



The History:

The first Painstorm was a gathering of some of the UK Crossfitters. Given that some of them traveled up 6 hours (by bus) for the meeting, no one felt like doing "Fran" and calling it a day. So the first Painstorm was something like warm up one round of Helen, followed by a typical CF WOD, followed by the Secret Service Snatch test, and of course partying afterwards.

The Painstorm soon evolved into a monthly competition between **CrossFit London** (represented by Kempie and Karl Steadman), **CrossFit Central Scotland** (represented by Davie and his crew) some displaced US military (Gordon Limb and some marine flyers in London, Brian White and his group called team Fallujah) and the group from **Brand X**. Dan Colson from **CrossFit Rockford** has "happily" joined in for the last three or four.

Karl, Davie and Jeff take turns creating the Painstorms. They tend to be long efforts, in keeping with the original tradition. Weights and reps are scaled of course, so everyone can join in.

(text courtesy of Jeff Martin)

PainStorm I (May 2005)

Warm up one round of Helen
Followed by:

Military S.O.S- Exercise - Round1 - Round2 - Round3

Pull-up - 10 20 40
Swings - 10 20 40
Push-up - 15 30 60
Run - 200m 400m 800m
Followed by:

Secret Service Snatch Test- As many one handed snatches as you can in 10 minutes.

PainStorm II (June 2005)

5 rounds of
135# clean x 10 (Women 65# Teens 75#)
Push ups x 15

Short Rest then complete

400 M
Hang Squat Clean, Lunge, Lunge, Split Jerk 20 X 95# (W55#, T 65#)
30 Pull ups
400 M
Box Jumps or Long Jumps X 30
Wall Ball 30 X 20#
400 M
Hang Snatch, Overhead Lunge, Overhead Lunge 20 X 45# (W25#, T35#)
Slam Ball 20 X 20#
400 M
30 Kettlebell Swings X 50#
50 Push ups

PainStorm III - "Independence Day" (July 2005)

Courtesy of our UK brothers.

Location - Sidcup, Kent
(And Brand X)

On July 4, 1776, America claimed its independence from Britain and Democracy was born.

To celebrate this occasion, our super chipper for this month is as follows:

10 exercises

76 reps each exercise

(It was going to be 17 exercises but thats just insane!)

Big Dawgs

1. Sit up/clean and jerk complex - lie down, sit up to bottom of squat, grab bar, clean and jerk, set bar down, sit down lie back X 76
2. Wall Ball X 76
3. Box jumps X 76
4. Pull ups X 76
5. Swings X 76
6. Burpees X 76
7. Knees to elbows X 76
8. Push ups X 76
9. Squats X 76
10. TGU/lunge complex-tgu - lunge - lunge - lie down X 76

(weight for all exercises and height for box jumps is your choice)

Painstorm IV (August 2005)

The Painstorm for August will include the Military Competition from

May, posted up by Michael Perry, originally created by Gunny Burke. Date and location for the UK crew to be announced, Brand X Pack and anybody in the area who would like to join us will be on the same weekend as the UK's.

The idea is for it to be a fire team competition. For those not in the know a Marine Corps a fire team consists of four men. All events must be started and finished together. The team isn't done until the whole team is across the line. The drill is best done going back and forth across a football field using the goalposts for the appropriate exercises. The number of reps is for each member on the team. So 25 8 counts means everyone on the team does 25.

8 count body builders - 25

Forward rolls for 50 yards - like you do for martial arts

Buddy squat - 25: Get your buddy in a fireman's carry and squat.

Inspect the house - 50 yards: three of the team members line up side by side in an 'up' position like they were doing dive bomber push ups. They should be touching their neighbor. This will form a tunnel/house that the fourth guy crawls through 'inspecting the house'. When he gets out the other side he jumps on the end of the tunnel and shouts "GO!" to tell the first man on the tunnel to start low crawling.

Assisted pull ups (this is done on the crossbar of the goal or pull up bar) - 50- just like they tell us to at Crossfit. One guy knocks out pull ups with his buddy pressing him. Switch out until each member has completed 50 reps.

Now turn around and go the other way back across the field doing...

