

30 BEST BENCHMARK WODS LIST

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1. Fran

- Thrusters and Pull-Ups

Do three rounds of 21-15-9 reps as fast as possible

2. The Longest Mile

- 10 Burpees
- 100 meter Run
- 10 Air Squats
- 100 meter Run
- 10 Push-Ups
- 100 meter Run
- 10 Sit-Ups
- 100 meter Run

Repeat All For four Rounds

3. Fat Amy

Do each exercise as fast as possible

- 50 Air Squats
- 10 Burpees
- 40 Sit-Ups
- 10 Burpees
- 30 Lunges
- 10 Burpees

- 20 Kettlebell Swings
- 10 Burpees
- 10 meters Bear Crawl
- 10 Burpees
- 20 Kettlebell Swings
- 10 Burpees
- 30 Lunges
- 10 Burpees
- 40 Sit-Ups
- 10 Burpees
- 50 Air Squats

4. Chelsea

EMOM for 30 minutes

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

5. Annie

Perform double unders and sit-ups

50 – 40 – 30 – 20 – 10 reps (in a descending ladder)

6. Eva

- 800 meters Run
- 30 KB swings (2/1.5 pood)
- 30 Pullups
- Repeat For 5 Rounds

7. Nancy

- 400 meters Run
- 15 Overhead Squats with 95/65 pounds
- Repeat For 5 Rounds

8. Kelly

- Run 400m
- 30 Box Jumps 20/24 in
- 30 Wall Balls 20/14 lbs.
- Do 5 Rounds with 3 minutes rest between them.

9. Barbara

- 5 Rounds For Time:
- 20 Pull-ups
- 30 Push-ups
- 40 Sit-ups
- 50 Squats

9. Diane

Perform Deadlift with 225lbs and Handstand Push-ups
50 – 40 – 30 – 20 – 10 reps (in a descending ladder)

10. Jackie

- 1000 meters Rowing
- 50 Thruster with 45/35 lbs.
- 30 Pull Ups

11. Elizabeth

Perform Clean with 225lbs and Ring Dips
50 – 40 – 30 – 20 – 10 reps (in a descending ladder)

12. Marguerita

- 1 Burpee
- 1 Push-Up
- 1 Jumping-Jack
- 1 Sit-Up
- 1 Handstand

Complete 50 rounds for time

13. Karen

150 Wall Balls 20/14 lbs, 9-10 ft

14. Bear Complex

Perform one rep of the exercises below seven times without dropping or leaving the bar on the ground to complete one complex. And do a total of five complexes.

- Power clean
- Front Squat
- Push Press
- Back Squat
- Push Press

15. Helen

- Run 400 meters
- 21 Kettle Bell Swings with 1.5/1 pood
- 12 Pull-ups
- Repeat for three Rounds

16. Grace

- 30 Clean and Jerk with 135/95 lbs

17. Filthy Fifty

- 50 Box Jumps (24/20 in)
- 50 Jumping Pull-Ups
- 50 Kettlebell Swings (.75/1 pood)
- 50 Walking Lunges
- 50 Knees-to-Elbows
- 50 Push Presses with 45/35 lbs.
- 50 Back Extensions
- 50 Wall Ball Shots with 20/14 lbs.
- 50 Burpees
- 50 Double-Unders

18. Angie

For time:

- 100 Pull-Ups
- 100 Push-Ups
- 100 Sit-Ups
- 100 Air Squats

19. Grettel

- 3 Clean-and-Jerks with 135/95 lbs.
- 3 Bar Over Burpees
- Repeat 10 times

20. Isabel

Do 30 Snatches with 135/95 lbs. as fast as you can

21. Cooper

- 10 Burpees
- 10 Air Squats
- 10 Push-Ups
- 10 Sit-Ups
- Complete 10 rounds with as little rest as possible between sets.

22. Dirty Thirty

Do the following exercises as fast as possible:

- 30 Box Jumps (24/20 in)
- 30 Jumping Pull-Ups
- 30 Kettlebell Swings with 35 lbs.
- 30 Lunges
- 30 Knees-to-Elbows
- 30 Push Presses 45/35 lbs.
- 30 Back Extensions
- 30 Wall Ball Shots 20/14 lbs.
- 30 Burpees
- 30 Double-Unders

23. Baseline

Do the below exercises as fast as possible:

- 500-meter Row
- 40 Air Squats
- 30 Sit-Ups
- 20 Push-Ups
- 10 Pull-Ups

24. Ellen

- 20 Burpees
- 21 Alternating Dumbbell Snatches with 50 lbs.
- 12 Dumbbell Thrusters 35 lbs.
- Complete three rounds

25. Amanda

- Perform 9 – 7– 5 reps' muscle-ups and squat Snatches (in a descending ladder)

26. Nasty Girls

- 50 Air Squats
- 7 Muscle-Ups
- 10 Hang Power Cleans with 95-135 lbs.
- Complete three rounds

27. Christine

- 500-meter Row
- 12 Deadlifts
- 21 Box Jumps
- Repeat three times

28. King Kong

- 1 Deadlift with 320-455 lbs.
- 2 Muscle-Ups
- 3 Squat Cleans with 175-250 lbs.
- 4 Handstand Push Ups
- Repeat three times

29. Betty

- 12 Push Presses with 95-135 lbs
- 20 Box Jumps (24/20 in)
- Complete five rounds

30. Nicole

- 400-meter Run
- Pull-Ups till Failure
- Perform as many rounds as possible in twenty 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](#)
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