



LESSON PLANNING

CrossFit®
TRAINING

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THURSDAY 171221

Complete as many rounds as possible in 20 minutes of:

10 box jumps
15 single-arm overhead squats
20 GHD sit-ups

Use a 36-in. box and 50-lb. dumbbell.

COACHES NOTES:

During the warm-up, determine a box height for each athlete that keeps them challenged but allows for minimal rest between reps. For the single-arm overhead squats, have your athletes choose an appropriate load based on their demonstration of proper mechanics. This load should allow them to perform 5 consecutive reps with their non-dominant arm while still displaying the points of performance. If an athlete has not recently performed GHD sit-ups in a workout, use one of the scaling options from the WODscale 171221.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Introductions.
- Ask about injuries.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

Have athletes progressively move closer to the wall throughout the squat-therapy reps while ensuring sound mechanics. Use a 3-second lowering phase and a 3-second pause at the bottom of the squat. During the Turkish get-ups, ensure that the arm stays locked out and the shoulders are active throughout the duration of the movement. Use a light weight for the first round and a more challenging weight for the second round.

- 2 rounds:
 - 1 minute of single-unders
 - 10 squat-therapy squats
 - 5/5 Turkish get-ups
- Overhead-position static stretch
- 1 minute of hands-on-box shoulder stretch

:15-:19**BOXJUMPS — SPECIFIC WARM-UP (4 minutes)**

Watch to ensure that the knees track the toes on the jumping and landing positions of each piece of the progression. During the broad jumps, use a pause in the "dip" and the landing position of the movement.

- 5 broad jumps
- 3 sets of 5 box jumps to find your box height for the workout

:19-:24**SINGLE-ARM OVERHEAD SQUATS — SPECIFIC WARM-UP (5 minutes)**

Have athletes use a light load and perform 3 reps on each arm of each piece of the progression. Throughout this progression, assess proper squat mechanics, as well as active shoulders, and ensure that the dumbbell travels in the frontal plane throughout the range of motion. Athletes who have limited flexibility overhead will want to shift to their toes. Keep an eye on the elbow bending, rather than staying locked out, during the movement.

- Single-arm overhead squats to a depth above parallel
- Single-arm overhead squats to full range of motion
- 2 sets to find dumbbell workout weight

:24-:29**GHD SIT-UP — SPECIFIC INSTRUCTIONS (5 minutes)**

Ensure that athletes get set up correctly with the hips "free" of the pad and the knees slightly bent. When initiating the movement from the bottom, the knees should rapidly extend, bringing the torso back to the starting position. Use this time to converse with your athletes about how frequently they perform GHD sit-ups.

- Perform 2 sets of the following complex:
 - 3 GHD sit ups at 1/4 range of motion +
 - 3 GHD sit-ups lowering torso to approximately parallel to the floor +
 - 3 GHD sit-ups with full range of motion

:29-:34**BUILD-UP AND FINAL WORKOUT PREPARATIONS (5 minutes)**

- Allow athletes to use the bathroom and finalize any additional needs.
- Finalize scaling options and logistics with your athletes.

:34-:54**WORKOUT — START AT :34 (20 minutes)**

- Continue to assess proper mechanics of the single-arm squats. Adjust load and range of motion as needed.
- Ensure that scaling options are appropriate for the GHD sit-ups and that athletes are maintaining points of performance.

:54-:60**COOL-DOWN (6 minutes)**

- Clean up equipment.
- Log scores.
- Couch stretch for 90 seconds on each side.
- High-fives!



THURSDAY 180118

21-15-9 reps for time of:

135-lb. push presses
135-lb. power cleans**COACHES NOTES:**

The loading for this workout is moderate and the intended time domain is about 10 minutes or less. Loading can be challenging but still allow each round to be completed with minimal rest in between each set or break. When starting the round of 21, athletes should have the ability to perform 10 consecutive reps of each movement. Use the "BUILD-UP" phase to find each athletes' appropriate working weight.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Introductions.
- Ask for injuries and physical limitations.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly introduce the general scaling options for the workout. You should finalize scaling during the "BUILD-UP" segment prior to the workout.
- Explain the general warm-up.

:03-:13**GENERAL WARM-UP (10 minutes)**

For the jump roping, spend the first half of the minute performing single-unders and the second half practicing double-unders. When coaching the GHD hip extension, range of motion will be determined by the athlete's ability to demonstrate midline stabilization. During the front-rack stretch, we're striving to get the elbows as high as possible while maintaining a neutral spine.

- 2 rounds:
 - 1 minute of jump roping
 - 15 GHD hip extensions
 - 10-m bear crawl — start and finish with 5 pike push-ups
- Banded front-rack stretch
 - 2 sets of 30 seconds for each arm

:13-:19**PUSH PRESS — SPECIFIC INSTRUCTION (6 minutes)**

With an empty barbell, perform 5 reps of the following:

- Dip and hold
 - » Look for a vertical torso and weight in the heels. This should be maintained throughout the progression.
- Dip and drive slow
 - » There should be a seamless transition from dip to drive; there is no pause.
- Dip and drive fast
 - » The transition from dip to drive and the extension of the hips should be performed rapidly.
- Push press
 - » Look for timing; the hips and legs should extend before the bar leaves the body.

:19-:25**HANG POWER CLEAN — SPECIFIC INSTRUCTION (6 minutes)**

With an empty barbell, perform 5 reps of the following:

- Deadlift to mid-thigh
 - » Hips and shoulders rise together. Bar stays in contact with the body.
- Deadlift shrug
 - » Hips fully extend before the shrug occurs.
- Muscle clean
 - » Bar path remains close to the body. Elbows rotate quickly into the front-rack position.
- Hang power clean
 - » Receive the bar in a sound partial squat.
- Power clean
 - » Look for timing; the hips and legs should fully extend before the arms pull.

:25-:35**BUILD-UP (10 minutes)**

Guide your athletes to use 3 sets to build up to their working weight. For each set, athletes should perform 3-5 reps of each movement. After the third set, athletes should have a working weight that allows for 10 unbroken reps. Use this time to refine mechanics and finalize scaling options.

:35-:38**FINAL WORKOUT PREPARATIONS (3 minutes)**

- Allow athletes to use the bathroom and finalize any additional needs.
- Evaluate logistics and safety.
- Workout space should be clear of any unused equipment.

:38-:50**WORKOUT — START AT :38 (12 minutes)**

- Monitor your athletes' threshold speed.
- If faults persist despite cueing and a reduction in speed, consider scaling the load.

:50-:60**COOL-DOWN (10 minutes)**

- Walk 200 meters.
- Clean up equipment.
- Foam roll upper back and lats.
- Log scores.
- High fives!



WEDNESDAY 180131

For time:
 30 overhead walking lunges with a 45-lb. plate
 30 knees-to-elbows
 30 sit-ups
 30-cal. row
 30 sit-ups
 30 knees-to-elbows
 30 overhead walking lunges with a 45-lb. plate

COACHES NOTES:

This is a movement-redundant, lightweight chipper with a large demand on the abdominals and hip flexors. The workout should be finished in under 15 minutes, or under 10 minutes for advanced athletes. The knees-to-elbows will likely be the sticking point for most athletes. Following the knees-to-elbows progression, ask each athlete to perform 10 consecutive knees-to-elbows reps. If this is not possible, consider scaling either the reps or the range of motion, depending on the needs of the athlete.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries and/or physical limitations.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:14**GENERAL WARM-UP (11 minutes)**

All movements will assist athletes in developing the skills necessary to complete the workout while moving the joints through a full range of motion. Rowing is used to increase the heart rate and refine rowing mechanics. Athletes should strive to increase stroke rate slightly every 10 calories. For the first set of waiters walks, use a light KB or DB. If technique permits, increase the loading during the second set of waiters walks.

- Row 30 calories
- Then, 2 rounds of:
 - 15 lying banded PVC hollow press-downs
 - 15 overhead walking lunges with PVC
 - 50-foot waiters walk, right arm
 - 50-foot waiters walk, left arm

:14-:20**KNEES-TO-ELBOWS — SPECIFIC INSTRUCTION (6 minutes)**

Use the progression to teach, refine or scale the knees-to-elbows.

- Dip and hold
- 2 sets of 5 kip swings
 - Make sure the swing is balanced and controlled, and the shoulder initiated.
- 2 sets of 2 kip swings + 1 high knee raise + 2 kip swings
 - Look for proficiency in maintaining the kip swing while performing a rep at a decreased range of motion.
- 2 sets of 2 kip swings + 1 knees-to-elbows + 2 kip swings
 - Look for the knees to raise at the apex of the backswing.
- 2 sets of 3 knees-to-elbows
 - Make sure athletes can perform consecutive reps at the full range of motion.
- 1 set of 10 knees-to-elbows
 - Test for proficiency. If not possible, consider scaling reps or range of motion.

:20-:25**PLATE OVERHEAD WALKING LUNGES—SPECIFIC INSTRUCTION (5 minutes)**

Use the following progression to teach, refine and scale the overhead walking lunge. Use the 2 sets to find each athlete's working weight. As the load is increased, ensure the arms are staying locked out.

- Establish overhead position of the plate
 - Make sure athletes are pushing through the plate, keeping the shoulders active while maintaining a neutral spine.
- 2 sets of 10 plate overhead walking lunges
 - Look for an upright torso and an active shoulder throughout the full range of motion.

:25-:30**FINAL WORKOUT PREPARATIONS (5 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. The focus should be on appropriately scaling the knees-to-elbows.
- Ensure athletes have enough room between each station and any extra equipment has been removed.

:30-:45**WORKOUT — START AT :30 (15 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the load for the overhead walking lunges if the faults are persistent or unsafe.
- For the knees-to-elbows, scale reps, or possibly range of motion, if intensity is significantly reduced due to excessive rest.

:45-:60**COOL-DOWN (15 minutes)**

Utilize the cool-down period to work on strict upper-body pulling and to restore hip-flexor and trunk range of motion. The ring rows should challenge the athletes to perform 10-15 consecutive reps while maintaining a hollow position and pulling the rings to the chest.

- Clean up equipment.
- 3 rounds, not for time:
 - 10-15 ring rows
 - 30-second Samson stretch per side
- Log scores.

EQUIPMENT LOGISTICS AND WORKOUT MODIFICATION

If your gym is limited on rowers, modify the workout or alter the structure of your class slightly. For example, the 30-calorie row can easily be changed to a 400-meter run if needed and will provide a similar stimulus to the prescribed workout. Most gyms will be able to run heats every 3 minutes and perform this workout as prescribed because there is a 15-minute window at the end of the class for the cool-down.



MONDAY 180205

Shoulder press 1-1-1-1-1 reps
 Push press 1-1-1-1-1 reps
 Push jerk 1-1-1-1-1 reps

Try to increase the load on each of the fifteen reps.

COACHES NOTES:

This heavy day utilizes three different lifts to get weight overhead. The session progresses from the simplest movement to the most complex. Athletes will have to rely on proper technique as muscular fatigue sets in. If technique is efficient, loading should increase across all three movements and all 15 sets, finishing with the heaviest loads for the push jerk. The last set for each movement should be at or close to maximum. With proper rest between sets, this heavy day should take approximately 40 minutes, leaving minimal time for the brief, warm-up and cool-down.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries and/or physical limitations.
- Brief the athletes on the goal of this heavy lifting session and demonstrate movement standards for each lift.
- Demonstrate how to unrack/rerack the barbell and how to correctly bail out of a failed lift.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the build-up phase.
- Explain the general warm-up.

:04-:06**GENERAL WARM-UP (2 minutes)**

The general warm-up is brief. Use the hollow and arch holds to warm-up and teach midline stabilization needed for the overhead lifts. Narrow the hand position on the PVC every 5 pass-through reps.

2 rounds of:

20-second Hollow Hold
 20-second Arch Hold
 10 pass-throughs with PVC

:06-:09**SHOULDER PRESS — SPECIFIC INSTRUCTION (3 minutes)**

Provide a brief overview of movement mechanics. Most of the correcting will happen during the build-up phase and when under load.

- 10 Shoulder Press with PVC
 - Reps 1-3: Focus on full range of motion from the rack position to the over-head position.
 - Reps 4-6: Focus on maintaining midline stabilization throughout the entire range of motion.
 - Reps 7-10: Focus on creating a straight bar path.

:09-:12**PUSH PRESS — SPECIFIC INSTRUCTION (3 minutes)**

Lead your athletes through the progression and make sure to demonstrate each step. With a PVC Pipe, perform 5 reps of the following:

- Dip and Hold
 - Look for a vertical torso and weight on the heels. This should be maintained through the entire progression.
- Dip and Drive
 - There should be no pause during the transition from dip to the drive. Focus on increasing hip-extension speed throughout the 5 reps.
- Push Press
 - Look for timing; the hips and legs should extend before the bar leaves the shoulders.

:12-:15**PUSH JERK — SPECIFIC INSTRUCTION (3 minutes)**

This is a quick, 2-step, push jerk progression. It builds on the previous points of performance of the press and the push press. With a PVC pipe, perform 5 reps of the following:

- Jerk "Lands" with PVC overhead
 - Jump and land while holding the PVC overhead. Focus on footwork and landing with active shoulders.
- Push Jerks
 - Use same dip mechanics established from the push press. Focus on achieving full hip extension on the drive phase before pressing under the bar.

:15-:21**BUILD UP AND FINAL PREP (6 minutes)**

- Build up to the first working set on the shoulder press by doing 3 sets of:
 - 1 shoulder Press + 2 push Press + 3 push Jerks
- Finalize any needed scaling.

:21-:56**WORKOUT — START AT :21 (35 minutes)**

- Assess proper mechanics of the movements. Any significant deviation away from proper mechanics requires a reduction in load.
- Keep athletes on the same exercise. Suggested timeline allocations for each movement are as follows:
 - Shoulder press- 10 minutes (:21-:31)
 - Push press- 12 minutes (:31-:43)
 - Push jerk- 13 minutes (:43-:56)
- Athletes should perform a lift approximately every 2.5 minutes.
- Keep lifting areas clear of equipment, people, etc.
- For the first 2 sets of the shoulder press, add 1 push press and 1 push jerk to the end of the set. For the first 2 sets of the push press, add 1 push jerk at the end of the lift. This will help prepare athletes for upcoming lifts.

:56-:60**COOL-DOWN (4 minutes)**

- Clean up equipment.
- Log results.
- Celebrate new personal bests!



FRIDAY 180209

Kelly
 5 rounds for time of:
 Run 400 meters
 30 box jumps
 30 wall-ball shots

Men: 24-inch box, 20-lb. ball
 Women: 20-inch box, 14-lb. ball

COACHES NOTES:

This is a classic benchmark workout that utilizes light loads to test endurance and stamina. All athletes should strive to finish the workout in under 35 minutes, with more advanced athletes finishing in under 25 minutes. If box jumps or wall balls are the sticking point, consider scaling to 20 reps in successive rounds. If the athlete cannot complete the 400-m run in 2 minutes, consider scaling the distance to 200 m on rounds 2 and 4.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask for injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:09**GENERAL WARM-UP (6 minutes)**

All movements prepare the athletes for the lower-body demands required in the workout. The drills assist athletes in dynamically stretching the muscles of the hips and lower body while bringing the joints through a full range of motion.

