

HELL WEEK

THIS ONE-WEEK CROSSFIT PROGRAM WILL GET YOU STARTED ON YOUR WAY TO GREATER STRENGTH AND STAMINA, ONE PUNISHING WORKOUT AT A TIME

Each time you lace up your shoes for a CrossFit workout, you're getting ready for battle. Unrelenting and high-intensity, each session will help you redefine your physical limits, leaving you looking better — if winded — for the effort. This one-week sample, provided by CrossFit Santa Monica's Andy Petranek, gives you a healthy initiation into this type of training and offers some benchmarks for success. Take note of the beginner times, but see how long it takes you to work up to the advanced-level marks. CrossFitters generally train on a three-days-on/one-day-off schedule, and this workout follows that split. Beginning with the baseline routine, you'll progress into increasingly tougher workouts, each with its own unique demands and payoff.

>> Petranek offers some guidance on several of the workouts, based on experience.

| Workout | Directions |
|------------------|--|
| HELEN | |
| Beginner | Use a 16-kg kettlebell and do jumping pull-ups |
| Intermediate | Use a 20-kg kettlebell and do twice as many jumping pull-ups |
| Advanced | Use a 24-kg kettlebell and do unassisted pull-ups |
| FRAN | |
| Beginner | 55-pound thrusters and jumping pull-ups |
| Intermediate | 75-pound thrusters and do twice as many jumping pull-ups |
| Advanced | 95-pound thrusters and unassisted pull-ups |
| THE MURPH | |
| Beginner | Do half of everything (50 pull-ups, 100 push-ups, 150 squats) |
| Intermediate | Break the pull-ups, push-ups and squats into 20 rounds of 5-10-15 |
| Advanced | Perform as written, completing the prescribed number of each exercise before moving on |

>> To continue your CrossFit crusade on a daily basis, visit crossfit.com or petranekfitness.com. For exclusive action footage from our photo shoot, featuring the CrossFit Filthy 50, visit muscle-fitness.com.

| Day | Workout | Average Time (minutes) | | |
|-----|---|------------------------|--------------|------------------|
| | | Beginner | Intermediate | Advanced |
| 1 | "Baseline" 500m row 40 squats 30 sit-ups 20 push-ups 10 pull-ups | 8:00 or more | 4:01-7:59 | 4:00 or less |
| 2 | "Helen" 3 rounds: 400m run 21 kettlebell swings 12 pull-ups | 12:00 or more | 9:46-11:59 | 9:45 or less |
| 3 | 4 rounds: 400m run 50 squats | 17:30 or more | 11:31-17:29 | 11:30 or less |
| 4 | Rest | - | - | - |
| 5 | Deadlifts: 8 sets x 10,8,6,4, 3,3,3,3 reps | - | - | - |
| 6 | "Fran" thrusters/ pull-ups superset: 3 sets x 21,15,9 reps | 9:00 or more | 5:01-8:59 | 5:00 or less |
| 7 | "The Murph" 1-mile run 100 pull-ups 200 push-ups 300 squats 1-mile run | 40:00 or more | 32:01-39:59 | 32:00 or less |



On day 5 of Hell Week you'll find your 3RM on the deadlift