Fireman's carry - 50 yards - team members may switch out as they like.

V-ups - 50

Buddy drag - 50 yards- This is a bear crawl with your buddy on his back

holding on to your belt as you drag him. Switch out as you like.

The dragged buddy may not help by pushing with his feet or any of that weak nonsense.

Ankle hooks (this is done on the crossbar of the goal or pull up bar)25 - Grab the bar in an alternate grip with your hands touching (like you were holding a baseball bat). Swing your feet up until your ankles hook onto the bar.

Now turn around and go the other way back accross the field doing...

Team lunges - 50 yards - The team gets on line with their arms around each other and does forward lunges for 50 yards. Stay in step!

Fire team push ups - 25 - The team gets down in a pushup position forming a square. Each team member will have his feet on the upper back of his buddy. Each rep must be completed together. No ugly fire team pushups!

Buddy low crawl to the finish! - One buddy low crawls with the other guy on his back. 50 yards, switch out as needed. The dead buddy may not help by pushing with his feet or any other Nancy boy techniques.

Painstorm V - "My Pet Rock" (September 2005)

With a nod to Rutman these workouts were both inspired by him.

They both are partner workout:

Partner up and each person perform

3 rounds for time:

15 X 95# Bear Complex

30 Pull ups

60 Push ups

400 M

The "pet rocks" can be a pair of 1.5 pood kettlebells, 50# dumbbells, or 45# plates. One partner holds the pets while the other does the exercise. You may switch when necessary, but they must not touch the ground. Pets hate to be left alone or worse yet dropped. If the "pets" are dropped or set down on the ground each partner must add 5 reps to the exercise they are doing.

Brief Rest

Partner Rutman Mile

Pass the sandbag back and forth without touching the ground.

Painstorm VI (October 2005)

3 rounds for time:

400 m
bdywt deadlift x 15
pull ups x 15
400
50# kettlebell swings x 15
handstand push ups x 15

Painstorm VII - "Stairway to heaven" (November 2005)

50-40-30-20-10 **Squats**
45-35-25-15-5 **Pushups**
Run 400m
40-36-32-28-24-20-16-12-8-4 **DB snatch (L/R)**
Run 400m
30-24-18-12-6 **Box Jumps**
27-21-15-9-3 **Pull ups**
Run 400m
20-16-12-8-4 **Dumbbell burpee, hang squat clean, thrusters**
18-14-10-6-2 **Ring dips**
Run 400m
10-8-6-4-2 **HSPU's**
9-7-5-3-1 **Pistol (1 rep = l,r)**
Run 400m

Painstorm VIII (December 2005)

Start with
15 muscleups

followed by 5 rounds of:
15 heaving snatch balance, lunge, lunge X 45#
10 burpulls
5 bear complex X 95#
200m

Finish with
15 handstand pushups

Painstorm IX (January 2006)

1 Round for time:

400m run
10 Muscle ups
20 HSPU's
30 OHS Oly Bar
40 Pull ups
50 Thrusters Oly Bar
60 Box jumps 20"
70 Push Press Oly Bar
80 Press Ups
90 Deadlifts Oly Bar
100 squats
400m run

Painstorm X (February 2006)

200 M Farmers walk
100 Pull ups
100 Thrusters X Oly bar
200 M Sand bag carry
75 Burpees
75 Hang Power Snatch X Oly bar
200 M Suitcase walk
50 Kettle bell swings X 1.5 pood
50 Bear Complex X Oly bar
200 M Waiters walk

25 Muscle ups
25 Handstand Push ups

PAINSTORM XI (March 2006)

FEAR.....

100m run
10 muscle ups
200m run
20 HSPU
300m run
30 overhead squats (oly bar)
400m run
40 SDHP (oly bar)
500m run
50 pull ups
600m run
60 press ups
700m run
70 swings (weight of choice)
800m run
80 burpees
900m run
90 thrusters (oly bar)
1km run
100 squats

.... AND TREMBLING

PainStorm XII - "The Olympic Bar Mile" (April 2006)

This months PainStorm is a take on an old favorite the Broom Stick Mile. From Davie at CrossFit Central Scotland.