- 2 rounds:
 - 10 meters of high knees
 - 10 meters of toy soldiers
 - 10 meters of butt-kickers
 - 10 meters of walking lunges
- Run 100 meters

:09-:12**BOX JUMP — SPECIFIC INSTRUCTION (3 minutes)**

Use this progression to warm up, refine and scale the box jumps.

- 5 broad jumps with a 2-second pause on the landing
 - Focus on knees tracking over the toes and using the arms correctly on the takeoff. Athletes should land in a sound quarter-squat position.
- 5 box jumps at a low height
 - Focus on knees tracking on the takeoff and a sound landing position on the box.
- 5 box jumps at workout height
 - Focus on fully extending the hips and legs on the take-off phase of the jump.

:12-:15**WALL BALL— SPECIFIC INSTRUCTION (3 minutes)**

Use the progression to warm up, refine and scale the wall-ball shots.

Perform all drills at approximately an arms-length distance from the wall. Use the intended workout weight for all medicine-ball drills.

- 10 air squats
 - Focus on sound squat mechanics.
- 5 medicine-ball front squats
 - Focus on the proper rack position of the medicine ball and on maintaining an upright torso.
- 5 medicine-ball push press throws to target
 - Focus on the proper timing and accuracy of the throw.
- 10 wall-ball shots
 - Look for movement proficiency. If athletes are unable to perform 10 consecutive reps, consider scaling the load.

:15-:19**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling reps to reduce rest breaks and maintain a high degree of intensity.

:19-:54**WORKOUT—START AT :19 (35 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the wall-ball and/or box-jump reps if faults are persistent or rest breaks are excessive.
 - If athletes hit a sticking point mid-workout, consider scaling to 20 reps in successive rounds.
- Scale the run distance if it takes longer than 3 minutes to complete the 400 m in any round.
 - If the first 400m run takes over 2 minutes, consider scaling the distance to 200 m on rounds 2 and 4.
- Benchmark workouts provide a great chance to build camaraderie. Early finishers should be encouraged to cheer on any athletes who haven't yet completed the workout.

:54-:60**COOL-DOWN (6 minutes)**

Utilize the cool-down period to work on calf, ankle and hip-flexor flexibility and to help recover from the demands of the workout. This benchmark workout will be repeated in the future, so logging results is critical!

- Clean up equipment.
- Standing calf stretch for 60 seconds on each side.
- Couch stretch for 60 seconds on each side.
- Log scores.



MONDAY 180212

5-4-3-2-1 reps for time of:

15-ft. rope climbs

Clean and jerks

Increase weight on the clean and jerk each round.

Men: 145-165-185-205-225 lb.

Women: 115-125-135-145-155 lb.

COACHES NOTES:

This couplet combines a high-skill gymnastics movement with a high-skill weightlifting movement. Clean-and-jerk loading progresses from a moderate weight to one that is much more challenging. Consider scaling the clean and jerk if 225/155 lb. is over 90 percent of an athlete's 1RM clean and jerk, or if rest between reps exceeds 30 seconds. Use the rope-climb progression to assess skill and determine proper scaling. Consider scaling the rope climb if an athlete cannot perform a single rep in under 20 seconds.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:04**WHITEBOARD (4 minutes)**

- Ask for injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up. Focus on proper execution of the muscle clean to the shoulder press.

:04-:14**GENERAL WARM-UP (10 minutes)**

This warm-up builds flexibility, increases the core temperature and focuses on movement patterns demanded by the workout. Use the banded stretch to prepare athletes for the demands of the rack position and the overhead position. Increase the degree of the stretch on each set. Focus on proper mechanics on the muscle clean and the shoulder press. Increase the pace of all movements during the second round.

- 2 sets for 45 seconds on each arm of a banded front-rack stretch
- 2 rounds:
 - Row for 90 seconds
 - 15 GHD hip extensions
 - 10 hang muscle cleans to shoulder press with barbell

:14-:21**ROPE CLIMB — SPECIFIC INSTRUCTION (7 minutes)**

Use this progression to warm up, refine and scale the rope climb.

- 2 sets of 6 reps of a rope row to chest
 - Athletes are to perform 3 reps with the right hand on top and then 3 reps with the left hand on top. Similar to a ring row, adjust the foot position to scale the level of difficulty.
- 2 sets of 3 rope hang to high knees raise
 - The focus is on keeping the arms long and hands secured to the rope while raising the knees toward the elbows.
- 3 rope wrap and stand
 - The focus is on creating a secure wrap of the rope with the feet and standing to full extension of the hips and knees.
- 1 rope climb at 15 ft.
 - Ensure athletes can complete the rep in 20 seconds or less. If not, consider scaling using one of the progressions above.

:21-:28**CLEAN AND JERK — SPECIFIC INSTRUCTION (7 minutes)**

Use this progression to warm up and refine the mechanics of the clean and jerk. Perform 3 reps of each piece of the progression.

- Jump and land with hands at sides
 - Athletes should fully extend the hips and legs on the drive phase. Ensure a sound partial squat position.
- Jump and land with hands at shoulders
 - The focus is on keeping a vertical torso during the dip.
- Jump, punch and land without a barbell
 - The focus is on extending the hips before pressing the hands.

- Push jerk with barbell

- » Ensure athletes are pushing under the bar into an active overhead position.

- High hang power clean to push jerk

- » Ensure athletes are remaining vertical during the dip of the clean and fully extending the hips and knees before pulling with the arms.

- Hang power clean from the mid-thigh to push jerk

- » Ensure athletes bring the shoulders over the bar when going to the mid-thigh position, or jumping position.

- Power clean to push jerk

- » Ensure athletes hit the jumping position and extend the hips before pulling into the receiving position.

:28-:38**CLEAN AND JERK — BUILD-UP (10 minutes)**

Over the course of 5 sets, have athletes build to the load they will be using on the final set of the workout. Consider scaling if proper mechanics are not maintained or there are multiple missed lifts.

- Every 2 minutes for 5 sets:
 - » 2 clean and jerks

:38-:42**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes for the rope climbs.
- All extra plates needed for the workout should be stacked clearly out of the lifting areas and lifts are not performed near the rope-climbing area.

:42-:54**WORKOUT — START AT :42 (12 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the rope climbs if rest breaks become excessive and intensity drops off significantly.
- Scale the load on the clean and jerks if mechanics are not safe or if multiple failed lifts occur.
- Continue to ensure a safe work area for all athletes.

:54-:60**COOL-DOWN (6 minutes)**

Use this cool-down to recover from the demands of the workout by targeting the upper back and forearms.

- Clean up equipment.
- Kneeling forearm stretch for 60 seconds.
- Foam roll upper back for 90 seconds.
- Log scores.



SATURDAY 180217

Five 3-minute rounds of:

10 front squats

10 box jumps

Row for max calories

Rest 3 minutes between rounds.

Men: 185 lb. squat, 36-in. box

Women: 125 lb. squat, 30-in. box

Post calories rowed each round to comments.

COACHES NOTES:

This is an interval style triplet that challenges the lower-body. There is 3 minutes of rest between rounds, so push your athletes to focus on maximum effort when completing each round. The front squat load should be challenging; allowing them to complete unbroken sets through the first 3 rounds. The box jump height should allow your athletes to complete all 10 reps at a consistent pace. All athletes should have at least 1 minute to sprint on the rower each round.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

:00-:03

WHITEBOARD (3 minutes)

- Ask for injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up. Focus on proper execution of rowing and sound mechanics of the goblet squats.

:03-:08

GENERAL WARM-UP (5 minutes)

On the row, coach proper execution of each stroke: legs, back and pull. Push athletes to increase the row pace on the second round. Use the jumping jacks to prepare athletes for the lower-body jumping demands of the workout. The goblet squats should be performed with control. Coach athletes through the full range of motion and ensure they maintain an upright torso.

2 rounds:

- 1 minute of rowing
- 30 seconds of jumping jacks
- 30 seconds of goblet squats

:08-:12

BOX JUMP — SPECIFIC INSTRUCTION (4 minutes)

Use the following series to warm up, refine and scale the box jumps.

Athletes should focus on the knees tracking during the take-off and landing, as well as fully extending the hips and legs on each jump.

- 30-feet broad jump; pause briefly in the landing position
- 5 box jumps to a low height
- 5 box jumps to a medium height
- 5 box jumps to a high height
- 5 box jumps to anticipated workout height
 - If the athlete cannot achieve these 5 reps in under 30 seconds, consider using a lower height for the workout.

:12-:21

FRONT SQUAT — SPECIFIC INSTRUCTION (9 minutes)

Use the following series to refine front squat points of performance and build each athlete up to their working weight.

- 10 reps of a front squat with an empty bar
 - Athletes should focus on keeping the elbows high and the torso upright throughout the entire range of motion.
- 5 reps of a front squat with a light load
 - Athletes should focus on bracing with the abdominals on the descent of each rep.
- 3 reps of a front squat with a medium load
 - Athletes should focus on a controlled descent and a quick ascent.
- 3 reps of a front squat with the intended workout weight
 - Assess each athlete's movement speed and mechanics. Ten unbroken reps at this weight should be challenging but doable.

:21-:25

FINAL WORKOUT PREPARATIONS (4 minutes)

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.
- Ensure that the organization of the equipment allows for all movements to be done safely.
- Organize the class into heats if needed.

:25-:55

WORKOUT — START AT :25 (30 minutes)

- Continue to evaluate movement mechanics for both movements.
- Consider scaling front-squat load or box-jump height if the athletes have less than 1 minute to row in rounds 1-3.
- Push athletes toward maximum efforts on each interval.
- Continue to ensure a safe work area for all athletes.

:55-:60

COOL-DOWN (5 minutes)

This cool-down focuses on using similar movement patterns from the workout to aid in recovery. Focus on proper execution of the squat-therapy squats.

- Clean up equipment.
- Run/walk 200 meters at an easy pace and perform 20 squat-therapy squats.
- Log scores.

EQUIPMENT LOGISTICS AND WORKOUT MODIFICATION

This workout can be easily modified to accommodate a group class. The first option is to partner athletes up and alternate 3-minute intervals. This will work well if there is a 1:2 rower-to-athlete ratio. Another option is to have athletes rotate on the minute. For example:

5 rounds:

- 1 minute of front squats
- 1 minute of box jumps
- 1 minute of rowing
- Rest 3 minutes

*This variation can actually allow up to a 1:6 rower-to-athlete ratio if managed correctly and will achieve a very similar response to the prescribed workout.



SUNDAY 180225

10 rounds for time of:
 1 power snatch
 3 overhead squats

Men: 185 lb.
 Women: 125 lb.

Post time to comments.

COACHES NOTES:

This higher-skill weightlifting couplet uses a loading that is intended to be challenging and requires adequate rest between rounds in order to complete the complex. Coaches should scale athletes if the prescribed load is over 85 percent of an athlete's 1-rep-max power snatch.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:03

WHITEBOARD (3 minutes)

- Ask for injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15

GENERAL WARM-UP (12 minutes)

This warm-up is intended to assist athletes in recovering from prior workouts and preparing them for the demands of today's workout. Rolling out the lats will help athletes open up their shoulders and recover from yesterday's L pull-ups. While performing the 3 rounds, gradually increase speed and load after each round is completed.

- Roll lats, 1 minute each side
- Deep squat hold, 2 minutes
- 3 rounds:
 - 30 seconds of single-unders
 - 10 pass-throughs
 - 10 air squats
 - 10 kettlebell windmills

:15-:23

POWER SNATCH AND OVERHEAD SQUAT — SPECIFIC INSTRUCTION (8 minutes)

Use the following series to warm up and teach the mechanics of the power snatch and the overhead squat. After establishing the correct stance and grip, perform 5 reps of each piece of the progression with a PVC pipe.

- Snatch-grip deadlift to mid-thigh
 - Look for long arms and shoulders over the bar to the mid-thigh. Have athletes pause at the mid-thigh briefly for each rep.
- Snatch-grip deadlift and shrug
 - Make sure there is a rapid vertical extension of the body and it is followed with a shrug of the shoulders.
- Muscle snatch
 - The PVC should stay tight to the body. Make sure athletes are turning the bar over into an active overhead position.
- Overhead squat
 - The focus here should be on maintaining an active shoulder and making sure the bar stays in line with mid-foot.
- Hang power snatch to overhead squat
 - Focus on footwork and making sure athletes actively receive the bar overhead. After each power snatch, have athletes perform an overhead squat.
- Power snatch to overhead squat
 - Make sure athletes fully extend their hips while snatching and they keep the PVC at mid-foot while squatting.

:23-:33

POWER SNATCH AND OVERHEAD SQUAT — BUILD UP (10 minutes)

Use this time to gradually build athletes up to their working loads for the workout. Assess and refine technique throughout the build-up sets.

- Have athletes perform 5 power snatches and then 5 overhead squats with an empty bar.
- Have athletes build up to their working weight doing 5 sets of 1 power snatch and 1 overhead squat. Gradually increase load each set.
- Consider scaling the load if there are missed lifts, severe deviations in technique, or if the load is over 85 percent of the athlete's 1RM power snatch.

:33-:38

FINAL WORKOUT PREPARATIONS (5 minutes)

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.
- Ensure that the organization of the equipment allows for this workout to be done safely.

:38-:50

WORKOUT—START AT :38 (12 minutes)

- Continue to evaluate mechanics for both movements.
- Scale the load if failed reps occur on either movement, if there are severe deviations in mechanics, or if there are any safety violations.
- Consider increasing the load for athletes if the first 5 rounds are completed in less than 3 minutes.
- Continue to ensure a safe work area for all athletes.

:50-:60

COOL-DOWN (10 minutes)

Use this cool-down to add in some direct trunk work and mobilize the upper back. Clean up equipment.

- Clean up equipment.
- Perform 2 easy rounds of:
 - 15 GHD hip extensions
 - 15 AbMat sit-ups with feet butterflyed
- Roll upper back, 60 seconds
- Log scores.



MONDAY 180305

Back squat 1-1-1-1-1-1-1 reps

Post loads to comments.
Compare to 170413.**COACHES NOTES:**

On this heavy weightlifting day, athletes should attempt to establish a new personal best. Encourage your athletes to start at a weight they can build up from over the course of at least the first 3-5 sets. All sets should be above approximately 80 percent of an athlete's 1-rep max. Rest periods should be 3-5 minutes between sets.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and how to manage the loads.
- Demonstrate movement standards for this workout.
- Briefly demonstrate how to take the bar in and out of the rack correctly, as well as how to spot each other and "bail" if needed.

:03-:10**GENERAL WARM-UP (7 minutes)**

This warm-up focuses on raising the heart rate and increasing circulation to the primary musculature used in the workout. Utilize a long step on the lunges to increase the stretch on the hip flexors and help recover from yesterday's volume of GHD sit-ups.

