RankTime

FREE PRINTABLE · 4 PAGES

20 MINUTE AMRAP · SCORE · LOG

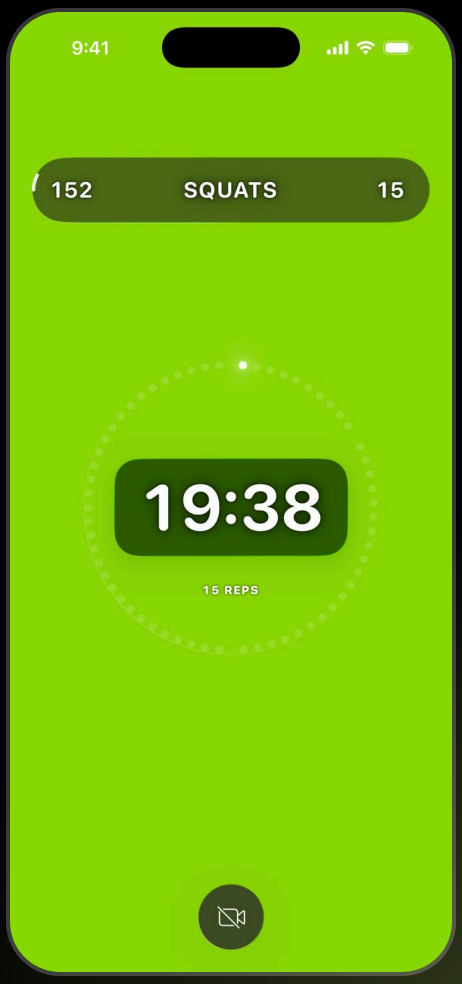
The Cindy Workout

The workout, what a good score is, how to scale and pace it, a round counter for the day and a log to beat.

2 Cindy on one page

3 Round counter and score log

4 Train it with RankTime



Download on the App Store

From the free guide at ranktime.app/guides/cindy-workout/
Made by RankTime, the workout timer that counts your reps.

THE WORKOUT

Cindy, 20 minute AMRAP

REPS	EVERY ROUND
5	pull-ups
10	push-ups
15	air squats
Score	Rounds plus extra reps, like 14 rounds + 8 reps

One round is 30 reps. Start again at the pull-ups until the 20 minutes are up. Cindy is one of the Girls, CrossFit's early benchmark workouts.

ROUNDS	WHAT A SCORE MEANS
Under 10	A fine start.
10 to 15	Solid fitness.
15 to 20	Strong, if your pull-ups hold up.
Over 20	Faster than a round a minute. Very fit.

Unweighted, full reps. The score that matters most is your own last one.

How to scale it

- **Easier pull-ups:** band assisted, jumping, or ring rows.
- **Easier push-ups:** hands on a bench or box, or knees.
- **A shorter clock:** 10 or 15 minutes.
- **Half rounds:** 3, 6, 9 for the same 20 minutes.
- **Harder:** wear a weight vest.

Pacing tips

- **Know your round time:** 20 rounds is a round a minute.
- **Watch the push-ups.** Split them early, 6 and 4 or 5 and 5.
- **Do not rest at the bar.** Jump up, do the 5, move on.
- **Use the squats to recover.** Steady, and breathe.

My target rounds _____ **20 minutes ÷ target = minutes a round** _____

ON THE DAY

Round counter

Date _____ Version _____

Tick a box after every round of 5 pull-ups, 10 push-ups and 15 squats.

Round 1 ☐ 5 · 10 · 15	**Round 2** ☐ 5 · 10 · 15	**Round 3** ☐ 5 · 10 · 15	**Round 4** ☐ 5 · 10 · 15	**Round 5** ☐ 5 · 10 · 15	**Round 6** ☐ 5 · 10 · 15
Round 7 ☐ 5 · 10 · 15	**Round 8** ☐ 5 · 10 · 15	**Round 9** ☐ 5 · 10 · 15	**Round 10** ☐ 5 · 10 · 15	**Round 11** ☐ 5 · 10 · 15	**Round 12** ☐ 5 · 10 · 15
Round 13 ☐ 5 · 10 · 15	**Round 14** ☐ 5 · 10 · 15	**Round 15** ☐ 5 · 10 · 15	**Round 16** ☐ 5 · 10 · 15	**Round 17** ☐ 5 · 10 · 15	**Round 18** ☐ 5 · 10 · 15
Round 19 ☐ 5 · 10 · 15	**Round 20** ☐ 5 · 10 · 15	**Round 21** ☐ 5 · 10 · 15	**Round 22** ☐ 5 · 10 · 15	**Round 23** ☐ 5 · 10 · 15	**Round 24** ☐ 5 · 10 · 15
Round 25 ☐ 5 · 10 · 15	**Round 26** ☐ 5 · 10 · 15	**Round 27** ☐ 5 · 10 · 15	**Round 28** ☐ 5 · 10 · 15	**Round 29** ☐ 5 · 10 · 15	**Round 30** ☐ 5 · 10 · 15

Rounds _____ Extra reps _____

My Cindy scores

DATE	VERSION	ROUNDS + REPS	NOTES

RankTime

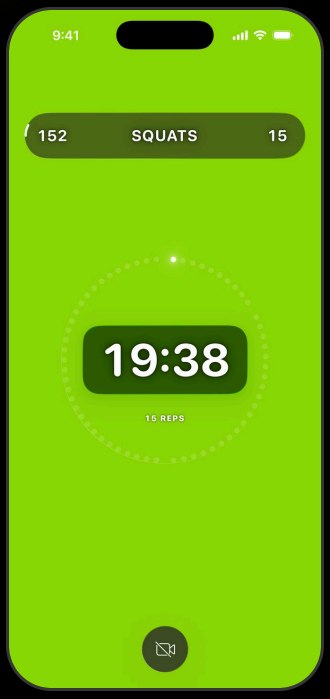
TRAIN IT WITH RANKTIME

Do Cindy with RankTime

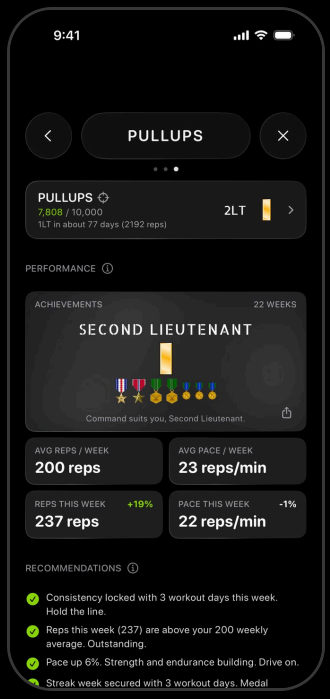
CINDY is a saved workout in REPS mode: 20 minutes on the clock and the camera counting every rep.



CINDY: one round as dots, 20:00 to go.



The clock counts down, the camera counts.



Every rep counts toward your rank.

1. Swipe sideways to REPS mode, then up or down to CINDY.
2. Set the phone where it sees you at the bar and on the floor.
3. Press play. The app calls out each set and the camera counts.
4. At 0:00 divide your total reps by 30: 465 reps is 15 rounds + 15.

- ✓ The camera counts your reps on the phone itself. Nothing is uploaded.
- ✓ Timers built in: AMRAP, EMOM, Tabata, ladders, and GPS runs before or after.
- ✓ A military rank for every exercise, from Private at rep one to General of the Armies.

Download on the App Store

Scan to get RankTime
on your iPhone