With a Olympic Bar complete the following for time:

Run 400 M
Back Squat X 50
Front Squat X 50
OHS X 50
Run 400 M
Shoulder Press X 50
Push Press X 50
Push Jerk X 50
Run 400 M
Hang Power Clean X 50
Hang Power Snatch X 50
Run 400 M

Painstorm XIII "Unlucky For Some" (May 2006)

3 rounds for time:
200 M Beck's burpees
bdywt deadlift x 15
pull ups x 15
200 m Beck's burpees
50# kettlebell swings x 15
handstand push ups x 15

Painstorm XIV - "The Wedding Gift" (June 2006)

Well ladies and Gentlemen, here's my offering for this month's fun and games.....part pay-back to Coach Martin and part my gift to you all. The one that hopefully keeps on giving...

800m run

50 box jumps
400m run
25 push press
200m run
12 hspu
400m run
25 pull ups
800m run
50 Beck's burpees
400m run
25 swings
200m run
12 thrusters
400m run
25 hang power cleans
800m run
50 hang power snatches

PainStorm XV - "Dumb Bell Hell" (July 2006)

This months is a colaboration between myself, Jeff, Mark and Kempie

7 rounds for time of

10 Renegade Man makers
20 Dumb Bell deadlifts
30 Single Dumb Bell snatches (15 per side)
40 Single overhead lunges (20 per side)
50 Dumb Bell swings

Painstorm XVI (August 2006)

Last months Painstorm was called '**Dumbell Hell**'. I am dubbing this months offering as '**What the Hell**'.

5 (Big Dawgs), 3 (Pack), or 1 (Pups) rounds of
10 Muscle-ups (or 30 pull-ups + 30 dips)

50 Box Jumps (24" box)
20 rope climb (10' rope or 200' climb total)
50 Steps Walking lunge
30 Burpees
50 Double Unders
20 Knees to elbows
50 Squats
10 HSPU

Painstorm XVII (September 2006)

30 minutes of the following complex:
Hang Power Snatch (bring the bar down behind your neck)
Walking Lunge
Walking Lunge
Heaving Snatch Balance
Walking Overhead Lunge
Walking Overhead Lunge
= 1

Report the following:

1. Distance covered in 30 minutes
2. Reps completed in 30 minutes
3. Number of times you put the bar down
(record 1 everytime you hold the bar at the waist and 2 for everytime the bar hits the ground)

Rest 5 minutes then complete and record the following:

Single Max effort pull ups
Single Max effort push ups
Single 1 minute max effort push press with 45#

30 seconds rest between efforts

Pull ups are scored from full extension to chin above bar.
Push ups are scored from body touching ground to full extension. You may rest in a plank position at the top of the movement any break in

the plank and your done, any resting on the ground and your done. Push press must be to full lock out and shoulders activated, bar overhead.

PAINSTORM XVIII - OKTOBERFEST (October 2006)

For time -

10 Kb Turkish get up alternating sides

50 Kb SDHP

50 Kb Clean 25 each hand

50 Kb Jerk 25 each hand

100 m Kb waiter walk

50 Kb figure 8 through legs

50 Kb swing To full extension

50 Kb Deadlift

100 m Kb Broad Jump

50 Kb sit ups

50 Kb swing one handed (Left hand)

50 Kb Goblet squat

100 m Kb lunge

50 Kb Rows 25 each side

50 Kb swing one handed (Right hand)

50 Kb Snatch

Max sec Kb plank Till failure

Painstorm XIX (November 2006)

With a 70# bar how many rounds can you complete in 40 minutes of:

5 Deadlifts

5 Hang Power Cleans

5 Front Squats

5 Push Presses

5 Back Squats

Painstorm XX - "Santa's Revenge" (December 2006)

or Fight Gone Crazy

Brought to you by

Karl Steadman and friends of Crossfit Manchester UK

1 min at each station with 1 min rest after each 5 (fight gone bad style)

TWO rounds

Score equals total reps just like FGB only worse

- 1 - hspu
- 2 - m/up
- 3 - squats
- 4 - sit ups
- 5 - pull ups

- 1 - kbell swing
- 2 - kbell left arm snatch
- 3 - kbell walking lunge
- 4 - kbell right arm snatch
- 5 - kbell goblet squat

- 1 - push press
- 2 - sdhp
- 3 - split jerk
- 4 - power clean
- 5 - thruster

- 1 - burpees
- 2 - 10m sprint
- 3 - pull up
- 4 - press up
- 5 - row

loading is 40kg (95lb) big dog with 16kg kbell. Scale to suit.