- 2 rounds:
 - 1 minute of rowing
 - 10 reps per side of a single-leg dumbbell deadlift
 - 50 feet of walking lunges

:10-:15**BACK SQUAT — SPECIFIC INSTRUCTION (5 minutes)**

Use this series to develop and refine back squat points of performance.

- 10 squat therapy squats
 - Keep a tempo of approximately 3 seconds on the eccentric and concentric phases of the movement.
- 5 back squats with an empty bar
 - If possible, partner up athletes of similar strength and/or similar height.
 - Review how to safely take the bar out of the rack and put the bar back into the rack.
 - Have athletes focus on bracing the abdominals.
- 5 back squats with an empty bar
 - Have athletes focus on using a 3- to 5-second descent and a fast ascent.

:15-:25**BACK SQUAT — BUILD-UP (10 minutes)**

Build up to first work weight by doing 2 sets of 3 reps, 2 sets of 2 reps, and 1 set of 1 rep, increasing in load each set. Athletes should also use this opportunity to use the bathroom and take care of any final preparations.

- Focus on appropriate increases in load.
- Continue to coach proper technique.
- Make sure athletes are racking/reracking properly and storing plates away from their working area.
- The first working set should be challenging for athletes but allow for a gradual build-up across the first few working sets.

:25-:55**WORKOUT — START AT :25 (30 minutes)**

- Continue to evaluate movement mechanics for back squats.
- If performance of the movement deviates significantly from sound mechanics, reduce the load.
- Assess appropriate management of loads between sets.
- Failed reps still count toward a working set. Determine if the athlete should attempt the load again or lower the weight to improve technique.
- Ensure a safe work area for all athletes.
- For class unity, coaches have the option of setting a timer and running a set every 4 minutes.

:55-:60**COOL-DOWN (5 minutes)**

This cool-down focuses on the primary musculature of the hips to aid in recovery.

- Clean up equipment.
- 2 sets of 45-second Spiderman stretches on each leg, with optional banded distraction at the hip.
- Log scores.



WEDNESDAY 180711

3 rounds for time of:

10 dumbbell power snatches, left arm
 10 single-arm overhead squats, left arm
 10 L pull-ups
 10 dumbbell power snatches, right arm
 10 single-arm overhead squats, right arm
 10 L pull-ups

Men: 55-lb. dumbbell

Women: 40-lb. dumbbell

Post time to comments.

Compare to 151204.

COACHES NOTES:

This workout uses three technically demanding movements to test strength, flexibility and grip. The dumbbell power snatch and overhead squat load should allow for unbroken sets. If flexibility is the limiting factor for the dumbbell overhead squats, scale the load and focus on mechanics. The number of L pull-ups should be scaled if the total volume causes significant breaks. This movement can also be modified to a tuck variation or a strict pull-up. Assess for appropriate scaling during the specific warm-up.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:14**GENERAL WARM-UP (10 minutes)**

This warm-up focuses on raising the heart rate and increasing flexibility in the hips and shoulders.

2 rounds of:

- 10 mountain climbers
- 10 overhead squats with PVC
- :30 reverse-grip hang from pull-up bar
- 10 light dumbbell windmills per side
- :30 thoracic-spine stretch over medicine ball
- 10 ring rows

:14-:19**L PULL-UP — SPECIFIC INSTRUCTION (5 minutes)**

Use this progression to warm up, refine and scale the L pull-up. Lead the group through 5 reps of each step. Athletes that do not have a strict pull-up can modify to low rings.

- Strict Pull-ups
 - Focus on keeping the abs engaged throughout the movement and pulling the elbows back and down. Scale to ring rows with feet directly under the body.
- Tuck Pull-ups
 - Focus on keeping the knees in line or slightly above the hips throughout the duration of the rep. Scale to ring rows with legs extended.
- L Pull-ups
 - Focus on keeping the legs straight and parallel to the floor throughout the rep. Scale to ring rows with legs extended and elevated on a box.

:19-:32**DUMBBELL POWER SNATCH AND OVERHEAD SQUAT — SPECIFIC INSTRUCTION (13 minutes)**

Use this series to warm up, refine and scale the dumbbell power snatch and the overhead squat. Lead athletes through 3 rounds of 5 reps per arm at each step. Start by using a light dumbbell on the first round, increasing the load slightly for the second round, and using the intended working weight for the final round.

- Dumbbell Deadlifts
 - Focus on maintaining a neutral spine and driving through the heels to stand. Ensure hips and shoulders rise at the same rate.

- Dumbbell High Pulls
 - Focus on proper timing of the hips extending before the pull.

- Dumbbell Power Snatches
 - Athlete should work on pulling the elbow high and punching the dumbbell overhead.
- Dumbbell Overhead Squats
 - Focus on keeping the torso upright and maintaining an active shoulder.

:32-:36**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load on the dumbbells and volume on the pull-ups to reduce rest breaks and maintain a high degree of intensity.

:36-:51**WORKOUT — START AT :36 (15 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the load for the dumbbell power snatch and overhead squat if faults are severe or persistent, or rest breaks become excessive.
- If volume is the limiting factor, scale the reps. If athletes are not strong enough to hold the L-position, modify the movement to tuck or strict pull-ups.

:51-:60**COOL-DOWN (9 minutes)**

This cool-down focuses on recovering from the demands of the workout and aiding in recovery.

- Clean up equipment.
- 3 minutes easy bike, jog or row.
- 2 rounds
 - :30 seal pose
 - :30 downward dog
 - :30 palms up wrist stretch
 - :30 palms down wrist stretch
- Log scores and compare to 151204.



SATURDAY 180714

4 rounds for time of:
 50-ft. overhead walking lunge
 25 GHD sit-ups

Men: 135 lb.
 Women: 95 lb.

Post time to comments.
 Compare to 150304.

COACHES NOTES:

This couplet is very demanding on the midline. The overhead walking lunge challenges lower-body unilateral strength while demanding a high level of shoulder and trunk stability. The GHD sit-up requires a high degree of core strength throughout a high volume of reps. Only advanced athletes who have experience in performing GHD sit-ups should attempt this as prescribed. Use the specific warm-up for each movement to establish the correct scaling for your athletes.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

This warm-up focuses initially on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout. The Burgener warm-up will not only build skill for the snatch but also will have a large carryover to the demands of today's workout.

- Row 5 minutes
- 20 stationary lunges with a PVC pass-through
- 2 rounds of the Burgener warm-up. The first round is with a PVC pipe, and the second round may be with an empty barbell.
 - 5 dip and drives
 - 5 dip and drives to high elbows
 - 5 high hang muscle snatches
 - 5 drops to quarter-squat position
 - 5 drops to half-squat position
 - 5 drops to full squat position

:15-:20**OVERHEAD WALKING LUNGE — SPECIFIC INSTRUCTION (5 minutes)**

Use the following series to warm up and teach the overhead walking lunge. Perform all loaded movements with an empty barbell.

- 25 feet of walking with barbell overhead + 25 feet of a back-rack walking lunges
 - Focus on keeping the arms locked and pressing the shoulders toward the bar on the overhead walk. Focus on the forward knee tracking in line with the foot on the back-rack walking lunges.
- 25 feet of a walking with barbell overhead + 25 feet of a front-rack walking lunges
 - Focus on keeping the torso upright on the front-rack walking lunges.
- 25 feet of a overhead walking lunges
 - Focus on keeping the shoulders active and the bar in line with the trunk throughout the entire range of motion.

:20-:25**GHD SIT-UP — SPECIFIC INSTRUCTION (5 minutes)**

After instructing the correct set-up position and proper execution of the movement, use the following series to warm up and refine the mechanics of the GHD sit-up. Perform 3 sets of 3 reps of each movement.

- ¼ GHD sit-up + GHD sit-up to parallel + full range of motion GHD sit-up
 - Ensure that the hips are on the front side of the pad and that the legs are slightly bent in the set-up position.
- Focus on proper timing of the knee extension to assist in pulling the torso toward the foot pad.
- Athletes who have never used the GHD before should only do reps that go no lower than parallel to the floor.

:25-:33**BUILD-UP (8 minutes)**

Use this time to gradually build athletes up to their working loads and prepare for the movement combination. Assess and refine technique throughout the build-up sets.

- Have athletes build up to their working weight by completing 3 rounds of 4 overhead walking lunges and 3 GHD sit-ups. Gradually increase load and speed on the transitions throughout the 3 rounds.
- Scale the load if there are severe deviations in technique or if the load is too challenging to do 50 feet of overhead walking lunges unbroken.

:33-:37**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Allow a final warm-up set if needed.
- Finalize scaling options with your athletes. Focus should be on scaling the load on the overhead walking lunges correctly to achieve 50 feet unbroken on the first round.
- Appropriately scale the GHD sit-up to a variation or rep range that challenges the athlete but is suitable to his or her capacity.

:37-:50**WORKOUT — START AT :37 (13 minutes)**

- Continue to evaluate mechanics for both movements.
- Scale the load on the overhead walking lunge if failed reps occur, if there are severe deviations in mechanics or if the athlete needs more than 3 efforts to complete a single round.
- Scale the reps or variation of the GHD sit-ups if any effort takes longer than 2 minutes to be completed or if rest breaks are prolonged.

:50-:60**COOL-DOWN (10 minutes)**

Use this cool-down to help recover from the demands of this workout by mobilizing the hip flexors and shoulders.

- Clean up equipment.
- 1:30/side couch stretch
- 30 PVC pass-throughs
- Log scores and compare to 150304.



THURSDAY 180719

Erin

5 rounds for time of:
 15 dumbbell split cleans
 21 pull-ups

Men: 40-lb. dumbbells
 Women: 25-lb. dumbbells

Post time to comments.
 Compare to 120211.

COACHES NOTES:

This couplet is a Hero WOD that combines a weightlifting and gymnastics movement to test coordination, stamina and grip. The dumbbell split clean load should allow for an unbroken first round and subsequent rounds to be completed with no more than 1-2 quick breaks. If load is the limiting factor, scale the load and focus on mechanics. The kipping pull-ups should be completed in no more than 3 sets per round. The reps should be scaled if the total volume causes significant breaks.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly demonstrate the movements along with the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:12**GENERAL WARM-UP (8 minutes)**

This warm-up focuses on raising the heart rate and increasing flexibility in the hips and shoulders.

2 rounds of:

- 200-m jog
- 10 jumping split squats, alternating legs
- 10 shoulder rotations
- 10 walking-lunge steps with PVC pass through
- 10 alligator rolls

:12-:22**KIPPING PULL-UP — SPECIFIC INSTRUCTION (10 minutes)**

Use this progression to warm up, refine and scale the kipping pull-up. This entire progression can be completed on a box with knees bent for those who are unable to hang unassisted from the pull-up bar.

- 2 sets of 5 kipping swings
 - Coach athletes to use their shoulders when initiating the swings and to keep the trunk tight throughout the reps.
- 2 sets of 2 kipping swings + 1 kip
 - Have athletes focus on keeping the arms straight and pressing down aggressively on the bar to elevate the body on the kip.
- 2 sets of 2 kipping swings + 1 pull-up
 - Athletes should press down aggressively with straight arms before initiating the pull. Use a box for this drill if unable to do a pull-up.
- 2 sets of 2 kipping swings + 1 pull-up + 2 kipping swings
 - The focus is on the push away from the bar at the top of the pull-up, helping athletes return to a sound kipping-swing position. Use a box for this drill if unable to do a pull-up.
- 1 set of 3 kipping pull-ups
 - Focus on linking reps, keeping trunk tight and feet together if possible. If athletes cannot perform pull-ups, substitute a jumping pull-up.

:22-:30**DUMBBELL SPLIT CLEAN — SPECIFIC INSTRUCTION (8 minutes)**

Use this series to warm up, refine and scale the dumbbell split clean. After establishing the stance, lead athletes through 5 reps at each step with light dumbbells.

- Dip Drive Shrug
 - Focus on proper timing. The hips should extend before the shrug

- Dumbbell high hang muscle clean

» Focus on an aggressive shrug and quick turn over, ensuring athletes are receiving dumbbells squarely on the shoulders.

- Jump and land in split with dumbbells in rack position.

» Focus on landing in a $\frac{1}{4}$ lunge position with equal pressure on both feet. Front shin should be nearly vertical and back leg slightly bent.

- High hang split clean

» Focus on hip extension prior to pulling under the dumbbells.

- Split clean

» Focus on establishing a sound deadlift setup position and keeping the arms long until the dumbbells reach mid-thigh.

:30-:38**DUMBBELL SPLIT CLEAN BUILD-UP AND FINAL WORKOUT PREPARATIONS (8 minutes)**

Use this time to build athletes up to their working loads. Assess and refine technique throughout the build up sets.

- Complete 3 sets of 3 dumbbell split cleans, gradually increasing in load each set.
- Perform 3 kipping pull-ups (or intended scale) between sets.
- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load on the dumbbells and volume on the pull-ups to reduce rest breaks and maintain a high degree of intensity.

:38-:55**WORKOUT — START AT :38 (17 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load on the dumbbells and volume on the pull-ups to reduce rest breaks and maintain a high degree of intensity.

:55-:60**COOL-DOWN (5 minutes)**

This cool-down focuses on recovering from the demands of the workout. Allow athletes to use the bathroom and take care of any last-minute preparations.

- Clean up equipment.
- 2 minutes easy bike
- Mash forearms, 1 minute per side
- Log scores and compare to 120211.



SATURDAY 180721

10 1-minute rounds of:

25 squats

Max reps of clean and jerks

Rest 2 minutes between rounds.

Men: 155 lb.

Women: 105 lb.

Score is the number of total clean and jerks completed.

COACHES NOTES:

This weightlifting and gymnastics couplet focuses on sprint efforts with prescribed work and rest intervals. The air squats should not exceed 40 sec. on any round. The load for the clean and jerks should be moderately heavy, allowing for at least 3 completed reps per round. Reps of the clean and jerks most likely will happen as quick singles.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:10**GENERAL WARM-UP (7 minutes)**

This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout. Focus on the proper execution of squat therapy.

2 rounds of:

- 1 min. of single-unders
- 10 pass-throughs with PVC pipe
- 10 reverse-grip strict presses with a PVC pipe
- 5 squat therapy reps
 - Utilize a 3-sec. eccentric phase and a 3-sec. concentric phase.

:10-:17**CLEAN AND JERK — SPECIFIC INSTRUCTION (7 minutes)**

Use this progression to warm up and refine the mechanics of the clean and jerk. Perform 3 reps of each piece of the progression.

- Jump and land with hands at sides
 - Focus is on full hip extension and a sound partial squat.
- Jump and land with hands at shoulders
 - The focus is on keeping the elbows high and the torso vertical during the dip.
- Jump, punch and land without a barbell
 - The focus is on extending the hips before pressing the hands.
- Push jerk with barbell
 - Ensure athletes are pushing under the bar into an active overhead position.
- High-hang power clean to push jerk
 - Ensure that athletes maintain a vertical torso during the dip of the clean and that they reach full extension of the hips and knees before pulling with the arms.
- Hang power clean from the mid-thigh to push jerk
 - Ensure athletes bring the shoulders over the bar when going to the mid-thigh position or jumping position.
- Power clean to push jerk
 - Ensure athletes hit the jumping position and extend the hips before pulling into the receiving position.

