

Table S1. Overview of Benchmark and CrossFit® Open workouts [2,5,7]. Certain data included in the following table are derived from CrossFit®. © Copyright CrossFit®, LLC 2022. All Rights Reserved.

| CrossFit®-Benchmark and CrossFit® Open workouts | | | | | | |
|---|--|---|--|---|--|--|
| Girl-WODs | Cindy | Grace | Fran | Isabel | Kelly | Nancy |
| | 20 min AMRAP of | For time: | For time: | For time: | For time: | For time: |
| | 5 pull-ups 10 push-ups 15 air squats | 30 clean and jerks (135/95 lb.) | 21-15-9 reps of thrusters (95/65 lb.) pull-ups | 30 snatches (135/95 lb) | 5 rounds of 400-m run 30 box jumps (24/20 in) 30 wall ball shots (20/14 lb) | 5 rounds of 400-m run 15 overhead squats (95/65 lb) |
| Hero-WODs | Murph | Benchmark-WODs | CrossFit® Total | Donkey Kong | Fight Gone Bad | Filthy 50 |
| | For time: | | Total sum of the best from each lift: | For time: | Total reps: | For time: |
| | 1-mile run 100 pull-ups 200 push-ups 300 air squats 1-mile run | | back squat shoulder press deadlift | 21-15-9 reps of Burpees kettlebell swings (50/35 lb.) box jumps (24/20-inch) | 1-min wall balls (20/14 lb.) 1-min sumo deadlift high-pulls (75/55 lb.) 1-min box jumps (24/20-inch) 1-min push press (75/55 lb.) 1-min row 1-min rest | 50 box jumps (24/20-inch) 50 jumping pull-ups 50 kettlebell swings (35/26 lb.) 50 walking lunge steps 50 knees-to-elbows 50 push press (45/35 lb.) 50 back extensions 50 wall balls (20/14 lb.) 50 burpees 50 double-unders |
| | | | Three attempts for each lift | Perform 6 Lunges after each exercise | Three rounds with a running clock | |
| CrossFit® Open WODs | | | | | | |
| 2016 | 16.1 | 16.2 | 16.3 | 16.4 | 16.5 | |
| | 20 min AMRAP of | Beginning on a 4-min clock, complete AMRAP of | 7 min AMRAP of | 13 min AMRAP of | For time: | |
| | | 25 toes-to-bars 50 double-unders | | | | |
| | 25-ft. overhead walking lunge (95/65 lb.) 8 burpees | 15 squat cleans (135/85 lb.) | | 55 deadlifts (225/155 lb.) | | |
| | 25-ft. overhead walking lunge (95/65 lb.) | If completed before 4 min, add 4 min to the clock and proceed to | 10 power snatches (75/55 lb.) | 55 wall-ball shots (20/14-lb. ball to 10/9-ft. target) | 21-18-15-12-9-6-3 reps of thrusters (95/65 lb.) | |
| | 8 chest-to-bar pull-ups | 25 toes-to-bars 50 double-unders | 3 bar muscle-ups | 55-calorie row | burpees | |
| | | 13 squat cleans (185/115 lb.) | | 55 handstand push-ups | | |
| | | If completed before 8 min, add 4 min to the clock and proceed to | | | | |

| <p>25 toes-to-bars 50 double-unders 11 squat cleans (225/145 lb.) <i>If completed before 12 min, add 4 min to the clock and proceed to</i> 25 toes-to-bars 50 double-unders 9 squat cleans (275/175 lb.) <i>If completed before 16 min, add 4 min to the clock and proceed to</i> 25 toes-to-bars 50 double-unders 7 squat cleans (315/205 lb.)</p> | | | | | |
|---|--|--|--|---|---|
| 2017 | 17.1 | 17.2 | 17.3 | 17.4 | 17.5 |
| | <i>For time:</i> | <i>12 min AMRAP of alternating 2 rounds of</i> | <i>Prior to 8:00, complete 3 rounds of</i> | <i>13 min AMRAP of</i> | <i>10 rounds for time of</i> |
| | 10 dumbbell snatches (50/35 lb.) | | 6 chest-to-bar pull-ups 6 squat snatches (95/65 lb.) <i>Then, 3 rounds of</i> | | |
| | 15 burpee box jump-overs (24/20-inch) | | 7 chest-to-bar pull-ups 5 squat snatches (135/95 lb.) <i>*Prior to 12:00, complete 3 rounds of</i> | | |
| | 20 dumbbell snatches (50/35 lb.) | | 8 chest-to-bar pull-ups 4 squat snatches (185/135 lb.) <i>*Prior to 16:00, complete 3 rounds of</i> | | |
| | 15 burpee box jump-overs (24/20-inch) | 50-ft. weighted walking lunge (50/35 lb.) 16 toes-to-bars 8 power cleans (50/35 lb.) <i>Then, 2 rounds of</i> | 9 chest-to-bar pull-ups 3 squat snatches (225/155 lb.) <i>*Prior to 20:00, complete 3 rounds of</i> | 55 deadlifts (225/155 lb.) 55 wall-ball shots (20/14-lb. ball to 10/9-ft. target) 55-calorie row 55 handstand push-ups | |
| | 30 dumbbell snatches (50/35 lb.) | 50-ft. weighted walking lunge (50/35 lb.) 16 bar muscle-ups 8 power cleans (50/35 lb.) | 10 chest-to-bar pull-ups 2 squat snatches (245/175 lb.) <i>Prior to 24:00, complete 3 rounds of</i> | | 9 thrusters (95/65 lb.) 35 double-unders |
| | 15 burpee box jump-overs (24/20-inch) | | 11 chest-to-bar pull-ups 1 squat snatch (265/185 lb.) <i>*If all repetitions are completed, time cap extends by 4 min.</i> | | |
| | 40 dumbbell snatches (50/35 lb.) | | | | |
| | 15 burpee box jump-overs (24/20-inch) | | | | |
| | 50 dumbbell snatches (50/35 lb.) | | | | |
| | 15 burpee box jump-overs (24/20-inch) | | | | |
| 2018 | 18.1 | 18.2a | 18.2b | 18.3 | 18.4 |
| | <i>20 min AMRAP of</i> | <i>For time:</i> | <i>1-RM of</i> | <i>For time:</i> | <i>For time:</i> |
| | | | | | <i>7 min AMRAP of</i> |

