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800-meter Run, 30 Kettlebell Swings (2 Pood), 30 Pull-ups. Fran: For Time: 21-15-9 Reps Of: Thruster (95/75lb) And Pull-ups. Grace: For Time: 30 Clean-and-jerks (135/95lb). Gwen: 15-12-9 Reps For Load. Clean-and-Jerks (unbroken). Rest As Needed Between Sets. Helen: Three Rounds For Time: 400-meter Run, 21 May 4th, 2024

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With These 15 Energizing CrossFit WODs For Beginners.(Check Part 2 With More Beginner Workouts Here.)1. 10 To 1 Countdown WODDo 10 Each Of Kettlebell Swings At A Moderate Weight, Followed By 10 Dumbbell Thrusters (hold A Light Dumbbell In Front Of Your Chest With Both Hands; Squat With Jan 3th, 2024

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