:17-:23**CLEAN AND JERK — BUILD-UP (6 minutes)**

Use this time to gradually build athletes up to their working loads. Assess and refine technique throughout the build-up sets.

- Have athletes build up to their working weight by performing 3 rounds of 5 air squats and 3 clean and jerks. Increase the load on the clean and jerk each round and perform a round every 2 minutes.
- Consider scaling the load if there are missed lifts, severe deviations in technique or if the load is too challenging to do at least 3 reps within each interval.

:23-:27**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize the working loads as well as scaling options with your athletes.
- Ensure that the organization of the equipment allows the workout to be performed safely.

:27-:55**WORKOUT — START AT :27 (28 minutes)**

- Continue to evaluate mechanics for the clean and jerk.
- Scale the load if failed reps occur, if there are severe deviations in mechanics or if the athlete does not get 3 reps or more in a round.
- Consider scaling the reps on the air squat if it takes longer than 40 sec. to complete 25 reps on any round.
- Continue to ensure that there is a safe work area for all athletes.

:55-:60**COOL-DOWN (5 minutes)**

Use this cool-down to help recover from the demands of this workout by rolling the quads.

- Clean up equipment.
- Roll quads with a barbell, 1 min. each side.
- Log scores.



THURSDAY 180726

Split jerk 3-3-3-3-3-3 reps

Post loads to comments.
Compare to 160812.**COACHES NOTES:**

This is a single-modality, heavy weightlifting day. The goal is to lift the heaviest load possible for 3 reps. All sets should be performed above approximately 80 percent of an athlete's 1-rep max. In order to achieve this goal, encourage athletes to rest 3-5 minutes between sets. Coaches should provide their athletes with quick, simple corrections during the 3 reps. Rest periods should be used as an opportunity to provide a more thorough explanation of any faults and potential fixes.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and explain how to manage the loads.
- Ask athletes for any previously recorded 1- or 3-rep split jerk maxes.
- Demonstrate movement standards for this workout.

:03-:10**GENERAL WARM-UP (7 minutes)**

This warm-up focuses on raising the heart rate and increasing flexibility to prepare for the front-rack and overhead positions.

1 round of:

- 1:00 mountain climbers
- 10 medicine-ball walking lunge steps with twist
- 10 scapular push-ups
- :30 can-opener stretch, both sides
- 5 Turkish get-ups per side, with light dumbbell

:10-:16**SPLIT JERK — SPECIFIC INSTRUCTION (6 minutes)**

Use this progression to develop and refine points of performance for the split jerk. Have athletes perform 5 reps of each step. Steps 1-3 are to be done without a PVC pipe.

- Jump and land in partial squat (with hands at sides)
 - Focus on full hip extension
- Jump and land in split (with hands miming the front-rack position)
 - Have athletes focus on landing with front shin vertical and back knee slightly bent.
- Jump punch and land in split
 - Focus on vertical torso in the dip and locked out arms when landing.
- Split jerk with PVC
 - Ensure athletes are pressing after hips have extended.

:16-:26**SPLIT JERK — BUILD-UP & FINAL WORKOUT PREPARATIONS (10 minutes)**

If possible, partner up athletes of similar strength and/or height. Review how to take the bar in and out of the rack correctly, as well as how to bail if needed. If athletes are looking to hit a PR, encourage them to do so at set 5 or 6.

- Build up to first working set by doing sets of 5-4-3, increasing in load each set.
- The first working set should be challenging for athletes, but allow for a gradual buildup across the first few working sets.
- Athletes should also use this opportunity to use the bathroom and take care of any final preparations.

:26-:54**WORKOUT — START AT :26 (28 minutes)**

- Continue to evaluate movement mechanics for the split jerk.
- If performance of the movement deviates significantly from sound mechanics, reduce the load.
- Assess appropriate management of loads between sets.
- Failed reps still count toward a working set. Determine if the athlete should attempt the load again or lower the weight to complete a successful set.
- Ensure a safe work area for all athletes.
- For class unity, coaches have the option of setting a timer and running a set every 4 minutes.

:54-:60**COOL-DOWN (6 minutes)**

This cool-down focuses on developing additional shoulder strength and stability.

- Clean up equipment.
- 4 x 25 banded face pulls
- Log scores and compare to 160812.



SUNDAY 180812

5-4-3-2-1 reps for time of:
 15-ft. rope climbs
 Clean and jerks

Increase weight on the clean and jerk each round.

Men: 145-165-185-205-225 lb.
 Women: 115-125-135-145-155 lb.

COACHES NOTES:

This couplet combines a high-skill gymnastics movement with a high-skill weightlifting movement. Clean-and-jerk loading progresses from a moderate weight to one that is much more challenging. Consider scaling the clean and jerk if 225/155 lb. is over 90 percent of an athlete's 1RM clean and jerk, or if rest between reps exceeds 30 seconds. Use the rope-climb progression to assess skill and determine proper scaling. Consider scaling the rope climb if an athlete cannot perform a single rep in under 20 seconds.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask for injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up. Focus on proper execution of the muscle clean to the shoulder press.

:04-:14**GENERAL WARM-UP (10 minutes)**

This warm-up builds flexibility, increases the core temperature and focuses on movement patterns demanded by the workout. Use the banded stretch to prepare athletes for the demands of the rack position and the overhead position. Increase the degree of the stretch on each set. Focus on proper mechanics on the muscle clean and the shoulder press. Increase the pace of all movements during the second round.

- 2 sets for 45 seconds on each arm of a banded front-rack stretch
- 2 rounds:
 Row for 90 seconds
 15 GHD hip extensions
 10 hang muscle cleans to shoulder press with barbell

:14-:21**ROPE CLIMB — SPECIFIC INSTRUCTION (7 minutes)**

Use this progression to warm up, refine and scale the rope climb.

- 2 sets of 6 reps of a rope row to chest
 - Athletes are to perform 3 reps with the right hand on top and then 3 reps with the left hand on top. Similar to a ring row, adjust the foot position to scale the level of difficulty.
- 2 sets of 3 rope hang to high knees raise
 - The focus is on keeping the arms long and hands secured to the rope while raising the knees toward the elbows.
- 3 rope wrap and stand
 - The focus is on creating a secure wrap of the rope with the feet and standing to full extension of the hips and knees.
- 1 rope climb at 15 ft.
 - Ensure athletes can complete the rep in 20 seconds or less. If not, consider scaling using one of the progressions above.

:21-:28**CLEAN AND JERK — SPECIFIC INSTRUCTION (7 minutes)**

Use this progression to warm up and refine the mechanics of the clean and jerk. Perform 3 reps of each piece of the progression.

- Jump and land with hands at sides
 - Athletes should fully extend the hips and legs on the drive phase. Ensure a sound partial squat position.
- Jump and land with hands at shoulders
 - The focus is on keeping a vertical torso during the dip.
- Jump, punch and land without a barbell
 - The focus is on extending the hips before pressing the hands.

- Push jerk with barbell

- » Ensure athletes are pushing under the bar into an active overhead position.
- High hang power clean to push jerk
 - » Ensure athletes are remaining vertical during the dip of the clean and fully extending the hips and knees before pulling with the arms.
- Hang power clean from the mid-thigh to push jerk
 - » Ensure athletes bring the shoulders over the bar when going to the mid-thigh position, or jumping position.
- Power clean to push jerk
 - » Ensure athletes hit the jumping position and extend the hips before pulling into the receiving position.

:28-:38**CLEAN AND JERK — BUILD-UP (10 minutes)**

Over the course of 5 sets, have athletes build to the load they will be using on the final set of the workout. Consider scaling if proper mechanics are not maintained or there are multiple missed lifts.

- Every 2 minutes for 5 sets:
 - » 2 clean and jerks

:38-:42**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes for the rope climbs.
- All extra plates needed for the workout should be stacked clearly out of the lifting areas and lifts are not performed near the rope-climbing area.

:42-:54**WORKOUT — START AT :42 (12 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the rope climbs if rest breaks become excessive and intensity drops off significantly.
- Scale the load on the clean and jerks if mechanics are not safe or if multiple failed lifts occur.
- Continue to ensure a safe work area for all athletes.

:42-:60**COOL-DOWN (6 Minutes)**

Use this cool-down to recover from the demands of the workout by targeting the upper back and forearms.

- Clean up equipment.
- Kneeling forearm stretch for 60 seconds.
- Foam roll upper back for 90 seconds.
- Log scores.



WEDNESDAY 180815

3 rounds for time of:
 Run 400 meters
 10 shoulder-to-overheads

Men: 185 lb.
 Women: 125 lb.

Post time to comments.

COACHES NOTES:

This couplet pairs a run with a moderate-to-heavy load on the shoulder-to-overhead movement. If an athlete cannot complete the run in 2 minutes or less, scale the distance. Instruct your athletes to choose a weight that allows for all reps to be completed in one or two sets. Athletes may choose between a push press, push jerk or split jerk. If load is the limiting factor for the shoulder-to-overheads, scale the weight and focus on mechanics.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly demonstrate the movements along with the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:14**GENERAL WARM-UP (10 minutes)**

This warm-up focuses on raising the heart rate and increasing flexibility in the hips and shoulders.

2 rounds of:

- 30 seconds of high knees
- 30 seconds of butt kickers
- 10 leg swings per leg
- 200-m jog
- 10 walking lunge steps with PVC pass-throughs
- 10 push-ups into a 30-second downward dog

:14-:20**PUSH JERK — SPECIFIC INSTRUCTION (6 minutes)**

Use this progression to refine the mechanics of the push jerk. The first three progressions are performed without a PVC pipe or empty barbell.

- 5 reps - Jump and land with hands at sides.
 - » Athletes should focus on fully extending the hips.
- 5 reps - Jump and land with hands in the front-rack position.
 - » Focus on the front-rack position and maintaining a vertical torso in the dip.
- 5 reps - Jump, punch and land.
 - » Athletes should focus on full hip extension before punching the arms.
- 10 reps - Push jerk with empty barbell.
 - » Reps 1-5: Focus on having a sound set-up and maintaining a vertical torso in the dip.
 - » Reps 6-10: Focus on full hip extension and maintaining an active overhead position.

:20-:32**PUSH JERK — BUILD-UP (12 minutes)**

Use this time to build athletes up to their working loads. Assess and refine technique throughout the build-up sets.

- Complete 5-5-3-3-3 push jerks, gradually increasing in load each set.

:32-:36**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load on the shoulder-to-overhead and potentially adjusting the distance on the run to reduce rest and maintain intensity.

:36-:48**WORKOUT — START AT :36 (12 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the load for the shoulder-to-overhead if faults are severe or persistent, or rest breaks become excessive.
- If the run is the limiting factor, scale the distance.

:48-:60**COOL-DOWN (12 minutes)**

This cool-down focuses on recovering from the demands of the workout and aiding in recovery.

- Clean up equipment.
- Bike or row for 5 minutes at an easy pace.
- Perform banded shoulder distraction stretches (2 minutes per side).
- Log scores.



SATURDAY 180818

Hang power clean
5-5-5-5-5

Post loads to comments.

COACHES NOTES:

This is a single-modality, heavy weightlifting day. The goal is to lift the heaviest load possible for 5 reps of the hang power clean without resetting on the floor between reps. All sets should be performed above 75-80 percent of an athlete's 1-rep max. In order to achieve this goal, encourage athletes to rest 3-4 minutes between sets. Use the rest periods to assist with load management and correct movement faults.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and explain how to manage the loads.
- Demonstrate movement standards for this workout.

:03-:15**GENERAL WARM-UP (12 minutes)**

This warm-up focuses on raising the heart rate, increasing the core temperature and mobilizing the hips and shoulders. The medicine-ball throws will have hip extension demands similar to the hang power clean.

2 rounds of:

- 1:00 single-unders
- 15 standing leg swings, each side
- :30 double-unders
- 10 backward overhead medicine-ball throws
- :45 banded front-rack stretch, each side

:15-:20**HANG POWER CLEAN — SPECIFIC INSTRUCTION (5 minutes)**

After establishing the starting stance and practicing the hook grip, use the following progression to develop and refine points of performance for the hang power clean. Have athletes perform 5 reps of each step with an empty barbell.

- Dip and drive to shrug
 - Focus on keeping the torso vertical on the dip and rapidly extending the hip before shrugging the shoulders.
- Dip and drive to high elbows
 - Focus on bringing the elbows high after shrugging the shoulders and keeping the bar tight to the body.
- Hang muscle clean
 - Focus on bringing the elbows forward of the bar quickly and delivering the bar to the rack position with a loose fingertip grip.
- "Lands"
 - With the bar in the front-rack position, focus on dropping and landing in a sound quarter-front squat.
- Hang power clean
 - Focus on bringing the shoulders over the bar to the mid-thigh position and extending the lower body completely before pulling on the bar.

:20-:30**HANG POWER CLEAN — BUILD-UP AND FINAL WORKOUT PREPARATIONS (10 minutes)**

- Set the class up in groups of 2 or 3.
- Build up to the first working set by doing 4 sets of 3 reps, increasing in load each set.
- The first working set should be challenging for athletes but allow for a gradual buildup across the first 2-3 working sets.
- Athletes also should use this opportunity to use the bathroom and take care of any last-minute preparations.

:30-:50**WORKOUT — START AT :30 (20 minutes)**

- Continue to evaluate movement mechanics for the hang power clean.
- If performance of the movement deviates significantly from sound mechanics, reduce the load.
- Assess appropriate management of loads between sets.
- Failed reps still count toward a working set. Determine if the athlete should attempt the load again or lower the weight to complete a successful set.
- Ensure a safe work area for all athletes.
- Athletes should perform a set every 3-4 minutes.

:50-:60**COOL-DOWN (10 minutes)**

This cool-down focuses on working the core and improving the front-rack position.

- Perform 2-3 rounds, NOT for time, of:
 - 15 hollow rocks
 - :30-:45 barbell front-rack holds (attempt to use load from heaviest set of the day)
- Clean up equipment.
- Log scores.



THURSDAY 180823

For time:
50 bar muscle-ups

Post time to comments.

COACHES NOTES:

This single-modality gymnastics workout will test skill, grip and stamina. Encourage athletes to break up the workout into small sets, with short rest periods to reduce the risk of muscular failure early in the workout. The number of bar muscle-up reps should be scaled if the athlete does not have the capacity to complete 5 reps in a row, or if they cannot complete this workout in under 12 minutes. This movement can also be modified to a bar muscle-up variation (see Workout Modification section for scaling variations) or a chest-to-bar pull-up. Assess for appropriate scaling during the specific warm-up.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:19**GENERAL WARM-UP (15 minutes)**

This warm-up focuses on raising the heart rate and core temperature while increasing blood flow to the primary musculature used in the workout. Scale the Russian Dips by using the legs to assist as needed.