| | | | | | |
|---|--|---|---|--|---|
| 8 toes-to-bar 10 dumbbell hang clean and jerks (50/35 lb.) 14-calorie row | 1-2-3-4-5-6-7-8-9-10 reps of dumbbell squats (50/35 lb.) bar-facing burpees | clean <i>Time cap: 12 minutes to complete 18.2 and 18.2a</i> | 2 rounds of 100 double-unders 20 overhead squats (115/80 lb.) 100 double-unders 12 ring muscle-ups 100 double-unders 20 dumbbell snatches (50/35 lb.) 100 double-unders 12 bar muscle-ups | 21 deadlifts (225/155 lb.) 21 handstand push-ups 15 deadlifts, (225/155 lb.) 15 handstand push-ups 9 deadlifts, (225/155 lb.) 9 handstand push-ups 21 deadlifts, (315/205 lb.) 50-ft. handstand walk 15 deadlifts, (315/205 lb.) 50-ft. handstand walk 9 deadlifts, (315/205 lb.) 50-ft. handstand walk | 3 thrusters (100/65 lb.) 3 chest-to-bar pull-ups 6 thrusters (100/65 lb.) 6 chest-to-bar pull-ups 9 thrusters (100/65 lb.) 9 chest-to-bar pull-ups 12 thrusters (100/65 lb.) 12 chest-to-bar pull-ups 15 thrusters (100/65 lb.) 15 chest-to-bar pull-ups 18 thrusters (100/65 lb.) 18 chest-to-bar pull-ups <i>This is a timed workout. If you complete the round of 18, go on to 21. If you complete 21, go on to 24, etc.</i> |
|---|--|---|---|--|---|

| 2019 | 19.1 | 19.2 | 19.3 | 19.4 | 19.5 |
|------|---|---|---|--|--|
| | 15 min AMRAP of | Beginning on an 8-min clock, complete AMRAP of 25 toes-to-bars 50 double-unders 15 squat cleans (135/85 lb.) 25 toes-to-bars 50 double-unders 13 squat cleans, (185/115 lb.) <i>If completed before 8 min, add 4 min to the clock and proceed to:</i> 25 toes-to-bars 50 double-unders 11 squat cleans, (225/145 lb.) <i>If completed before 12 min, add 4 min to the clock and proceed to:</i> 25 toes-to-bars 50 double-unders 9 squat cleans, (275/175 lb.) <i>If completed before 16 min, add 4 min to the clock and proceed to:</i> 25 toes-to-bars 50 double-unders 7 squat cleans, (315/205 lb.) | For time: 200-ft. dumbbell overhead lunge (50/35 lb.) 50 dumbbell box step-ups (24/20-inch) 50 strict handstand push-ups 200-ft. handstand walk | For time: 3 rounds of 10 snatches (95/65 lb.) 12 bar-facing burpees <i>Then, rest 3 minutes before continuing with 3 rounds of</i> 10 bar muscle-ups 12 bar-facing burpees | For time: 33-27-21-15-9 reps of thrusters (95/65 lb.) chest-to-bar pull-ups |
| | 19 wall-ball shots (20/14-lb. ball to 10/9-ft. target) 19-cal. row | | | | |
| 2020 | 20.1 | 20.2 | 20.3 | 20.4 | 20.5 |

| <i>For time:</i> | <i>20 min AMRAP of</i> | <i>For time:</i> | <i>For time:</i> | <i>For time:</i> |
|--|---|--|--|--|
| 10 rounds of 8 ground to overhead (95/65 lb.) 10 bar-facing burpees | 4 dumbbell thrusters (50/35 lb.) 6 toes-to-bar 24 double-unders | 21 deadlifts (225 lb/155 lb) 21 handstand push-ups 15 deadlifts, (225 lb/155 lb) 15 handstand push-ups 9 deadlifts, (225 lb/155 lb) 9 handstand push-ups 21 deadlifts, (315 lb/205 lb) 50-ft. handstand walk 15 deadlifts, (315 lb/205 lb). 50-ft. handstand walk 9 deadlifts, (315 lb/205 lb). 50-ft. handstand walk | 30 box jumps (24/20-inch) 15 clean and jerks (95/65 lb.) 30 box jumps (24/20-inch) 15 clean and jerks (135/85 lb.) 30 box jumps (24/20-inch) 10 clean and jerks (185/115 lb.) 30 single-leg squats 10 clean and jerks (225/145 lb.) 30 single-leg squats 5 clean and jerks (275/175 lb.) 30 single-leg squats 5 clean and jerks (315/205 lb.) | 20 min to complete the following work in any order 40 muscle-ups 80-calorie row 120 wall ball shots (20/14-lb. ball to 10/9-ft. target) |

Note. Weights are given in brackets, separated by gender (male/female). As many rounds or repetitions as possible (AMRAP); Repetitions (Reps).