
315# Deadlift
150# Push Press
25# Weighted Ring Dips

100m tire flip for time.

30 Rounds of 1 155lb Clean and Jerk
(exactly like the CF Games C&J) and 1
30inch box jump with 20lb medball.

5 Rounds: 10x 135lb Thrusters, 10x Ring
Pushups, 10x Pullups

135 lb Squat clean, 10 reps
50 GHD Sit-ups
135 lb Squat clean, 8 reps
40 GHD Sit-ups
135 lb Squat clean, 6 reps

30 GHD Sit-ups
135 lb Squat clean, 4 reps
20 GHD Sit-ups
135 lb Squat clean, 2 reps
10 GHD Sit-ups

3 rounds for time:
100m Sprint
10 Burpees

"King Kong"
3 rounds for time:
1 Deadlift @ 455#
2 muscle-ups
3 Squat Cleans @ 250#
4 HSPUs

3 deadlifts 255 #
3 burpees
3 dead hang pull ups
AMRAP 12 minutes.

AMRAP 12 min
8 DB swing 80lbs*
5 burpees
2 BW C&J

3 rounds
3 BW Bear complex*
15 pullups

5-4-3-2-1
SDLHP 135lbs
Snatch 135lbs*
Pistols (each leg)

100 deadlifts 135lbs

AMRAP 8 minutes:
5 BW bench press

8 dips
10 pushups

50 deadlifts at 185-225lbs.

"Heavy Lizzie"

12-9-6

185# Power Cleans

70# weighted ring dips

7 rounds:

3 Sumo Deadlift High Pulls @ 135#

3 Muscle-ups

Tabata triple mashup of HSPU, Power Cleans(155#), and Knees-to-elbows.

"Heavy Linda"

DL @ 1.75 x BW

Bench @ 1.25 x BW

Clean @ 1 x BW

8,7,6,5,4,3,2,1

With 135 overhead, walk 1/4 mile for time.

5/4/3/2/1

60# DB split clean, to a DB press
burpee to KTEs (the burpee to pullup
might fit well here, also)

AMRAP in 5 minutes:

80 ft farmers walk with 2 40# dumbbells

5 c2b pullups

10 40# dumbbell snatch (alternating
arms)

"Olaf"

5 rounds for time:

5 squat cleans 155 lbs

25 pushups

For time, partition as needed:

30 muscle-ups

30 snatches (Isabel weight)

Continuous running clock:

With a bar loaded to equal your
bodyweight, perform 1 front squat in the
first minute, 2 repetitions in the second,
and so on until failure.

"Angus"

3 rounds:

135# thruster x 10/

12 pullups/

25 burpees

AMRAP in 10 minutes - each rep is
deadlift to hang power clean to front
squat to thruster lowered behind the
neck to back squat to behind the neck
push press/jerk and finally back to the
ground.

Pick a weight such that you end up
doing around 10 to 15 reps in the 10
minutes. I use 135lb.

"Heavy(ier) Jackie"

1000m row (highest setting)

50 1/2 bodyweight thrusters (75# for me)

30 pull-ups PLUS 1/4 of body weight
(37.5#)

Once through

26xbear@bodyweight

21-15-9 reps of:

Dead lifts @ 2x body weight

Weighted pull ups @ +50% body weight
(This wouldn't fit in the 10 min. range for
most)

21,15,9 reps of:

225# D/L

Pullups, and

400m row

12-9-6 of:

Squat clean 80 kg (176 lbs)/ 55 kg for ladies (110 lbs)

Handstand Pushups

15-12-9

Front Squat w/165lb

burpee to jumping pullup at 8'6"

15 rounds for time:

6 pull ups + 1/3 body weight +

6 bar dips + 1/3 body weight

6 rounds for time of:

8 225lbs deadlift

12 slap pushups(slap chest)

Add a 20-50lbs vest for a brutal time

3 rounds:

10 x 115 thrusters

Bound over three consecutive 24 inch boxes,

crawl under 24 inch high bar

Vault over 36 inch box

10 yard sprint

14 foot long jump between 24 inch boxes

20 yard farmers walk two 24kg kettlebells

Bounding 10 between hoops on the ground set 6 feet apart diagonally