

Bard (2024)

College of Dance (2024) (CR 2-8)

| Yoga/Pilates Mat | Bodyweight | Gym / Home |

Intent: Pilates is extremely valuable to athletes, but it can be hard to find something that works for you (just like any other fitness program). Below is my best attempt at a small "pilates-like" workout that I feel comfortable doing (as someone who focuses on lifting) when it's "pilates" day.

Feel free to replace this workout with a YouTube pilates video based on your skill!

Dazzling Corework:

- The Hundred
- 6-8 roll ups
- 6-8 roll overs
 - I can't do these. I modify to legs-up pelvic scoops to get as close as I can
- 10 one leg circle (L + R)
- 10 rolling like a ball
- 10 single leg stretch (L + R)
- 6-8 double leg stretch
- 10 spine extension
- 6-8 open leg rocker

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College of Glamor (2024) (CR 6-8)

| Barbell | Dumbbells | Circuit | Gym |

Beguiling Magic

- Workout A - 5 rounds:
 - 5 x Barbell hip thrusts
- Workout B - 3 rounds:
 - 8-12 x Lying chest flies on bench
 - 8-12 x Arnold press
 - 8-12 x Dumbbell bent over row

Cashout - Run the rack (bicep curls)

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College of Lore (2024) (CR 14-17)

| Barbell | One-rep max | Olympic Platform |

Peerless Skill:

- One-rep max snatch
- 10 minute rest
- One-rep max clean and jerk

Note: In competitive olympic lifting, after your warm-up, you are given 3 snatch attempts with your highest successful lift being counted. During this time, weight cannot be removed from the bar. After your third attempt, the bar is reset and clean and jerk begins. Again, after warmup, you are given 3 clean and jerk attempts; weight cannot be taken off the bar.

At the end, you add your heaviest successful snatch and clean and jerk numbers to calculate your score. In a competition, this determines rankings!

When warming up, I like to go: 5 @ bar pausing at any sticking points; 5 @ bar, 5 @ 50%, 3 @ 60%, 2 @ 70%, 1 @ 80%, 1 @ 90%. I like my first attempt to be less than 100% so I can get that success under my belt!

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College of Valor (2024) (CR 13-15)

| Barbell | Olympic Platform |

Combat Inspiration - in order:

Snatch Balance

- 1 x 5 @ RPE 5
- 1 x 5 @ RPE 6
- 1 x 3 @ RPE 7
- 5 x 3 @ RPE 7-8

Clean Squat

- 1 x 3 @ RPE 5
- 1 x 2 @ RPE 6
- 3 x 1 @ RPE 7-8

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Barbarian (2024)

Path of the Berserker (2024) (CR 11-15)

| Barbell | Gym / Olympic Platform |

Death by Deadlifts

- Rx 225 lbs // 185 lbs
- 1 deadlift in the 1st minute, 2 deadlifts in the 2nd minute, ... until failure.

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Path of the Wild Heart (2024) (CR 6-9)

| Bodyweight | Gym / Home / Outdoors |

Primal Movement - AMRAP 20 minutes:

- Bear crawl length of space then bear crawl backwards to start
- Lizard to end, reverse crab walk back to start
- Gorilla walk to end, gorilla walk back on opposite side back to start
- Frog hop to end, backward duck walk to start back to start
- Rest 30-60s and as needed between movements

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Path of the World Tree (2024) (CR 6-12)

| Dumbbell | Kettlebell | Cable machine | GHD (Glute-ham Developer) | Circuit | Gym |

Travel along the Tree:

- Setup a double dumbbell station, a cable station, a kettlebell station, and a GHD (Glute-Ham Developer) station
- 3 rounds for time - Timecap 22 minutes:
 - 10 standing DB front and lateral raises
 - 10 (L+R) kneeling cable Pallof press
 - 10 (L+R) kettlebell Z-press
 - 10 push-up
 - 10 GHD (glute-ham developer) back extensions
 - 20 heels-up or incline glute bridge

Modification if not enough space/equipment:

- 3 rounds for time - 2 dumbbells only - Timecap 14 minutes:
 - 10 standing front + lateral raises

- 10 press-out from bottom of squat
- 10 z-press
- 10 DB benchpress
- 10 superman / lying back extension
- 20 heels-up or incline glute bridge

Cashout - Around the World(tree):

- 40s on/20s off - 5 rounds:
 - Kettlebell around the world

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Path of the Zealot (2024) (CR 9-12)

| Barbell | Treadmill | Rower | Bike | Gym |

Intent: Find a way to actively recover during another movement. While you run, think about how you can slow down and find some kind of recovery, etc. The row will probably be a lot higher intensity than the run, so the active recovery will probably flip to the deadlift x 5.

