

50 BEST HERO WODS LIST FOR IMPROVING YOUR FUNCTIONAL FITNESS

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In this list, I'll share fifty best Hero WODs to pay tribute to those heroes who have been martyred during their duties.

There are myriad heroes, but including the names of all can make this list lengthy. That's why I'll share some of them here.

1. Murph

- 1 mile Run
- 100 Pull-Ups
- 200 Push-Ups
- 300 Air Squats
- 1 mile Run

2. Michael

- 3 rounds for time
- Run 800 m
- 50 back extensions
- 50 sit-ups

3. Zachary Tellier

- 10 Burpees
- 25 Push-Ups
- 10 Burpees
- 25 Push-Ups
- 50 Lunges
- 10 Burpees
- 25 Push-Ups
- 50 Lunges
- 100 Sit-Ups
- 10 Burpees
- 25 Push-Ups
- 50 Lunges
- 100 Sit-Ups
- 150 Air Squats

4. The Seven

- 7 Handstand Push-Ups
- 7 Thrusters
- 7 Knees-to-Elbows
- 7 Deadlifts
- 7 Burpees
- 7 Kettlebell Swings
- 7 Pull-Ups

Do Seven Rounds with as little rest between them as possible

5. Holleyman

- 5 Wall Ball Shots
- 3 Handstand Push-Ups
- 1 Power Clean

Do 30 Rounds as fast as possible

6. Bert

Do all workouts as fast as possible

- 50 Burpees
- 400 meter Run
- 100 Push-Ups
- 400 meter Run
- 150 Walking Lunges
- 400 meter Run
- 200 Air Squats
- 400 meter Run
- 150 Walking Lunges
- 400 meter Run
- 100 Push-Ups
- 400 meter Run
- 50 Burpees

7. Daniel

- 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

Complete as quickly as possible

8. Josh

- 21 Overhead squat (95/65 pounds)

- 42 Pull-ups
- 15 Overhead squats (95/65 pounds)
- 30 Pull-ups
- 9 Overhead squats (95/65 pounds)
- 18 Pull-ups

Do it as fast as possible

9. Jason

For time:

- 100 Squats
- 5 Muscle-ups
- 75 Squats
- 10 Muscle-ups
- 50 Squats
- 15 Muscle-ups
- 25 Squats
- 20 Muscle-ups

10. Badger

Do three rounds for time:

- 30 Squat clean (95/65 pounds)
- 30 Pull-ups
- Run 800 meter

11. Joshie

Do three rounds for time:

- 21 Dumbbell Snatch with Right arm (40/25 pounds)
- 21 L Pull-ups

- 21 Dumbbell Snatch with Left-arm (40/25 pounds)
- 21 L Pull-ups

12. Griff

For time:

- Run 800 meters
- Run 400 meters backward
- Run 800 meters
- Run 400 meters backward

13. The Ryan

Five rounds for time:

- 7 Muscle-ups
- 21 Burpees

14. Mr. Joshua

Five rounds for time of:

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

15. The Danny

- 30 Box Jump (24/20 in)
- 20 Push Press (115/75 pounds)
- 30 Pull-ups

16. The Hansen

Five rounds for time of:

- 30 Kettlebell Swing (16/24 kg)
- 30 Burpees
- 30 GHD Sit-ups

17. The Stephen

Reverse Ladder 30-25-20-15-10-5

- GHD sit-up
- Back extension
- Knees to elbow
- Stiff-legged deadlift (95/65 pounds)

18. Garrett

Three rounds for time of:

- 75 Squats
- 25 Ring handstand push-ups
- 25 L-pull-ups

19. War Frank

Three rounds for time of:

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

20. Lumberjack 20

Complete as quickly as possible

- 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

21. Paul

Five rounds for time of:

- 50 Double unders
- 35 Knees to elbows
- 20 yards Overhead Walk with 185/135 pounds

22. Nutts

For time:

- 10 Handstand push-ups
- 15 Deadlift (250/175 pounds)
- 25 Box jumps (24/20 in)
- 50 Pull-ups
- 100 Wallball shots (20/14 pounds)
- 200 Double-unders
- 400 meters run with a 45/35 lbs plate

23. Arnie

Do it as fast as you can.

Use 32kg/70lb Kettlebell if you're a man and 24kg/53lb if you're a woman.

- 21 Turkish get-ups with the Right arm
- 50 KB Swings
- 21 Overhead squats
- 50 Kettlebell Swings
- 21 Overhead squats
- 50 KB Swings
- 21 Turkish get-ups with the Left arm

24. Hammer

Complete five rounds with a 90-second rest between rounds.

- 5 Power clean (135/95 pounds)
- 10 Front squat (135/95 pounds)
- 5 Jerk (135/95 pounds)
- 20 Pull-ups

25. Adambrown

Two rounds for time of:

- 24 Deadlift with 295/205 pound
- 24 Box jumps (24/20 in)
- 24 Wallball shots with a 20/14 pound ball
- 24 Bench Press with 195-pound
- 24 Box jumps (24/20 in)
- 24 Wallball shots with a 20/14 pound ball
- 24 Clean with 145/100 pound

26. Bradley

Complete 10 rounds with as little rest as possible between them.