2 rounds of:

- 500-m Row
- 20 banded pull aparts
- 5 dumbbell windmills per side
- 10 kip swings
- 10 supine straight-arm banded pull overs
- 5 Russian dips

:19-:32**BAR MUSCLE-UP — SPECIFIC INSTRUCTION (13 minutes)**

Use this progression to warm up, refine and scale the bar muscle-up. Athletes that do not have a strict pull-up should still go through the first 3 steps of the progression, while using a box. Transition to a low bar that is secured to J-hooks (on the pull-up rig) for Steps 4 and 5.

- 2 sets of 2 kip swings + 1 kip
 - Have athletes focus on keeping the arms long and pressing down aggressively on the bar to elevate the body. Arms should remain straight.
- 2 sets of 2 kip swings + 1 pull-up
 - Athletes should press down aggressively with straight arms before initiating the pull.
- 2 sets of 2 kip swings + 1 chest-to-bar pull-up
 - The focus should be on driving the elbows back at the top of the pull.
- 2 sets of 2 kip swings + 1 hip-to-bar Kip
 - Focus on pushing down while driving hips toward the bar.
- 2 sets of 2 kip swings + 1 bar muscle-up
 - Have athletes focus on a quick transition from the pull to the press.
- 1 set of 3 bar muscle-ups
 - Focus on a slight push away in order to set up the swing for successive reps.

:32-:38**FINAL WORKOUT PREPARATIONS (6 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling the volume, or the movement to reduce rest breaks and maintain a high degree of intensity.

:38-:50**WORKOUT — Start at :38 (12 minutes)**

- Continue to assess the proper mechanics of the bar muscle-up.
- Scale the bar muscle-up to jumping low-bar muscle-ups or chest-to-bar pull-ups if athletes begin to fail reps or if rest breaks are excessive.

:50-:60**COOL-DOWN (10 minutes)**

This cool-down helps athletes recover from the workout and develop skills. For the handstand shoulder taps, scale athletes to the wall or to a pike position with feet on the box.

- Clean up equipment.
- Foam roll lats, 2 min. per side.
- Accumulate 30 handstand shoulder taps.
- Log scores.

EQUIPMENT LOGISTICS AND WORKOUT MODIFICATIONS

Consider scaling the bar muscle-up to any of the following variations that challenge the athlete to their ability level.

- Banded Bar Muscle-up
 - Attach the band to the athlete in the same fashion as the pull-up with enough tension to achieve a kipping bar muscle-up.
- Seated Low-Bar Muscle-up (seated on a bench with feet extended out front)
 - Seated on bench with feet on floor, use legs to assist athlete through the bar muscle-up.
- Low-Bar Muscle-up with feet on box
 - Extend legs out in front with feet placed on a box. Use legs for assistance to complete the modified bar muscle-up.



MONDAY 180827

For time:
20 clean and jerks

Men: 225 lb.
Women: 155 lb.

Post time to comments.

COACHES NOTES:

This is a heavy, single-modality weightlifting workout. Encourage your athletes to focus on each rep and take adequate rest to avoid failed attempts. If the prescribed load is above 85 percent of an athlete's 1-rep max, consider scaling the weight.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes and demonstrate the movement standards for the workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up. Focus on proper execution of the muscle clean to the shoulder press.

:04-:18**GENERAL WARM-UP (14 minutes)**

This warm-up builds flexibility, increases the core temperature and focuses on movement patterns demanded by the workout. Use the banded stretch to prepare athletes for the demands of the front rack and overhead position. Focus on proper mechanics on the muscle clean and shoulder press.

2 rounds of:

- 90 seconds of single-unders
- 45 seconds of a banded front-rack stretch
- 30 seconds of a hollow hold
- 15 GHD hip extensions
- 10 hang muscle cleans to shoulder presses with barbell

:18-:26**POWER CLEAN AND JERK — SPECIFIC INSTRUCTION (8 minutes)**

Use this progression to warm up and refine the mechanics of the power clean and jerk. Perform 3 reps of each piece of the progression.

- Jump and land with hands at sides
 - Athletes should fully extend the hips and legs on the drive phase. Ensure a sound partial squat position in the receiving position.
- Jump and land with hands at shoulders
 - The focus is on keeping the elbows high and the torso vertical during the dip.
- Jump, punch and land without a barbell
 - The focus is on extending the hips before pressing the hands.
- Push jerk with barbell
 - Ensure athletes are pushing under the bar into an active overhead position.
- High hang power clean to push jerk
 - Ensure athletes are remaining vertical during the dip of the clean and fully extending the hips and knees before pulling with the arms.
- Hang power clean from the mid-thigh to push jerk
 - Ensure athletes bring the shoulders over the bar when going to the mid-thigh position or jumping position.
- Power clean to push jerk
 - Ensure athletes hit the jumping position and extend the hips before pulling into the receiving position.

:26-:40**CLEAN AND JERK — BUILD-UP AND FINAL WORKOUT PREPARATIONS (14 minutes)**

Increase load over the course of 5 sets. Have athletes build to a load that is slightly heavier than the intended load for the workout. Consider scaling if proper mechanics are not maintained or there are missed lifts.

- Every 2 minutes for 5 sets:
 - » 2 clean and jerks
- After the final warm-up set, assist each athlete in finalizing his or her workout weight.
- Give athletes time to use the bathroom and take care of any last-minute preparations.

:40-:50**WORKOUT — START AT :40 (10 minutes)**

- Continue to assess for proper mechanics.
- Scale the load on the clean and jerks if mechanics are not safe or if multiple failed lifts occur.
- Continue to ensure a safe work area for all athletes.

:50-:60**COOL-DOWN (10 minutes)**

Use this cool-down to recover from the demands of the workout.

- Clean up equipment.
- Run at an easy pace for 3 minutes.
- Samson stretch for 1 minute on each side.
- Foam roll upper back for 1 minute.
- Log scores.



WEDNESDAY 180905

Nate

Complete as many rounds as possible in 20 minutes of:
 2 muscle-ups
 4 handstand push-ups
 8 kettlebell swings

Men: 2-pood KB
 Women: 1.5-pood KB

Compare to 150523.

COACHES NOTES:

This hero workout combines two skill-intensive gymnastics movements with a challenging load on the kettlebell swing. The rep scheme for this workout encourages unbroken sets and quick cycle times. Due to the duration of the workout, encourage athletes to pace the beginning slightly to avoid muscular failure. Use the specific warm-ups for each movement to assess for proper scaling.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for the workout.
- Brief the athletes on the intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up, focusing primarily on proper execution of the kettlebell swings.

:04-:13**GENERAL WARM-UP (9 minutes)**

This warm-up focuses on raising the heart rate and core temperature while increasing blood flow to the primary musculature used in the workout. Increase the load slightly on the second round of the kettlebell complex and focus on proper execution of the swings. Focus on pushing the hips to the ceiling on the crab walk to stretch the shoulders.

- Kettlebell complex, use 1 kettlebell
 - 10 deadlifts
 - 5/5 windmills
 - 10 Russian swings
 - 10 goblet squats
 - 10 swings to full range of motion
- 30 feet of a high-hips crab walk, moving forward

:13-:23**MUSCLE UP — SPECIFIC INSTRUCTION (10 minutes)**

Use this progression to warm up, refine and scale the ring muscle-up.

- 10 false-grip ring rows
 - Instruct athletes to pull the rings below the chest while maintaining a false grip.
- 2 reps of a 5-second ring support to a slow negative ring dip
 - Instruct athletes to keep the arms straight, push the rings down and squeeze the rings in on the supports. Ensure that athletes bring the shoulders below the elbows at the bottom of the dip. Scale this progression by keeping feet on the ground.
- 5 reps of a low ring muscle-ups
 - Instruct athletes to start with their feet directly below the rings. Make sure they are pulling the rings below the chest and performing a smooth transition to the bottom of the dip before pressing or jumping to lockout.
- 5 reps of a low ring muscle-ups with legs straight
 - Ensure that athletes' set-ups start with their legs straight and feet forward of the rings. Instruct athletes to keep their heels on the ground for the entire rep and work the transition in this more challenging position.
- 5 minutes to practice muscle-ups
 - Demonstrate the scaling options for the workout. Have athletes spend this time focusing on the variation of the muscle-up they plan to use in the workout and give opportunities for muscle-ups on the high rings.

:23-:31**KIPPING HANDSTAND PUSH-UP — SPECIFIC INSTRUCTION (8 minutes)**

Use this progression to warm up, refine and scale the kipping handstand push-up. Progressions can be performed with one to three AbMats.

- 5 reps of 1 kick-up to handstand on wall with 5-second hold
 - Instruct athletes to keep a tight body position on the handstand hold while pushing the shoulders to the floor. Scale athletes to a partial wall walk with a 5-second hold if needed.
- 5 reps of a headstand hold with knees on elbows for 5 seconds
 - Focus on establishing a tripod position with the head and hands.
- 5 reps of a slow negative handstand push-up to knees-to-elbows
 - Instruct athletes to lower slowly to the tripod position before kicking down from the wall. Scale athletes to a slow negative handstand push-up with feet or knees on box if needed.
- 5 reps of a kipping handstand push-up
 - Instruct athletes to aggressively extend the hips and legs before pressing with the arms. Scale athletes to a handstand push-up with feet or knees on box if needed.

:31-:35**FINAL WORKOUT PREPARATIONS — BUILD-UP (4 minutes)**

- Perform 1 round of the workout at an easy pace with the intended movement variations and loads.
- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.

:35-:55**WORKOUT — START AT :35 (20 minutes)**

- Continue to assess the proper mechanics of each movement.
- Scale to an easier variation of the muscle-up and handstand push-up if faults are persistent, range of motion deteriorates or rest breaks become excessive.
- Consider scaling the load on the kettlebell swings if rounds cannot be completed unbroken or if technique degrades.

:55-:60**COOL-DOWN (5 minutes)**

Use this cool-down to help athletes recover from the workout by stretching the shoulders.

- Clean up equipment.
- Banded lat stretch, 1:30 per arm
- Log scores and compare to 150523.



SATURDAY 180908

With a running clock, every minute perform 1 lift, then add 10 lb. (women increase by 5 lb.)

Start with an empty barbell and snatch for as long as possible.

Once you cannot snatch the weight, clean for as long as possible.

Once you cannot clean the weight, deadlift for as long as possible.

Post heaviest load for the snatch, clean and deadlift to comments.

Compare to 150311.

COACHES NOTES:

This is an interval-based weightlifting workout that will primarily challenge the athlete's technique in the snatch and clean before progressing to a strength-focused, less technical deadlift. This workout ultimately will test the 10 general physical skills across all three lifts. Keep in mind that you will need to make sure athletes are moving consistently and safely as each minute of the workout unfolds.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:03

WHITEBOARD (3 minutes)

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for the workout.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain that the specific warm-up also will serve as general warm-up.

:03-:09

GENERAL WARM-UP/SPECIFIC WARM-UP (6 minutes)

This warm-up focuses on raising the heart rate and core temperature while also providing practice time for movements found in the workout. All portions of this warm-up are coach-led. After establishing the correct stance and grip, perform 5 reps of each piece of the progression. Steps 1-4 should be performed with a PVC pipe, and steps 5-8 should use an empty barbell.

- PVC pass-through
 - Focus on keeping ribs down and pressing into the PVC pipe.
- Overhead squat
 - Maintain active shoulders with armpits facing forward.
- Hang snatch
 - Focus on driving elbows high and outside before pulling under the bar.
- Snatch
 - From the floor, ensure hips and shoulder are rising together.
 - Focus on extending hips fully before pulling under the bar.
- Front squat
 - Focus on sending hips back and down while keeping triceps parallel to the floor.
- Hang clean
 - Focus on footwork and receiving the bar with elbows high.
- Clean
 - Focus on extending hips fully before pulling under the bar.
- Perform 5 deadlifts, 3 cleans and 1 snatch.

:09-:13

FINAL WORKOUT PREPARATIONS (4 minutes)

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.
- Ensure that the equipment layout allows the workout to be performed safely.

:13-:58

WORKOUT — START AT :13 (45 minutes)

For class cohesiveness, consider adjusting the recommended loading increase to allow all athletes to finish around 35-45 minutes.

- Continue to evaluate mechanics for the movements.
- If failed reps occur, athletes may attempt the rep again within the minute.
- Continue to ensure that there is a safe work area for all athletes.

:58-:60

COOL-DOWN (2 minutes)

Use this cool-down to decompress and stretch the low back after this demanding workout.

- Clean up equipment.
- 1:00 child's pose stretch.
- Log scores.

WORKOUT MODIFICATION

Running this workout as written can make it challenging to maintain a cohesive class as some athletes will finish significantly faster than very strong athletes. Consider the following strategy as a possible way to modify this workout at your affiliate:

Everyone does the workout for 40 minutes. Alter the load increases on each lift accordingly. Men with a deadlift under 275 lb. can make 5-lb. increases on the snatches and cleans before making 10-lb. increases on the deadlifts. Women with a deadlift under 150 lb. can start with a 15-lb. bar. For very strong athletes: Men can make some 20-lb. jumps on the deadlifts and women can make 10-lb. jumps to finish within the 40-minute time frame. Athletes who finish in under 40 minutes can lighten the load and perform snatches for the remainder of the time, focusing primarily on technique.



THURSDAY 180913

4 rounds for time of:
 25-cal. row
 25 burpees

Post time to comments.

COACHES NOTES:

This workout combines a monostructural movement and a low-skill gymnastics movement. Athletes should be able to move continuously throughout this workout, but encourage them to pick a challenging pace for both movements to elicit intensity. Use the specific warm-ups of each movement to assess for proper scaling.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:12**GENERAL WARM-UP (8 minutes)**

This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

2 rounds of:

- 45 seconds of jumping jacks
- 30 seconds of high knees
- 20 groiners
 - Focus on jumping the front foot forward to meet the plane of the front hand.
- 5/5 forward leg swings
 - Focus on keeping the legs as straight as possible and gradually adding height with each rep.
- 45 seconds of a supported squat hold
 - Have athletes hold an upright position and focus on getting as low as possible in the air squat, while maintaining proper mechanics.

:12-:25**ROW — SPECIFIC INSTRUCTION (13 minutes)**

Use this progression to warm up and refine rowing technique. Consider scaling if 25 calories will take longer than 2 minutes on any round.

- In partners, 2 rounds of: 5 legs-only rowing + 5 legs and shoulders rowing
 - Focus on the proper extension sequence: Keep the shoulders in front of the hips for legs-only rowing, and wait to open the hips until the knees extend for legs and shoulders rowing.
- In partners, 2 rounds of: 10 full strokes, slow pace
 - Focus on the proper return sequence on the full stroke: arms extend, then shoulders come forward, then knees bend.
- 10-calorie row, moderate pace
 - Focus on maintaining connection to the rower with the upper body by squeezing the core and locking down the lats through each stroke.
- 3 rounds of a 10-calorie row
 - Focus on adding 10 percent intensity each set until rowing at the full pace intended for workout.