- Deadlifts to failure (aim for 15)
- 0.5 mile run
- Deadlifts to failure (aim for 10)
- 500m rower
- Deadlifts to failure (aim for 5)
- 1km cycle

Cashout:

- TABATA 40s/20s - 5 rounds:
 - 40s glute bridge
 - 20s glute bridge hold

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Cleric (2024)

Life Domain (2024) (CR 6-8)

| Barbell | Barbell Complex | Gym |

Praise the Sun:

Workout A - 2 rounds:

- Sots Press x 10

Workout B - 5 rounds, increasing in weight each time:

- Good morning
- Kang squat
- Strict press to front rack
- Front squat
- Strict press to back rack

Workout C - 4 rounds:

- 30-45s high plank, hands on barbell

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Light Domain (2024) (CR 6-8)

| Kettlebell | Bench | Skipping Rope | Gym / Outdoors |

Flamestrike (your legs) - 2 rounds - 30 min timecap:

- 48 x Goblet squats
- 48 x Bulgarian split squat (24 L + R)
- 48 x Glute bridge
- 48 x Single leg deadlifts (24 L + R)
- 48 x Reverse lunges (24 L + R)
- Jump rope 1 min

Cashout - 2 rounds:

- 20 x Fire hydrants (L + R)
- 20 x Donkey kicks (L + R)
- 20 x Clam Shells (L + R)
- 20s glute bridge hold then 5s negative

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Trickery Domain (2024) (CR 11-13)

| Partner | Medicine Ball/Wallball | Chipper | Gym / Outdoors |

Mirror image - For time, reps only count if done at the same time:

- 25 burpees + high-five at top
- 50 push-ups + high-five at top
- 50 back-to-back lunges + medicine ball passback at top
- 50 medicine ball sit-ups + pass at top
- 10 partner pistol squats (L + R)
- Accumulate 90s back-to-back sit
- Timecap: 28 min

If doing alone, for time (timecap 28 min):

- 25 burpees tuck jumps
- 50 push-up + single-arm bodyweight renegade row
- 50 forward lunge with medicine ball twist
- 50 medicine ball sit-up + ball release at top
- 10 pistol squats (L + R)
- Accumulate 90s wall sit
- Timecap: 24 min

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War Domain (2024) (CR 10-12)

| Kettlebell | TABATA | Gym / Outdoors |

Spiritual Weapon - 20 minutes AMRAP:

- 25 push-ups
- 20 ft KB SA (L) overhead walking lunge
- 50 prisoner squats
- 20 ft KB SA (R) overhead walking lunge

Cashout TABATA 40s/20s - 10 rounds:

- 20 Russian KB swings

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Druid (2024)

Circle of the Land (2024) (CR 3)

| Bodyweight | Gym / Outdoors |

Nature's Ward - 30-60 minute walk:

- If measuring heart rate, try to keep yourself at the end-range of "zone 2"
- If not measuring, try to imagine "brisk walk", slowing down/speeding up as needed; you should be able to hold a conversation at this speed but it would feel slightly uncomfortable.

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Circle of the Moon (2024) (CR 10-14)

| Dumbbell | Rope climb | Pull-up bar | Chipper | Gym |

A Lunar Year - Timecap 28 minutes:

- [Rat] 28 quadruped shoulder taps
- [Ox] 28 DB walking lunges
- [Tiger] 28 tiger push-ups
- [Rabbit] 28 jumping lunges (L + R = 1)
 - If you're Vietnamese, 28 cat-cow stretches instead because I like you.
- [Dragon] 28 DB reverse flyes
- [Snake] 28 ft rope climb (accumulate)
- [Horse] 28 ft horse stance walk
- [Goat] 28 donkey kicks (28L + 28R)
- [Monkey] 28 pull-ups
- [Rooster] 28 ft duck walks
- [Dog] 28 fire hydrants (28L + 28R)
- [Pig] 28 boar-pees (burpees)

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Circle of the Sea (2024) (CR 2-4)

| Bodyweight | Outdoors / Pool |

- 20-45 minute on or near a body of water
 - E.g. walk along a lake/river, kayak/canoe, swim/float in a pool, etc.
 - If possible, try to not bring/wear headphones; listen to the sound of water

Circle of the Stars (2024) (CR 8-12)

| Kettlebells | Chipper | Gym / Home / Outdoors |

Training Constellations - Timecap 20 minutes:

- [Ram] 20 jumping squats
- [Bull] 20 KB goblet squats (horn grip)
- [Twins] 20 double KB swings
- [Crab] 20 steps crab walk
- [Lion] 20 Alternating Rafiki lunge (no weight) (L + R = 1)
- [Maiden] 20L + 20R single leg glute bridge
- [Scales] 20L + 20R SA strict KB shoulder press; non-moving arm holds KB on front rack
- [Scorpion] 20L + 20R full scorpions
- [Archer] 20 SA KB standing bent over rows; non-moving arm holds KB
- [Sea-Goat] 20 squat thrust (half-burpees)
- [Water Bearer] 20 KB OH swings
- [Fish] 20 supine back extensions ("beached whale")

Rafiki lunge by [Sharona Hill](#).

