



Brute Strength CrossFit Open Top 10% Benchmarks

Lifts	Men	Women
Clean and Jerk	315lb.	205lb.
Snatch	255lb.	165lb.
Overhead Squat	315lb.	205lb.
Deadlift	515lb.	335lb.

Gymnastics (Max Effort set)	Men	Women
Pull Up	55	50
Chest to Bar Pull Up	40	35
Bar Muscle Up	20	17
Kipping Handstand Push Up	40	35
Toes to Bar	40	35

Single Modality	Men	Women
1k Row for time	3:10	3:35
100 Bar-facing Burpees for time	6:45	6:45
750 Double Unders for time.	12:00	12:00

Benchmark WOD's	Men	Women
Fran	2:23	2:28
Diane	2:20	2:20
Fight Gone Bad	430 reps	410 reps

Mind. Body. Brute.

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