:25-:30**BURPEE — SPECIFIC INSTRUCTION (5 minutes)**

Use this progression to warm up, refine and scale the burpee. Consider scaling the movement to a burpee with a step, or scaling the number of repetitions per round, if 25 burpees will take 2 minutes or longer on any round.

- 10 scapular push-ups
 - Focus on squeezing the shoulder blades together while keeping the abs engaged.
- 10 push-ups
 - Focus on maintaining a straight body line throughout the entire movement.
- 10 6-inch vertical jumps, stopping completely between reps.
 - Focus on locking out the knees in the jump and landing with the knees pressed out over the toes.
- 10 burpees
 - Focus on jumping the feet into a shoulder-width position with the heels driven into the ground when coming off the floor.

:30-:34**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.

:34-:54**WORKOUT — START AT :34 (20 minutes)**

- Continue to assess the proper mechanics of each movement.
- Consider scaling calories/repetitions of a movement if it takes longer than 2 minutes to complete either piece.

:54-:60**COOL-DOWN (6 minutes)**

Use this cool-down to recover from the workout by gradually reducing heart rate and stretching the lower body.

- Clean up equipment.
- Seated hamstring stretch, 1:30
- Deep forward lunge stretch, 1 minute per leg
- Log scores.



WEDNESDAY 180919

Complete as many rounds as possible in 20 minutes of:
10 strict knees-to-elbows
3 wall walks

Post rounds completed to comments.

COACHES NOTES:

This workout uses two technically demanding gymnastics movements that will test the stamina and strength of the shoulders and core. Due to the strict nature of this workout, the pace will be slow. Encourage athletes to prioritize perfect mechanics. The strict knees-to-elbows will be challenging, but you should be able to complete them in 2-3 sets each round. The wall walks should allow for consistent movement each set. If strength is the limiting factor for the wall walks, scale to the box variation and focus on good mechanics. The number of knees-to-elbows can also be scaled if the total volume causes significant breaks or if the athletes deviates from a strict movement. In addition, this movement can be modified to a hanging or lying knee raise. Assess for appropriate scaling during the specific warm-up.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

:00-:04

WHITEBOARD (4 minutes)

- Ask about injuries.
- Brief the athletes on the goal and intended stimulus of the session.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:14

GENERAL WARM-UP (10 minutes)

This warm-up focuses on raising the heart rate and preparing for the demands of the workout.

2 rounds of:

- 50-ft. bear crawl
- 50-ft. crab walk
- 15 shoulder joint rotations
- 10 hip extensions
- 10 push-ups to side plank
- 10 hollow rocks

:14-:24

WALL-WALK — SPECIFIC INSTRUCTION (10 minutes)

Use this progression to warm up, refine and scale the wall walk. Lead the group through each step of the progression. Athletes who are not ready to kick up against the wall can do all steps of the progression in a pike position with feet on a box. If athletes cannot successfully complete 3 wall walks during this time, consider scaling to a box for the workout.

- :30 wall-facing handstand hold
 - Focus on keeping the abs and glutes engaged while pressing into the ground with the hands.
- 10 wall-facing shoulder taps
 - Focus on keeping the shoulder and hips in line for the duration of the shoulder taps.
- 5 partial wall walks (with feet against the wall)
 - Focus on keeping the legs straight and parallel to the floor throughout the rep.
- 3 wall walks
 - Focus on keeping abs and glutes tight while also maintaining a neutral head position.

:24-:29

STRICT KNEES-TO-ELBOWS — SPECIFIC INSTRUCTION (5 minutes)

Use this series to warm up, refine and scale the knees-to-elbows. Lead athletes through 5 reps of each step.

If athletes cannot hang from the pull-up bar, all steps can be scaled to a lying supine variation with athletes holding onto a post.

- Knee raise
 - Focus on using hip flexors to pull knees toward the torso.
- Knees-to-armpits
 - Focus on pushing down on the bar to utilize the lats.
- Knees-to-elbows
 - Press down on the bar while using hip flexors to pull the knees to the elbows.

:29-:33

FINAL WORKOUT PREPARATIONS (4 minutes)

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling the wall walks and potentially the range of motion on the knees-to-elbows to reduce rest breaks and maintain a high degree of intensity.

:33-:53

WORKOUT — START AT :33 (20 minutes)

- Continue to assess for proper mechanics.
- Scale the wall walks to the box variation if faults are severe or persistent or rest breaks become excessive.
- If the volume of the knees-to-elbows is the limiting factor, scale the reps.
- If athletes are not strong enough to do strict knees-to-elbows, modify the movement to knees-to-armpits or knee raises.

:53-:60

COOL-DOWN (7 minutes)

This cool-down focuses on recovering from the demands of the workout and stretching the lats and abdominals.

- Clean up equipment.
- Banded lat stretch, 2 min. per side
- 1 min. cobra pose
- Log scores.



TUESDAY 180925

Run 5,000 m

Post time to comments.
Compare results to 180502.

COACHES NOTES:

This is a longer duration, single-modality benchmark that primarily tests the aerobic engine as well as running stamina. Coaches should advise athletes to pick a steady yet challenging pace that can be maintained throughout the entire run. For athletes with previous running data, consider a pace between 75-80 percent of a 1.5-k time trial (equivalent to ~75-80 percent of a 1-mile trial). Use the entire warm-up to assess for proper scaling.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow of the workout.
- Brief the athletes on the intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:13**GENERAL WARM-UP (10 minutes)**

This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

- 400-m jog – light pace
 - Focus on basic running mechanics: keeping the chest up with the shoulders back, and looking forward.
 - Use this initial jog to assess for any injuries that might prevent an athlete from running. Begin setting up scaling options involving other movements, such as rowing or biking.
- 15 glute bridges
 - Focus on squeezing the glutes at the top of each rep.
- 10 air squats
 - Focus on maintaining proper squat mechanics.
- Dynamic range-of-motion drills, perform 10 reps of each exercise:
 - Standing hip capsule stretch
 - Standing single-leg hamstring stretch + deep forward lunge + upper-body rotation
 - Standing forward leg swings
 - Over overs
- 2 sets of a 25-m carioca run
 - Focus on moving the feet quickly while keeping the core engaged.

:13-:22**RUN—SPECIFIC INSTRUCTION (9 minutes)**

Use this progression to warm up and refine running technique, as well as to continue to warm up the cardiovascular system. Ideally, this section is completed on a 50-m straightaway. Consider scaling the distance of the run if athletes do not yet have the capacity to run a 6-minute 1-k pace for the entire piece (equating to a 9:40 mile pace). Scaling options may also include intervals of running and walking. If an athlete has scaled to another monostructural movement within the general warm-up, continue that exercise in this section.

- 25 m high knees + jog 25 m
 - Focus on fast cadence in the high knees with the knee breaking the plane of the hip, and a forefoot landing in the jog.

- 25m butt kickers + jog 25 m
 - Focus on pulling the trailing leg off the ground quickly and keeping it close to the body.
- 50-m jog
 - Focus on the upper body: arms loose, elbows bent at 90-degree angles, and minimal cross-body arm motion.
- In partners, 3 rounds of: 50-m run
 - The first two intervals should be completed at approximate 5-k pace; the final interval should be completed faster than 5-k pace.

:22-:26**FINAL WORKOUT PREPARATIONS — (4 minutes)**

- Allow athletes to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.
- If scaling to another monostructural movement, maintain the time domain of the workout by moderating the distance accordingly.

:26-:57**WORKOUT — START AT :26 (31 minutes)**

- Continue to assess proper mechanics of the run.
- Consider scaling the distance of the run if an athlete is not able to maintain a 6-minute 1-k pace.
- If athletes finish the workout under 28 minutes, send them on a slow 400-m walk to begin the recovery process.

:57-:60**COOL-DOWN — (3 minutes)**

Use this cool-down to help recover from the workout by gradually reducing heart rate and stretching the lower body. Continue to assess the proper mechanics of each movement.

- Deep forward lunge stretch, 1:30 per leg
- Log scores.



WEDNESDAY 181003

For time:
 21 back squats
 42 GHD Sit-ups
 15 back squats
 30 GHD Sit-ups
 9 back squats
 18 GHD Sit-ups

Men: 225 lb.
 Women: 155 lb.

COACHES NOTES:

This couplet combines a challenging load on the back squat with a high volume of GHD sit-ups. A possible hidden element with this workout is the movement function redundancy of midline stabilization throughout a large range of motion and the quads for leg extension. Be prepared for this redundancy to provide a unique challenge for each movement. Most athletes will need to scale the load on the back squat in order to manage intensity and move safely. Only advanced athletes with consistency in performing GHD sit-ups should attempt this as prescribed. Use the specific warm-ups to assess for scaling.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

Use this variation of the classic CrossFit warm-up to raise the core temperature and move the joints through their full ranges of motion.

2 rounds of:

- 1:00 single-unders
- 10 ring rows
- 10 push-ups
- 10 GHD hip extensions
- 10 straight-leg sit-ups
- 10 squat therapy reps
- :30/side Spiderman stretch

:15-:20**GHD SIT-UP — SPECIFIC INSTRUCTION (5 minutes)**

After instructing the correct setup position and proper execution of the movement, use the following series to warm up and refine the mechanics of the GHD sit-up. Perform 3 sets of 3 reps of each movement.

- $\frac{1}{4}$ GHD sit-up + GHD sit-up to parallel + full range of motion GHD sit-up
 - Ensure that the hips are on the front side of the pad and the legs are slightly bent in the setup position.
 - Focus on proper timing of the knee extension to assist in pulling the torso toward the foot pad.
- Athletes who have never used the GHD before should not go lower than parallel to the floor.

:20-:25**BACK SQUAT — SPECIFIC INSTRUCTION (5 minutes)**

- $\frac{1}{4}$ back squats
 - Focus on bracing the abdominals and pushing the hips back and down on the initiation of each rep.
- 1 and $\frac{1}{4}$ back squats with pauses
 - A rep is executed as follows: squat to a depth below parallel and pause for 2 seconds, then ascend to just above parallel, pause for another 2 seconds, then descend again to below parallel before standing all the way up to the finish position.
- Back squat
 - Assess for sound squat mechanics and ensure athletes engage the upper back by having a tight grip and pushing the head back into the barbell.

:25-:33**BACK SQUAT (8 minutes)**

Use this time to gradually build athletes up to their working loads. Assess and refine technique throughout the build-up sets.

- Have athletes build up to their working weight by completing 4 sets of 3 back squats, gradually increasing in load each set.
- Have athletes perform 3 GHD sit-ups after each warm-up set.
- Scale the load if there are deviations in technique or if the load appears to be too challenging to do the first 21 reps in less than 3 sets or under 2:30.

:33-:37**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Allow a final warm-up set if needed.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling the load on the back squat to keep athletes safe and to allow for no more than 3 sets on any round.
- If needed, organize athletes to start on different movements or stagger the start to make best use of the equipment.

:37-:52**WORKOUT — START AT :37 (15 minutes)**

- Continue to evaluate mechanics for the back squat.
- Scale the load if failed reps occur, if there are severe deviations in mechanics or if there are any safety violations.
- Scale the reps on the GHD sit-ups if an athlete cannot repeatedly complete 10 reps before needing rest.

:52-:60**COOL-DOWN (8 minutes)**

This cool-down helps athletes recover from the workout by performing the same movement patterns in a high-rep setting and stretching the hip flexors. This is extra space if you need it.

- Clean up equipment.
- 2:00 of air squats performed at an easy pace
- Samson stretch, 1:00 per leg.
- Log scores.



FRIDAY 181005

3 rounds for max reps:

Power clean for 30 seconds, rest 30 seconds
 Power clean for 25 seconds, rest 35 seconds
 Power clean for 20 seconds, rest 40 seconds
 Power clean for 15 seconds, rest 45 seconds
 Power clean for 10 seconds, rest 50 seconds

There is no rest between rounds.

Men: 155 lb.

Women: 105 lb.

COACHES NOTES:

This single-modality weightlifting workout is high-rep and moderately loaded. The short intervals will require the athlete to move quickly and efficiently for the best possible score. This workout also provides a great opportunity to refine technique and mechanics for touch-and-go reps. Use the specific warm-up to assess for scaling.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:13**GENERAL WARM-UP (10 minutes)**

This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

3 rounds, :20 work/:10 rest, of:

- Jumping jacks
- Mountain climbers

Followed by, 2 rounds of:

- 25 band pull-aparts
- 25 banded good mornings
- :45 per side of banded front-rack stretch

:13-:18**POWER CLEAN — SPECIFIC INSTRUCTION (5 minutes)**

After establishing the correct setup position, use the following series to warm up and teach the power clean with an empty barbell:

- 5 Clean-grip deadlift to mid-thigh
 - Look for long arms and shoulders remaining over the bar at mid-thigh.
- 5 Clean-grip deadlift and shrug
 - Ensure a vertical extension of the hips and legs before the shoulders shrug.
- 5 Muscle clean
 - Focus on a quick transition to the rack position.
- 5 Lands
 - Focus on the feet moving quickly from the starting to the receiving position and the hips descending back and down.
- 5 Hang power clean
 - Focus on bringing the shoulders over the bar to mid-thigh and a sound receiving position.
- 5 Power clean
 - Focus on the first pull to the mid-thigh and achieving full hip/knee extension before pulling under the bar.

:18-:23**POWER CLEAN TOUCH-AND-GO — SPECIFIC INSTRUCTION (5 minutes)**

Use the following series to teach the efficiency needed to cycle reps. The focus is on the speed of the execution as well as maintaining a straight bar path. The athlete can use an empty bar or a barbell with light bumpers.

- 5 Touch-and-go deadlifts
 - Focus on establishing the proper starting position on each rep and maintaining a straight bar path.

- 5 Touch-and-go deadlift + shrug

- » On the descent, focus on relaxing the shoulders and brushing the thighs.

- 5 Touch-and-go deadlift + high pull

- » Focus on reaching the elbows high and outside on the ascent. On the return, focus on returning to long arms before brushing the thighs.

- 5 Touch-and-go muscle cleans

- » Focus on a quick retreat of the elbows.

- 5 Touch-and-go power cleans

- » Focus on the proper receiving position and standing quickly before returning to the floor.

:23-:33**POWER CLEAN — BUILD-UP (10 minutes)**

Use this time to gradually build athletes up to their working loads. Assess and refine technique throughout the build-up sets.

- Have athletes build up by completing 5 sets of 3 touch-and-go power cleans, gradually increasing in load each set.
- The final 2 warm-up sets should be above the intended workout weight.
- The physical and neurological demands can potentially increase workout performance. Make note if this was beneficial to your athletes.
- Scale the load if there are severe deviations in technique.

:33-:37**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Reduce load from the final build-up set for the workout.
- Finalize scaling options with your athletes. Focus should be on a loading that keeps athletes safe and capable of performing consistent singles.

:37-:52**WORKOUT — START AT :37 (15 minutes)**

- Continue to evaluate mechanics for the power clean.
- Scale the load if failed reps occur, or if there are significant technical deviations or safety violations.
- On the second and third rounds, encourage athletes to attempt to match reps from prior rounds.