Painstorm XXI - "Burpee Bedlam" (January 2007)

(scale to 20 or 10 based on your experience and abilities)

30 burpees
30 db deadlifts
30 burpees
30 db cleans
30 burpees
30 db presses
30 burpees
30 db push presses
30 burpees
30 db jerks
30 burpees
30 db swings
30 burpees
30 db sdhp's
30 burpees
30 db snatches left/hand
30 burpee
30 db snatches right/hand
30 burpees
30 manmakers

Painstorm XXII - "Pick Your Poison" (February 2007)

The hard or the bitter? You decide.

At each level pick one exercise and do the number of reps required.

Buy In:

Hang on Pull-Up Bar for Max Time

Rest 1 min.

Bottom of Squat Position for Max Time

For time:

Sprint 200m -OR- 20 Double Unders

20 Ball Clean Thrusters -OR- 40 Wall Ball

20 Clapping Push-Ups -OR- 40 Burpees

Run 400m -OR- 40 Double Unders

10 Brand X Bear Complex (Clean-Thruster-Lunge-Lunge-Back Squat-Thruster) 95# -OR- 10 Hom-Strametz Complex (Power Snatch-Heave Snatch Balance-Lunge-Lunge-Overhead Squat-Thruster) 75#

5 Maniac Muscle-Ups -OR- 25 Pull-Ups & 50 Dips

Run 600m -OR- 60 Double Unders

15 Handstand Push-Ups -OR- 40 Shoulder Press @ 50% Bodyweight

20 Pistols (10 each leg) -OR- 30 Broad Jumps for Distance

Row 600m -OR- 60 Double Unders

30 Knees-to-Elbows -OR- 75 Sit-Ups

15 Clapping (aka Flying) Pull-Ups -OR- 40 Kipping Pull-Ups

Run 400m -OR- 40 Double Unders

15 L-Sit Pull-Ups -OR- 25 Kipping Pull-Ups & 25 L-Leg Raises

20 Windshield Wipers (On Ground) -OR- 50 Hanging Knee Tucks

Row 200m -OR- 20 Double Unders

30 185 lbs. Snatch Grip Deadlift -OR- 45 185 lbs. Clean Grip (Standard) Deadlift

Caterpillar Walk 50m -OR- Bear Walk 100m

Rest 5 minutes

Cash out:

Hang on Pull-Up Bar for Max Time

Rest 1 min.

Bottom of Squat Position for Max Time

Painstorm XXIII - "Short and Sweet" (March 2007)

21-15-9

Thrusters (95 lbs / 40kg)

Cleans (135 lbs / 60kg)

Deadlifts (225 lbs / 100kg)

Pull Ups
Swings (1.5 pd Kettlebell or 55 lb DB)
Ring Dips
HSPU
400m Run

Painstorm XXIV (April 2007)

For time:
100m run
50 burpees
200m run
100 press ups (push-ups)
300m run
150 lunges
400m run
200 squats
300m run
150 lunges
200m run
100 press ups (push-ups)
100m run
50 burpees

Painstorm XXV (May 2007)

500 Thrusters with 45 lb Barbell for time

Painstorm XXIV (June 2007)

"Tabata-tastic"

Tabata Thrusters @ 95lb/40kg

Rest 1 min

Tabata Pull Ups

Rest 1 min

Tabata Cleans @ 135lb/60kg

Rest 1 min

Tabata Ring Dips

Rest 1 min

Tabata Deadlifts @220lb/100kg

Rest 1 min

Tabata HSPU

Rest 1 min

Tabata Swings

Rest 1 min

Tabata Row/SDHP

Add the lowest score for each exercise to get your total score.