



## THE CRITICAL 6 - WORKOUT COMPANION

# Work Hard In Silence. Let Your Success Be Your Noise.



The Critical 6 plus your indomitable spirit is all you need to become indestructible!

### Safety Warning

*As you should before starting any new fitness regime, consult your physician.*

*Use the fitness equipment properly and stop using if discomfort or injury results.*

*Keep children away from the equipment during use and otherwise.*

*Always wear appropriate clothing.*

*Maintain proper form throughout all your workouts.*

*Improper form can cause injury. Consult a certified trainer if you are unsure how to perform certain exercises.*

*If you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of the program (less weight, less repetitions, etc.).*

*Allow for proper rest, hydration, and nutrition between training sessions.*

We want you to get the best use out of your equipment. We want you to become fitter, faster, stronger, happier, and prouder than you have ever been before.

That's why we include an awesome Workout Companion Book with our just-as-awesome fitness equipment package, The Critical 6!

Get sweatin', athletes!

### Follow Us On Social Media @synergeefit

Follow us Instagram and Facebook to get weekly workouts, hear about our monthly giveaways, find links to our Wednesday Blog Posts, and a heads-up on new equipment releases!

Go to our website to receive our weekly newsletter where we offer exclusive weekly deals!

Stay in the know by going to <https://iheartsynergee.com/> and signing up for our Newsletter in the bottom right corner



## FOR ATHLETES BY ATHLETES

## LP 450

100 DOUBLE UNDERS  
 10 CHEST TO RINGS  
 20 TOES TO RINGS  
 30 DEADLIFTS (155/105 LBS)  
 40 PUSH-UPS  
 50 SIT-UPS  
 40 BURPEES  
 30 BOX JUMPS  
 20 PUSH PRESS (155/105)  
 100 DOUBLE UNDERS

Credit to WOD Well

## BELL

HERO WOD COMMEMORATING BRYAN R. BELL

3 ROUNDS FOR TIME:  
 21 DEADLIFTS (185/135 LBS)  
 15 PULL UPS  
 9 FRONT SQUATS (185/135)

Credit to WOD WELL

## HULK OUT

4 ROUNDS FOR TIME:  
 15 SUMO DEADLIFT HIGH PULLS (95/65 LBS)  
 10 BURPEE BOX JUMP OVERS (24"/20")  
 15 PULLS UPS (ON RINGS)  
 10 BURPEE BOX JUMP OVERS

Credit to WOD Well

## PURE GRIT

5 X 3 MIN. AMRAPs OF:  
 3 MUSCLE UPS  
 5 HANDSTAND PUSH UPS  
 7 PISTOLS

1 MIN. REST BETWEEN ROUNDS

## PHILIP PETTI

HERO WOD

20 THRUSTERS (135/95 LBS)  
 20 BURPEES  
 20 CLEANS (135/95)  
 20 SIT-UPS  
 20 SHOULDER TO OVERHEAD (135/95)  
 20 PUSH UPS  
 20 OVERHEAD SQUATS (135/95)  
 20 HANDSTAND PUSHUPS  
 20 FRONT SQUATS (135/95)  
 20 AIR SQUATS

## DEATH BY BACKSQUAT

WITH A 45/35 LB EMPTY BARBELL

1 REP ON 1ST MINUTE;  
 2 REPS ON 2ND MINUTE;  
 3 ON 3RD...  
 UNTIL YOU CANNOT COMPLETE THE PRESCRIBED AMOUNT OF BACK SQUAT REPETITIONS WITHIN THAT MINUTE

## FLIGHT SIMULATOR

5-10-15-20-25-30-35-40-45-50  
-45-40-35-30-25-20-15-10-5:

UNBROKEN DOUBLE UNDERS

\*ROPE MUST STOP MOVING BEFORE STARTING NEXT SET

\*IF BREAK HAPPENS DURING A SET, ATHLETE MUST START FROM BEGINNING OF THAT SET

## OH SNAP

5 ROUNDS:  
 10 PUSH JERKS (135/95 LBS)  
 10 TOES TO RINGS  
THEN:  
 800 M RUN  
THEN, 5 ROUNDS:  
 10 PUSH JERKS (135/95)  
 10 TOES TO RINGS  
THEN:  
 800 M RUN