:52-:60**COOL-DOWN (8 minutes)**

Use this cool-down to help athletes recover from the workout by isolating the core and stretching the hamstrings.

- Clean up equipment.
- 3 sets of:
 - » :30 side plank, each side
- Banded hamstring stretch, 1:00 per leg
- Log scores.



SUNDAY 181007

For time:
 50 wall-ball shots
 50 pull-ups
 35 wall-ball shots
 35 pull-ups
 20 wall-ball shots
 20 pull-ups

Men: 20-lb. ball to 10 ft.
 Women: 14-lb. ball to 9 ft.

COACHES NOTES:

This workout pairs a light squat and press movement with an upper body vertical pull—a classic CrossFit combination, reminiscent of Fran. Despite the high volume, localized muscular fatigue will be mitigated with the light wall-ball load, complementary movement functions and descending rep scheme. Use the specific warm-up to assess for scaling. Coaches should advise athletes to scale movements and repetitions such that the workout can be executed with large sets and minimal rest. This will help push the edges of capacity and generate intensity.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate movement standards for this workout.
- Briefly cover the general scaling options, knowing you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:12**GENERAL WARM-UP (8 minutes)**

This warm-up focuses on raising the heart rate and preparing for the demands of the workout while also increasing blood flow to the primary musculature that will be used. All portions of this warm-up are coach-led.

- 1:00 of jumping jacks
- 1:00 of high knees
- 10 squats with a rotational reach at the bottom of the squat
 - Focus on twisting the torso and reaching overhead with a straight arm while keeping the heels on the ground.
- 5 scapular push-ups
- In pairs, with a light medicine ball (10-14 lb.), 1:00 of each exercise:
 - Chest passes
 - Rotational tosses
 - Overhead passes
 - Squat + chest pass to partner

:12-:20**WALL-BALL — SPECIFIC INSTRUCTION (8 minutes)**

Use this series to warm up, refine and scale the wall ball.

- 10 repetitions of squat therapy on the wall
 - Focus primarily on sending the hips back and down.
- 5 medicine-ball front squats with a 2-second hold at the bottom of each rep
 - Set up an arm's distance from the wall and focus primarily on driving the knees out to the side at the bottom of each rep.
- 5 medicine-ball throws at the wall-ball target with a push/press/dip
 - Focus on a quick transition out of the dip and hitting the correct target height.
- 2 sets of 5 wall balls
 - On the first set, focus on driving the hips back and down. On the second set, focus on catching the ball with the chest up and elbows pointed to the floor.

:20-:32**PULL-UP — SPECIFIC INSTRUCTION (12 minutes)**

Use this progression to warm up the pull-up. Consider scaling the repetitions of the pull-up to a number that can be completed in 4-5 sets each round. Use the first progression to determine scaling. For today, if an athlete cannot complete both sets of strict pull-ups unassisted, scale pull-ups within the workout. Athletes who do not yet have the capacity to complete strict pull-ups can do all the warm-up progressions with feet planted on a box.

- 2 sets of 3 strict pull-ups (or partner-assisted strict pull-ups)
 - Focus on bracing the core and beginning each pull by pulling the shoulders away from the ears.
- 1 set of 5 kip swings
 - Focus on creating correct hollow and arch positions.
- 3 sets of (1 kip swing + 1 kip + 1 kipping pull-up)
 - Focus on pulling back and down on the bar in the kip and waiting to bend the elbows in the pull-up until the athlete reaches the full back-swing (hollow) position.
- 3 sets of 3 pull-ups
 - Focus on pushing away from the bar at the top of each pull-up.

:32-:36**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes.
 - For the wall-ball, scale load, reps or possibly height.
 - For the pull-up, scale to jumping pull-ups or a decreased number of banded strict pull-ups.
- Apply protective measures to hands in anticipation of high pull-up volume.

:36-:52**WORKOUT — START AT :36 (16 minutes)**

- Continue to evaluate mechanics for both movements.
- Scale the wall ball and/or pull-up, if repetitions deviate from full range of motion, if there are severe deviations in mechanics or if there are any safety violations.
- Continue to ensure all athletes have a safe work area.

:52-:60**COOL-DOWN (8 minutes)**

This cool-down focuses on recovering from the demands of the workout and stretching the lats and quadriceps.

- Clean up equipment.
- 250-m row, slow pace
- Lat stretch on vertical upright, 1:00 per arm
- Forward split, 1:00 per forward leg
- Log scores.



THURSDAY 181011

Overhead squat
5-5-5-3-3-1-1-1 reps

COACHES NOTES:

This single-modality, heavy weightlifting day primarily challenges strength and flexibility. The goal is to lift the heaviest load possible for sets of 5, 3 and 1. All sets should be performed above 70 to 75 percent of an athlete's 1-rep max. Athletes are encouraged to attempt a new 1-rep max on the final three singles. This requires athletes to rest approximately 3 to 4 minutes between sets. Provide quick, simple corrections during the 5- and 3-rep sets, and use the rest periods as an opportunity to provide a more thorough explanation of any faults and potential fixes.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and explain how to manage the loads.
- Ask athletes for any previously recorded 1-, 3- or 5-rep overhead squat maxes.
- Demonstrate movement standards for the workout.

:03-:11**GENERAL WARM-UP (8 minutes)**

This warm-up focuses on raising the heart rate and increasing flexibility to assist in preparing and/or improving the squat and overhead positions.

2 rounds of:

- 50 double-unders or :30 of double-under practice
- 5 air squats + 5-second pause with heels elevated
- 5 air squats + 5-second pause with feet flat on the ground
- 5 air squats + 5-second pause with toes elevated
- 15 reverse-grip PVC pipe pass-throughs
- :30 reverse-grip bar hang

:11-:17**OVERHEAD SQUAT— SPECIFIC INSTRUCTION (6 minutes)**

Use this series to develop and refine points of performance for the overhead squat. If possible, partner up athletes of similar strength and/or height. Review how to get the bar overhead, re-rack and bail correctly. After establishing stance and grip, lead athletes through 5 reps of each of the following steps using an empty barbell.

- Behind-the-neck snatch-grip push press
 - Focus on keeping the torso vertical during the dip and ensure armpits are facing forward with elbows locked out in the overhead position.
- Tempo overhead squats
 - Keep a tempo of approximately 3 seconds on the eccentric and concentric phases of the movement.
 - Encourage athletes to press up into the bar while pulling the bar back slightly.
- Overhead squat
 - Have athletes focus on sending hips back and down while keeping the bar over the middle of the foot.

:17-:24**OVERHEAD SQUAT — BUILD-UP AND FINAL WORKOUT PREPARATIONS (7 minutes)**

- Build up to first working set by doing sets of 10-7-5, increasing in load each set.
- The first working set should be challenging for athletes but allow for a gradual build-up across the sets. As the reps decrease, the load should increase.
- Athletes should also use this opportunity to use the bathroom and take care of any final preparations.

:24-:56**WORKOUT - START AT :24 (32 minutes)**

- Continue to evaluate movement mechanics for overhead squats.
- If performance of the movement deviates significantly from sound mechanics, reduce the load.
- Assess appropriate management of loads between sets.
- Failed reps still count toward a working set. Determine whether the athlete should attempt the load again or lower the weight to complete a successful set.
- Ensure that all athletes have a safe work area.
- For class unity, coaches have the option of setting a timer and running a set every 4 minutes.

:56-:60**COOL-DOWN — (4 minutes)**

This cool-down utilizes light stretching to recover from the demands of the work-out and aid in recovery.

- Clean up equipment.
- 2 rounds:
 - :30 cobra pose
 - :30 downward dog
- Log scores.



THURSDAY 181018

4 rounds for time of:
 20 squat cleans
 800-m run

Men: 115 lb.
 Women: 75 lb.

Post time to comments.

COACHES NOTES:

This long duration couplet includes a light to moderate load and a medium-distance run. The load on the squat clean should allow the athlete to complete every round of 20 reps in under 2:30, maintaining consistent singles or touch-and-go repetitions. This is a high volume workout, so lighter loads are preferred over heavier loads to keep intensity high. The run distance should be achieved in no longer than 5:00 on any single round. Assess for scaling during the build-up section and scale accordingly to keep your athletes moving.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly cover the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:12**GENERAL WARM-UP (9 minutes)**

Use this warm-up to raise the core temperature and move the joints through their full ranges of motion.

3 rounds of:

- :20 jumping jacks
- :10 rest
- :20 butt-kickers, in place
- :10 rest

2 rounds of:

- Squat hold + 10 thoracic rotations
- 10 air squats with feet together
- Partner front-rack drill, 3 cycles of :10 on and :10 off

:12-:17**SQUAT CLEAN—SPECIFIC INSTRUCTION (5 minutes)**

Use the following series to warm up and teach the squat clean. After establishing the correct setup position, perform the following progression with an empty barbell. Perform 5 reps of each piece of the progression.

- Clean-grip deadlift to mid-thigh
 - Look for long arms and shoulders remaining over the bar while pausing briefly at mid-thigh.
- Clean-grip deadlift and shrug
 - Ensure a rapid vertical extension of the hips and legs followed through with a shrug of the shoulders.
- Muscle clean + front squat
 - Focus on keeping the barbell tight to the body and a sound delivery of the barbell to the rack position. After completing the muscle clean, adjust the feet and perform a front squat.
- Hang squat clean
 - Focus on bringing the shoulders over the bar to the mid-thigh position and sound mechanics on the receiving position of the barbell.
- Squat clean
 - Focus on the first pull of the lift to the mid-thigh and achieving full extension of the hips and knees before pulling under the bar.

:17-:27**BUILD-UP AND FINAL WORKOUT PREPARATIONS (10 minutes)**

Use this time to build athletes up to their working loads and finalize scaling. Assess and refine technique throughout the build-up sets.

- Have athletes build up by completing 2 sets of:
 - 3 squat cleans, increasing in load each set
 - 100-m run
- Scale the load if there are severe deviations in technique or if the load appears to be too challenging to do the first round of 20 squat cleans in under 2 minutes.
- Scale the run distance to 600 meters or 400 meters if the initial 800-meter run will take longer than 4:30 to complete.
- Use this timeframe to take care of any last-minute workout preparations.

:27-:55**WORKOUT - START AT :27 (28 minutes)**

- Continue to evaluate mechanics for the squat clean.
- Scale the load on the clean if failed reps occur, if there are severe deviations in mechanics or if there are any safety violations.
- Scale the distance of the run if any run effort exceeds 5:00.

:55-:60**COOL-DOWN — (5 minutes)**

Use this cool-down to help recover from the workout by rolling the quads. Clean up equipment.

- Clean up equipment.
- 1:30/side, quad roll with a barbell
- Log scores.



MONDAY 181029

15-12-9 reps for time of:

Thrusters
Muscle-upsMen: 135 lb.
Women: 95 lb.

Compare to 170120.

COACHES NOTES:

This couplet pairs a moderate to heavy weightlifting movement with high-skill gymnastics. Instruct your athletes to choose a weight for the thruster that allows all reps to be completed in one or two sets. For the muscle-up, athletes should scale the volume or modify the movement to keep intensity high.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly demonstrate the movements along with the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:04-:12**GENERAL WARM-UP (8 minutes)**

This warm-up focuses on raising the heart rate and preparing for the demands of the workout.

2 rounds of:

- 50-foot crab walk
- 50-foot bear crawl
- 10 thoracic rotations while in the bottom of the squat
- 10 walking lunge steps with rotation (holding medicine ball)
- 5 Inchworms + 5 push-ups

:12-:26**MUSCLE-UP—SPECIFIC INSTRUCTION (14 minutes)**

Use this progression to warm up, refine and scale the muscle-up. Athletes who do not have a muscle-up should still go through the first four steps of the progression and, if able, can substitute a jumping ring dip wherever a ring dip is required. Trainers should lead athletes through this series, performing 5 reps at each step of the progression.

- False-grip ring rows
 - Athletes should focus on pulling the rings to the sternum and keeping wrists as close together as possible.
- :10 ring support + ring dip negative
 - Focus on keeping the rings close to the body and lowering so that the biceps touch the rings in the bottom position.
 - Scale support hold duration as needed.
- Low ring transition (feet directly under the body) + ring dip
 - Athletes should focus on tracing their body with the rings.
 - Once in the bottom position of the ring dip, athletes can perform a ring dip or jumping ring dip to support. Focus on keeping the rings close to the body.
- Low ring transition (with feet out in front)
 - Focus on keeping hips high and transitioning quickly through the rings.
- High ring muscle-ups
 - Ensure any boxes used to reach high rings are set up off to the side of the rings rather than directly below.

:26-:32**THRUSTER SPECIFIC WARM-UP (6 minutes)**

Use this progression to develop and refine points of performance for the thruster. After establishing stance and grip, lead athletes through 5 reps of each step using an empty barbell. Assess and refine technique throughout the build-up sets.

- Front squats
 - Focus on sending hips back and down while keeping elbows up.
- Push press (with front squat stance)
 - Ensure athletes are pressing only after hips have extended. Also check for a sound overhead position.
- Thrusters
 - Cue athletes to squat only after barbell touches shoulders on the return.

:32-:42**THRUSTER BUILD-UP AND FINAL WORKOUT PREPARATIONS (10 minutes)**

- Use this time to build athletes up to their working loads by completing 3 sets of 5 reps, increasing in load each set.
- Have athletes perform 3 reps of their intended muscle-up scale between sets.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load on the thruster and adjusting muscle-up scales as needed.
- Give athletes time to use the bathroom and take care of any last-minute preparations.

:42-:54**WORKOUT - START AT :42 (12 minutes)**

- Continue to assess the proper mechanics of the movements.
- Scale the load for the thruster if faults are severe or persistent, or rest breaks become excessive.
- Scale the muscle-up reps or modify to a scaled variation if multiple failed reps occur or if rest breaks become excessive.

:54-:60**COOL-DOWN (6 minutes)**

This cool-down focuses on recovering from the demands of the workout and aiding in recovery.

- Clean up equipment.
- Thread the needle, 2 minutes per side.
- Log scores and compare to 170120.



