



# COMPTRAIN

# ESSENTIALS BENCHMARKS WORKOUTS

JANUARY	MARSTON LITE	THE GOOD LIFE
	AMRAP 20: 1 Deadlift (315/225) 10 Toes to Bar 15 Burpees	3 Rounds For Time: 500 Meter Row 12 Burpees 21 Box Jumps (24"/20")

FEBRUARY	FRAN	CAITLIN
	21-15-9: Thrusters (95/65) Pull-ups	For Time: 2,000 Meter Row 120 Calorie Bike Erg 1,600 Meter Run

MARCH	ACHOO!	BERGERON BEEP TEST
	On the Minute x 10: 3 Power Cleans 3 Front Squats 3 Push Jerks Max Lateral Bar Burpees  Barbell: (135/95)	On the Minute For Max Rounds: 7 Thrusters (75/55) 7 Burpees 7 Pull-ups

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APRIL	THE CHIEF	THE ADMIRAL
	5 Rounds x AMRAP 3: 3 Power Cleans (135/95) 6 Push-ups 9 Air Squats  Rest 1 Minute Between	3 Rounds For Time: 20 Burpee Pull-ups 20 Front Squats (155/105) 20 Box Jumps (24"/20")

MAY	MURPH	ADDERALL
	For Time: 1 Mile Run 100 Pull-ups 200 Push-ups 300 Air Squats 1 Mile Run	AMRAP 10: 1 Mile Run Max Clean and Jerks (135/95)  Rest 3 Minutes  AMRAP 7: 800 Meter Run Max Power Snatches (115/85)  Rest 3 Minutes  AMRAP 4: 400 Meter Run Max Thrusters (95/65)

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JUNE	MIND ERASER	JERRY
	10 Rounds For Time: 7 Power Cleans (135/95) 7 Burpees 200 Meter Run	For Time: 1 Mile Run 2k Row 1 Mile Run

JULY	GLEN	FAST BREAK
	For Time: 30 Clean and Jerks (135/95) 1 Mile Run 10 Rope Climbs (15') 1 Mile Run 100 Burpees	10 Rounds For Time: 15/12 Calorie Row 15 Wallballs (20/14)  Rest 1 Minute Between Rounds

AUGUST	BOAT RACE	WELL ROUNDED
	3 Rounds For Time: 500 Meter Row 400 Meter Run  Rest 3 Minutes	10 Rounds For Time: 3 Clean & Jerks (155/105) 200 Meter Run 1 Round of "Cindy"

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SEPTEMBER	KELLY	ONESIES
	5 Rounds For Time: 400 Meter Run 30 Wallballs (20/14) 30 Box Jumps (24"/20")	1) Lift 2) Max Weighted Pull-up 3) 1 Mile Run

OCTOBER	CHIPPER GONE BAD	TIPPY TOES
	AMRAP 18: 100 Wallballs (20/14) 80 Dumbbell Snatches (50/35) 60 Box Jumps (24"/20") 40 Dumbbell Push Press (50's/35's) Max Calorie Row	10 Rounds For Time: 10 Toes to Bar 10 Burpees 100 Meter Run  Time Cap: 30 Minutes

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NOVEMBER	2K ROW	CHAD
	For Time: 2,000 Meter Row	For Time: 1,000 Box Step-ups

DECEMBER	DT	FORTITUDE
	5 Rounds For Time: 12 Deadlifts 9 Hang Power Cleans 6 Push Jerks  Weight: (155/105)	On the Minute x 30: 1 Minute Row 1 Minute Burpees

Surround yourself with people who  
want to see you win.

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Those who push you, challenge you,  
coach you, and call you out.

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No drama, no gossip, no complaining.

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Just growth and good vibes.

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