- Sprint 100 meters
- 10 Pull-ups
- Sprint 100 meters
- 10 Burpees

27. Hamilton

Do three rounds for the time of:

- 1000 meters Rowing
- 50 Push-ups
- 1000 meters Run
- 50 Pull-ups

28. Santiago

Complete Seven rounds as fast as possible:

- 18 Dumbbell hang squat clean (35/25 lb)
- 18 Pull-ups
- 10 Power clean (135/95 lb)
- 10 Handstand push-ups

29. Bradshaw

- 3 Handstand push-ups
- 6 Deadlift (225/155 lb)
- 12 Pull-ups
- 24 Double-unders
- Repeat All For 10 Rounds

30. Ralph

- 8 Deadlift (250/175 lb)
- 16 Burpees
- Rope climb, 3 ascents (15 ft)
- 600 meters Run
- Repeat four Rounds

31. Loredó

It's a bodyweight WOD.

- 24 Squats
- 24 Push-ups
- 24 Walking lunge steps
- 400 meters Run
- Do Six Rounds

32. Omar

Do as fast as possible:

- 10 Barbell Thrusters (95/65 lb)
- 15 Bar-facing burpees
- 10 Barbell Thrusters (95/65 lb)
- 25 Bar-facing burpees
- Barbell Thrusters (95/65 lb)
- 35 Bar-facing Burpees

33. Randy

- 75 Power Snatches (75/55 lb)
- Perform as quickly as possible.

34. Erin

- 15 DB Split Cleans (40/30 lb)
- 21 Pull-Ups
- Five rounds for time.

35. Tyler

- 7 Muscle-Ups
- 21 Sumo-Deadlift High-Pulls (95/65 lb)
- Perform five rounds at your own pace.

36. Jerry

- 1 mile Run
- 2,000-meter Row
- 1 mile Run
- Complete as fast as possible.

37. Luce

- 1,000 meter Run
- 10 Muscle-Ups
- 100 Air Squats
- Three rounds for time.
- Put on a Weight Vest (20/14 lb)

38. Roy

- 15 Deadlifts (225/155 lb)
- 20 Box Jumps (24/20 in)
- 25 Pull-Ups
- Perform five rounds for time.

39. Helton

- 800 meter Run
- 30 Dumbbell Squat Cleans (2×50/35 lb)
- 30 Burpees
- Three rounds for time.

40. Forrest

- 20 L-Pull-Ups
- 30 Toes-to-Bars
- 40 Burpees
- 800 meter Run
- Repeat three times.

41. Bulger

- 150 Meter Run
- 7 Chest-to-Bar Pull-Ups
- 7 Front Squats (135/95 lbs)
- 7 Handstand Push-Ups
- Perform ten rounds for time.

42. Brenton

- 100 foot **Bear Crawl**
- 100 foot Standing Broad-Jumps
- Perform 3 Burpees after every 5 Broad-Jumps
- Five rounds for time.

43. Collin

- 400 meter Sandbag Carry (50/40 lb)
- 12 Push Presses (115/75 lbs)

- 12 Box Jumps (24/20 in)
- 12 Sumo Deadlift High-Pulls (95/65 lb)
- Six rounds for time.

44. Bull

- 200 Double-Unders
- 50 Overhead Squats (135/95 lb)
- 50 Pull-Ups
- 1 mile Run
- Perform two rounds for time.

45. Wittman

- 15 Kettlebell Swings (1.5/1 pood)
- 15 Power Cleans (95/65 lb)
- 15 Box Jumps (24/20 in)
- Seven rounds for time.

46. McCluskey

- 9 Muscle-Ups
- 15 Burpee Pull-Ups
- 21 Pull-Ups
- 800 meter Run
- Perform three rounds for time.

47. Wilmot

- 50 Air Squats
- 25 Ring Dips
- Six rounds for time.

48. Small

- 1,000 meter Row
- 50 Burpees
- 50 Box Jumps (24/20 in)
- 800 meter Run
- Three rounds for time

49. Morrison

- Wall Ball Shots (20/14 lb)
- Box Jumps (24/20 in)
- Kettlebell Swings (1.5/1 pood)
- 50-40-30-20-10 reps for time

50. Ricky

- 10 Pull-Ups
- 5 Dumbbell Deadlifts (75/55 lb)
- 8 Push-Presses (135/95 lb)
- AMRAP in 20 minutes

Related Workouts:

- 1. [30 Best Functional Dumbbell Exercises to Scale Your Fitness](#)**
- 2. [20 Best Functional Upper Body Exercises with PDF](#)**
- 3. [The Ultimate List of Functional Exercises with PDF](#)**
- 4. [15 Best Kettlebell Functional Exercises and WOD with PDF](#)**
- 5. [Ultimate 6-Week High-Intensity Functional Training with PDF](#)**
- 6. [4 Day Functional Training Plan to Get Strong with PDF](#)**