Credit to Reebok CrossFit Firepower

## HOLD IT!

AMRAP 20 MIN:  
 30 SEC HANDSTAND HOLD  
 30 SEC SQUAT HOLD  
 30 SEC L-SIT HOLD  
 30 SEC CHIN OVER RINGS HOLD

## HOLD IT! PT. 2

EMOM 20 MIN:  
 MIN 1: 30 SEC PLANK  
 MIN 2: 30 SEC SQUAT HOLD  
 MIN 3: 30 SEC FRONT RACK HOLD (WITH BARBELL; USE WEIGHT RACK; CHOOSE A HEAVY WEIGHT)  
 MIN 4: 30 SEC TOP OF RING ROW, CHEST TO RINGS HOLD

## SHORT OF BREATH

3 ROUNDS FOR TIME:  
 20 PUSH PRESS (75/55LBS)  
 20 BACK LUNGES IN FRONT RACK (75/55)

## TASTY

10 ROUND FOR TIME:  
 10 POWER CLEANS (115/80 LBS)  
 10 BURPEES  
 10 PULL UPS  
 30 DOUBLE UNDERS

35 MIN TIME CAP

## BUMPER 2 BUMPER

AMRAP 12 MIN:  
 10 RUSSIAN TWISTS WITH PLATE (25/10 LBS)  
 10 PLYO PUSH UPS (USING PLATES; 45'S/25'S)  
 10 WEIGHTED LUNGES (45/25)  
 10 PLATE BURPEES (25/10)

## PURE GRIT

5 X 3 MIN. AMRAPs OF:  
 3 MUSCLE UPS  
 5 HANDSTAND PUSH UPS  
 7 PISTOLS

1 MIN. REST BETWEEN ROUNDS

## NANCY

BENCHMARK WOD

5 ROUNDS FOR TIME:  
 400 M RUN  
 15 OVERHEAD SQUATS (95/65 LBS)

Credit to CrossFit founder Greg Glassman

**DEAD LAST FINISH IS BETTER THAN DID NOT FINISH.  
 DID NOT FINISH IS BETTER THAN DID NOT START.**

## NASTY GIRLS

3 ROUNDS FOR TIME:  
50 AIR SQUATS  
7 MUSCLE UPS  
10 HANG POWER CLEANS (135/95 LBS)

Credit to CrossFit founder Greg Glassman

## PATRICK BROWN

HERO WOD

3 ROUNDS:  
5 BACK SQUATS (315/225 LBS)  
30 BOX JUMPS (24"/20")  
THEN, 3 ROUNDS:  
5 DEADLIFTS (315/225)  
30 BURPEES OVER BAR

## AMANDA

BENCHMARK WOD

9-7-5:  
MUSCLE UPS  
SQUAT SNATCHES (135/95 LBS)

## HOLY CRAP

4 ROUNDS:  
400 M RUN  
30 PUSH PRESS (65/35 LBS)  
20 JUMPING CHEST TO RING PULL UPS

## PAINSTORM XXVII

8 TABATAS IN 39 MINUTES:  
TABATA THRUSTERS (95/65 LBS)  
1 MIN REST  
TABATA PULL UPS  
1 MIN REST  
TABATA CLEANS (135/95)  
1 MIN REST  
TABATA RING DIPS  
1 MIN REST  
TABATA DEADLIFTS (200/150)  
1 MIN REST  
TABATA HANDSTAND PUSH UPS  
1 MIN REST  
TABATA BROAD JUMP  
1 MIN REST  
TABATA RUN

Adapted from Painstorm XXVI created by Jeff Martin, Brand X CrossFit

## DANIEL LIBRETTI

HERO WOD

21-15-9  
DEADLIFTS (315/225 LBS)  
BAR OVER BURPEES  
BOX JUMPS (30"/24")