Fighter (2024)

Battle Master (2024) (CR 12-16)

| Barbell | One-rep Max | Gym |

Relentless:

- Front squat to max double (2 reps)
- Suggested progression:
 - Suggested progression:
 - 1 x 5 @ bar
 - 1 x 5 @ 50%
 - 1 x 3 @ 60%
 - 1 x 2 @ 70%
 - 1 x 2 @ +80%

Cash-out:

- 200 bodyweight squats for time, anyway anyhow

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Champion (2024) (CR 21)

| Barbell | Rowing | Wallball | AMRAP | Partner (Group) | One-rep Max | Chipper | Gym |

WARNING: This workout is *not* tested. It works in theory only.

This is a full day workout and meant for a team of 4. It is intended to have a fighter, a thief, a priest, and a magic-user. This workout is designed with the assumption that:

- The fighter is an intermediate-to-advanced athlete
- The thief is an intermediate athlete
- The cleric is a beginner-to-intermediate athlete
- The magic-user is a beginner athlete

Prerequisite - Long rest:

- Rest day
- No alcohol
- Have a relaxing, mindful night (e.g. wear PJs and watch a comforting movie with a cup of tea; stretch out nude in your bed and listen to rain ASMR; etc.)
- Be in bed for at least 8 hours (sleeping as much as needed)
- Next day, light breakfast e.g. one sweet potato; a hard-boiled egg; an apple with peanut butter; etc.

TIER 1 - Action Surge:

- Reps only count if one person hangs from a bar, one person is planking, and one person is running
- Start with a 20 minute countdown, and work for 4 minutes:
 - 40 barbell thrusters (95/65 lbs)
 - 100 mountain climbers
 - 20 sit-ups
- If completed before 16:00 minutes remaining, continue:
 - 35 barbell thrusters (95/65 lbs)
 - 100 mountain climbers
 - 20 sit-ups
- If completed before 12:00 minutes remaining, continue:
 - 30 barbell thrusters (95/65 lbs)
 - 100 mountain climbers
 - 20 sit-ups
- If completed before 08:00 minutes remaining, continue:
 - 25 barbell thrusters (95/65 lbs)
 - 100 mountain climbers
 - 20 sit-ups
- If completed before 04:00 minutes remaining, continue:
 - 20 barbell thrusters (95/65 lbs)
 - 100 mountain climbers
 - 20 sit-ups

(Inspired by the 2016 Crossfit Open 16.2 workout. [Link.](#))

TIER 2 - Second (and third and fourth..) Wind:

- For time, 21-18-15-12-9-6-3:
 - Handstand push-ups
 - Pull-ups
 - Incline push-up 20"
 - Row (for calories)
- Do not proceed to new set until all 4 movements are done to completion

TIER 3 - Indomitable Might:

- 20 minutes on the clock
- Snatch to one-rep max. Do not deload bar.

TIER 4 - Heroic Warriors - Defeat Acererak for time:

- Review workout.
- Designate a Fighter, Thief, Priest, and Wizard.
- Start a clock at 0:00 when reading and leave it running.
- Disrupt Life - EMOTM, all warriors do a burpee and another rep is added to "deal damage"
- Resist Frightening Gaze:
 - All warriors accumulate 3 minutes plank each
 - Priest must also accumulate 2 minutes wall sit
- Cast a gate:

- All warriors accumulate 1000 flutter kicks total
- Destroy Sphere of Annihilation in Gate:
 - All warriors run 0.5mi (800m) each
 - Wizard must also do 30 overhead wallball lunges or delegate some or all
- Break the staff:
 - All warriors must do 100 push-ups (modified if needed)
 - Fighter must also complete 40 wallball slams or delegate some or all
- Survive the broken staff:
 - All warriors do 132 air squats, *except* Thief
 - Air squats only count while Thief is hanging from a bar
- Deal damage:
 - One warrior at a time, perform deadlifts rx 225 lbs or modified for challenge
 - 285 reps + 1 rep for every minute passed on the clock (reps still accumulate during this exercise)

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Eldritch Knight (2024) (CR 6-14)

| Kettlebell | Dumbbell | Barbell | Complex | Gym |

Bonded Weapon - Choose single kettlebell, two dumbbells, or barbell:

- Complete all movements in order
- Do not drop equipment during complex
- Short rest: 2-3 minutes
- Change bonded weapon if desired
- If repeating complex with same equipment, increase weight
- Complete 4 rounds total

	Kettlebell	Dumbbells	Barbell
Push-up	5 (L+R) Uneven push-up	8 DB deficit push-up	10 Barbell push-up
Row	8 (L+R) bent over row	12 standing bent over row	10 bent over row
Push-press	8 (L+R) SA push-press	12 DB push-press	10 push-press
Squat	8 goblet squats	12 frontrack DB squat	10 back squat
Lunge	8 (L+R) SA OH reverse lunges	12 (6L + 6R) suitcase lunges	10 barbell reverse lunges

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