

# What happens when girls do 300?



Here is how we scaled 300 for one of my stronger female clients:

## “Kendra's 300”

25x Pull-ups @ 50lbs assistance

50x Deadlift @ 70lbs

50x Push-ups

50x Box Jump @ 12” box

50x Sit-ups

50x Dumbbell Clean and Press @ 20lbs (DB must touch floor between reps)

25x Pull-ups @ 50lbs assistance

300 reps total, Kendra completed the workout in 38 minutes

Strong and Lean.

We aren't doing these workouts because we want sports performance, we do these workouts to get lean fast. With workouts that have a similar feel and construction to 300 (not 300 workout itself, this was the only time Kendra did 300), we dropped Kendra down to a rockstar lean 19% bodyfat. The performance is just a really awesome bonus.

Given [the high intensity workouts we do](#), and our bias towards full body functional movements, Kendra was able to crank right through this version of 300 in 38 minutes.