## NICE BUTT

50 WALKING LUNGES  
20 PUSH UPS  
15 DEADLIFTS (225/135 LBS)  
30 WALKING LUNGES  
15 PUSH UPS  
10 DEADLIFTS (275/185)  
10 WALKING LUNGES  
10 PUSH UPS  
5 DEADLIFTS (315/225)

## GOLDFISH

15 MIN AMRAP:  
30 DOUBLE UNDERS  
10 POWER CLEANS (125/85 LBS)  
30 DOUBLE UNDERS  
10 HANG SQUAT CLEANS (125/85)  
30 DOUBLE UNDERS  
10 PUSH PRESS (125/85)  
30 DOUBLE UNDERS  
10 REVERSE LUNGES (125/85)  
30 DOUBLE UNDERS  
10 THRUSTERS (125/85)

## PHEEZY

HERO WOD COMMEMORATING PHILLIP P. CLARK

3 ROUNDS:  
5 FRONT SQUATS (165/105 LBS)  
18 PULL UPS  
5 DEADLIFTS (225/155 LBS)  
18 TOES TO RINGS  
5 PUSH JERKS (165/105 LBS)  
18 HAND RELEASE PUSH UPS

## THE CHIEF

5 X 3 MIN AMRAP:  
3 POWER CLEANS (135/95 LBS)  
6 PUSH UPS  
9 AIR SQUATS

1 MIN REST BETWEEN ROUNDS

Credit to CrossFit San Diego

## CAN'T STOP, WON'T STOP

12 MIN AMRAP:  
15 GROUND TO OVERHEAD (45/25 LB PLATE)  
30 SIT UPS  
45 AIR SQUATS

## RUN, MACHO MAN, RUN

4 ROUNDS FOR TIME:  
200 M RUN  
3 ROUNDS OF MACHO MAN\* (135/95 LBS)

\*1 ROUND OF MACHO MAN =  
3 POWER CLEANS, 3 FRONT SQUATS,  
3 PUSH JERKS



**DON'T FORGET TO FOLLOW US ON  
INSTAGRAM AND FACEBOOK FOR MORE TIPS,  
TRICKS, MOTIVATION, AND WORKOUT IDEAS!**

**@SYNERGEEFIT**



## About Synergee

On the surface, Synergee is the leading online retailer of home fitness equipment. **BUT WE ARE MORE THAN THAT.**

We are fitness enthusiasts who believe in the power of sweat.

We believe in the equipment we sell because we use it, too.

We have the tools you need to increase your stamina, strength, balance, and flexibility. And we will cheer you on as you use them.

We want to provide you with equipment, inspiration, and – first and foremost – support.

So yes, we are the leading online retailer of home fitness equipment.

But we are more than that.

To learn more, check out our [About Us](#) page on our Website

## It Began With A Question

“How can I make the incredible feeling of conquering a workout accessible to more people?”

Before starting Synergee®, the leading online retailer of home fitness equipment, this question used to keep Joey Huneau up at night. This is what motivated him to create a company that would value affordability and quality equally to make personal fitness goals within reach for all. This is how Synergee® came to be!

To learn more, check out [The Synergee Story](#)

**WE ARE  
SYNERGEE:  
WE MAKE  
PERSONAL  
FITNESS GOALS  
ACCESSIBLE AND  
ACHIEVABLE FOR  
ALL BY SELLING  
AWESOME  
EQUIPMENT AT  
HONEST PRICES**

## From the Mouths of Athletes

Word on the street is that Synergee is the place to go for great products, affordable products, high-class customer service, and prompt shipping. But since we're modest, we'll let our athletes do the talking!



*PERFECT! Prompt shipment. Excellent product. I can't ask for anything more - Lee*

**Our average product rating falls somewhere between 4.9 and 5.0. Nobody's perfect, but we're pretty close!**

Our athletes love our products and our service. We succeed in meeting the needs and exceeding the expectations of a very diverse group of people. 99% of our reviews are positive; and we follow up with everyone of those 1% to offer exchanges and refunds and work with those athletes until they are satisfied.

See our [No Sweat Guarantee](#) for more information.



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