WEDNESDAY 181107

21-15-9 reps for time of:

Overhead squats
Box jumpsMen: 135-lb. OHS, 30-in. box
Women: 95-lb. OHS, 24-in. Box**COACHES NOTES:**

This couplet combines a moderately loaded overhead squat with a challenging height on the box jump. This workout is intended to be short in duration and the movement combination will be very demanding on the lower body. Use a load on the overhead squats that allow for the round of 21 to be completed with no more than 2 quick rest periods. Use a height on the box that will allow for consistent reps to be performed.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

GENERAL WARM-UP

2 rounds of:

- 1:00 single-unders
- 15 air squats with band around the knees
- 30 band pull-aparts
- 0:45 per side of a kettlebell ankle mobility stretch

SPECIFIC WARM-UP

Overhead Squat

- 10 Pass-throughs
- 10 Sotts presses
- 10 Waiter overhead squats
- 10 Overhead squats

BUILD-UP

- EMOM 8 minutes
 - » Odd minutes - Overhead squats
 - ◊ Set 1: 5 reps with an empty bar
 - ◊ Set 2: 5 reps with light weight
 - ◊ Set 3: 3 reps with workout weight
 - ◊ Set 4: 3 reps with load above intended workout weight
 - » Even minutes - Jump variation
 - ◊ Set 1: 5 broad jumps
 - ◊ Set 2: 3 box jumps on low box
 - ◊ Set 3: 3 box jumps on medium box
 - ◊ Set 4: 3 box jumps on workout box

WORKOUT

- If running this workout in a group class, ensure the workout starts by the 40-minute mark.
- Use an overhead squat load that allows for the round of 21 to be completed in no more than 2 sets.
- The box-jump height should be challenging but allow for consistent reps to be performed with no failed efforts.
- This is a short time domain with faster athletes finishing in under 5 minutes. Strive to have no athletes go beyond 8-10 minutes.

COOL-DOWN

- Roll calves and ankles with a barbell, 1 min. per side
- Roll quads with a barbell, 1 min. per side
- Log scores.



THURSDAY 181108

10 rounds for max calories of:
 Row 45 seconds, rest 15 seconds
 Row 30 seconds, rest 30 seconds
 Row 15 seconds, rest 45 seconds

There is no rest between rounds.
 Post total calories rowed to comments.

COACHES NOTES:

This rowing workout uses varied work-to-rest ratios to challenge capacity while pushing intensity. During the rest periods, athletes can rest off the rower or row at an easy pace. Athletes should strive to maintain a consistent calorie count throughout all 10 rounds. The pace on the initial rounds should be challenging but sub-maximal for the 45- and 30-sec. intervals.



This plan can be used to prepare for this workout in a group class or if performing the workout on your own.
In a group class, all sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.

GENERAL WARM-UP

2 rounds of:

- 10 inchworms with a push-up
- 20 banded good mornings
- 10 roll-overs to a v-sit
- 0:20 hollow hold

SPECIFIC WARM-UP

Establish the catch position:

- Arms long and reaching forward
- Keep space between the hips and heels
- Sit tall, with the shoulders in front of the hips

After establishing the correct catch position, perform 3 rounds of the following progression. Increase the pace on each round:

- 5 reps of legs only
 - » Focus on pressing the heels into the foot plate and driving aggressively with the legs. Continue to keep the arms long and shoulders in front of the hips.
- 5 reps of legs + torso lean back
 - » Focus on correct timing: The torso leans back after the legs have extended. Continue to keep the arms long.
- 5 full strokes
 - » Focus primarily on the timing of the pull: The legs should extend, the torso should lean back, and then the athlete should pull on the handle.
 - » The finishing position of the pull should be slightly below the chest with the torso leaning back and the elbows near the torso.
- 5 full strokes with a return focus
 - » On the return, focus on the hands punching forward quickly until the handles pass the knees. After the handle has passed the knees, the athlete can lean forward before bending at the legs to the catch position.

WORKOUT

- If running this workout in a group class, ensure that the workout starts by the 25-min. mark.
- Nearly all athletes can attempt this workout as prescribed, but intensity levels will vary.
- Focus on sound rowing mechanics and cue athletes during work intervals as well as rest periods.
- Set a goal for athletes to maintain consistent calories throughout all rounds.

COOL-DOWN

- 30 reps of cat/cow
- Banded hamstring stretch, 1 min. per side
- Log scores.



SATURDAY 181110

Isabel
30 snatches for timeMen: 135 lb.
Women: 95 lb.**COACHES NOTES:**

This is a moderately loaded, short-duration benchmark CrossFit workout. Athletes should use a load that allows for at least 5-7 consecutive reps to be performed. If athletes choose to perform all 30 reps as singles, the rest breaks should be quick and last no longer than 10-15 seconds. Although any style of snatch may be performed, it will be assumed that athletes will perform power snatches for this workout.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:04**WHITEBOARD (4 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Ask athletes for any previously logged Isabel times.
- Demonstrate movement standards for the workout.

:04-:14**GENERAL WARM-UP (10 minutes)**

This warm-up focuses on raising the heart rate, getting the blood flowing and moving the joints through the range of motion demanded by the workout.

2 rounds of:

- :45 of double unders
- 15 banded good mornings
- 10 lunge + PVC pass-throughs
- :30 snatch-grip handstand hold (with back against the wall)
- 10 V-ups

:14-:26**POWER SNATCH— SPECIFIC INSTRUCTION (12 minutes)**

Use this series to develop and refine points of performance for the power snatch. After establishing stance and grip, lead athletes through two rounds of 5 reps of each step. The first round should be done using a PVC pipe, and the second round with an empty barbell.

- Dip, drive and shrug
 - Athletes should focus on maintaining a vertical torso.
- Hang muscle snatch
 - Focus on keeping arms straight until the hips extend. There is no re-bending of the knees in the receiving position of the muscle snatch.
- Overhead squats
 - Athletes should focus on bar path and active shoulders. While athletes will likely perform power snatches in this workout, the overhead squat will help train proper foot position.
- High hang power snatch
 - Focus on staying vertical in the dip and receiving the bar in a sound overhead position.
- Hang power snatch from mid-thigh
 - Hips should fully extend before athlete pulls under the bar.
- Power snatch
 - Ensure the athlete's hips and shoulders are rising at the same rate from mid-shin to right above the knee.

:26-:36**POWER SNATCH — BUILD-UP (10 minutes)**

- Every 2:00 for 5 sets, perform 3 touch-and-go power snatches. Build to loads slightly above the intended workout weight for the day.
- Focus on returning the bar from the overhead position by driving the elbows up and back, then lowering the bar to the hip crease and returning the bar to the floor.

:36-:40**FINAL WORKOUT PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Finalize scaling options with your athletes. Focus should be on appropriately scaling load to reduce rest breaks and maintain high intensity. Ideally, athletes should use a load that will allow them to perform 5-7 touch-and-go reps.
- Discuss strategy with anyone aiming for a new personal record (see additional considerations below).

:40-:47**WORKOUT - START AT :40 (7 minutes)**

- Continue to evaluate movement mechanics for the power snatch.
- If performance of the movement deviates significantly from sound mechanics, reduce the load.
- Ensure a safe work area for all athletes.

:47-:60**COOL-DOWN (13 minutes)**

This cool-down focuses on recovering from the workout demands, some skill development, and finally, light stretching of the lower back to aid in recovery. For the plank hold, add weight if able. If necessary, the duration of the hold can be scaled.

- Clean up equipment.
- 3:00 row or bike at an easy pace
- Accumulate 2:00 in a plank hold.
- Supine twist stretch, 1:30 per side
- Log scores.

ADDITIONAL CONSIDERATIONS

Some athletes may choose to perform touch-and-go reps for either the majority or the entirety of the workout. Grip can become a limiting factor. Encourage athletes to loosen the grip as the bar travels from overhead back to the floor, re-tightening just as the bar passes the waist. Most athletes will need to break up the reps at some point in the workout. Strategize with your athletes to ensure they are taking breaks before absolute failure. Performing quick singles can be a great option while recovering, allowing athletes to perform touch-and-go reps again towards the end of the workout.



SUNDAY 181216

5 rounds for time of:
 400-m run
 10 overhead squats

Men: 135 lb.
 Women: 95 lb.

Post time to comments.

COACHES NOTES:

This couplet utilizes a monostructural movement and a moderately loaded weightlifting movement to test endurance, flexibility and stamina. If an athlete cannot complete 400 meters in under 3 minutes, consider scaling the distance of the run. If the athlete cannot complete all 10 overhead squats unbroken in the first two rounds, consider scaling the load.



This plan can be used to prepare for this workout in a group class or if performing the workout on your own. In a group class, all sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

GENERAL WARM-UP

- 200-m jog
- Dynamic Mobility Drills
 - » 15 goblet squats
 - » 20 mountain climbers
 - » 10 thoracic rotations per side, in bottom of squat
 - » 10 walking-lunge steps with PVC pass throughs
 - » 10 push-ups into :30 downward dog
 - » 20 shoulder rotations

SPECIFIC WARM-UP

Overhead Squats - Lead athletes through the following sequence to prepare for the Overhead Squat

- 10 PVC pipe pass throughs
 - » Focus on keeping belly tight and ribs down.
- 10 PVC waiters overhead squats
 - » Coach athletes to keep armpits forward, while pressing up on the PVC pipe.
- 10 empty barbell overhead squats
 - » The focus is on sending hips back and down, while keeping the bar over the middle of the foot.

BUILD-UP

- Build up to working weight by doing 3x3 reps with the last set being performed with the athletes working weight.
- Perform a 100-m jog after the first two sets.

WORKOUT

- If running this workout in a group class, ensure the workout starts by the 35-minute mark.
- Scale the load for the overhead squat if athletes cannot go unbroken for the first two rounds or if performing 10 reps will take longer than 1:00.
- Scale the distance on the run if 400 meters will take longer than 3 minutes to complete.

COOL-DOWN

- Accumulate 2 minutes in a handstand in no more than 5 attempts (freestanding if able).
- Foam roll quads, 2 minutes per side
- Log scores.



TUESDAY 191224

3 rounds of:
 3 minutes of Turkish get-ups
 2 minutes of double-unders
 1 minute of rest

Women: 25-lb. dumbbell
 Men: 35-lb. dumbbell

COACHES NOTES:

All sections of the class are coach led. This time-priority workout combines a slower movement in the Turkish get-up with a faster movement in the double-under. The load on the Turkish get-up is light. Strive for consistent movement throughout each 3-minute effort. Consider reducing the load if mechanics deteriorate.

Higher-level athletes may accumulate upwards of 600 double-unders. For athletes without consistent double-unders, consider using the 2-minute interval to practice double-unders or complete a combination of single-unders and double-under attempts, such as a 3:1 single-double ratio. Consider having athletes perform only single-unders if deemed appropriate.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the goal of the session and intended stimulus.
- Briefly demonstrate the movements along with the general scaling options for the workout, knowing that you will finalize scaling during the transition time prior to the workout.
- Explain the general warm-up.

:03-:18**GENERAL WARM-UP (15 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and increasing core temperature while also preparing for the range of motion and skill demands of the workout.

6 rounds of:

- 20 seconds of single-under variations
 - Variations include: basic bounce, lateral hops, high knees, butt-kickers, etc.
- 10 seconds rest

2 rounds of:

- 10 seconds of double-unders or attempts
- 10 seconds rest

2 rounds of:

- 15 PVC pass-throughs
- 3 wall walks
- 10 reverse lunges per leg
- 10 ring rows
- 30 seconds straight-arm side plank per side

:18-:26**TURKISH GET-UP—SPECIFIC INSTRUCTION (8 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique. Use a light dumbbell for all progression steps. Have athletes focus on maintaining an active shoulder by pushing their arm and shoulder toward the dumbbell throughout all phases of the movement.

- 5 x windmills, each side
- 5 x single-arm dumbbell overhead reverse lunges, each side
 - Have athletes focus on the knee tracking in line with the toes on the forward leg and making sure the knee on the back leg makes slight contact with the ground (The leg opposite the loaded side should extend back into the lunge).
- 3 x lying to seated position, each side
 - Have athletes focus on planting foot on loaded side and pushing with flexed leg and free arm to seated position.
- 3 x Turkish get-up, each side
 - Have athletes focus on extended leg sweeping back into lunge, standing to full hip and leg extension, and returning to start position by reversing steps.
- 3 x Turkish get-ups, each side
 - Use workout weight.

:26-:29**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately scaling the load and finalizing the jump rope variation.

:29-:46**WORKOUT — START AT :29 (17 minutes)**

- Continue to assess and cue for sound mechanics in the Turkish get-ups. Reduce load if faults are persistent.
- Consider having those struggling with double-unders modify to a single-under and double-under combination that encourages consistency.

:46-:60**COOL-DOWN (14 minutes)**

Coaches notes: This cool-down includes a moderate effort post-workout challenge and stretches musculature that was taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- 2 sets per side of:
 - 100-m single-arm kettlebell farmers carry
 - Use a load that will be challenging to carry for the full 100 meters on the second set.
- 1:00 standing calf stretch, each side
- 1:00 wall press shoulder stretch, each side



THURSDAY 200102

- For time:
- 12 handstand push-ups
 - 1-minute L-sit
 - 9 handstand push-ups
 - 1-minute L-sit
 - 6 handstand push-ups
 - 1-minute L-sit
 - 3 handstand push-ups
 - 1-minute L-sit

Post time and type of handstand push-ups performed to comments.

COACHES NOTES:

All sections of the class are coach led. This task-priority workout combines two challenging gymnastics movements in a manner that brings quality movement and muscular endurance into sharp focus. Use a variation of handstand push-ups that does not allow for all sets to be completed unbroken but also does not force athletes to take more than 2 breaks on any set. This could range from strict to kipping to another appropriate scale, depending on the athlete.

The total duration of L-sits is challenging. Consider scaling the time and/or L-sit if a cumulative 1-minute L-sit set will take longer than 3 minutes to complete.

All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:16**GENERAL WARM-UP (13 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and increasing core temperature while also preparing for the range of motion and skill demands of the workout.

3 rounds of:

- 250-m row
- 15 hollow rocks

2 rounds of:

- 10 PVC pass-throughs
- 15 dumbbell shoulder presses
- 20-second wall press stretch

:16-:19**L-SIT— SPECIFIC WARM-UP (3 minutes)**

Coaches notes: Use this warm-up to prepare athletes for the demands of the L-sit and establish scaling options for the workout.

- 2 rounds of:
 - » 20-second pike stretch
 - » 5 single-leg pike compression, each side
 - » 20-second pike stretch
 - » 5 pike compressions
- 2 sets of a 10-second L-sit hold
 - » Have athletes focus on pushing the shoulders toward the floor while in the support position. Variations that may be used include a tuck L-sit, an L-sit with one leg extended in front while the other is tucked, or an L-sit as prescribed.

:19-:28**KIPPING HANDSTAND PUSH-UP — SPECIFIC INSTRUCTION (9 minutes)**

Coaches notes: Use this progression to warm up, refine, and scale the kipping handstand push-up. Progressions can be performed with one or two AbMats below the athlete.

- 3 reps of 1 kick up to handstand on the wall with 5-second hold
 - » Have athletes focus on keeping a stable midline during the handstand hold while pushing the shoulders to the floor. Athletes can scale this progression to a partial wall walk with a 5-second hold if needed.

- 3 reps of a headstand hold with knees on elbows for 5 seconds
 - » Focus on establishing a tripod position with the head and hands.
- 3 reps of a slow negative handstand push-up to knees to elbows
 - » Have athletes focus on slowly lowering to a tripod position before kicking down from the wall. Athletes can scale this to a slow negative handstand push-up with feet or knees on a box if needed.
- 3 reps of a kip to push-up
 - » After establishing the tripod position, have athletes focus on aggressively extending the hips and legs horizontally before pressing with the arms. Athletes should land in the top of a stable plank position. This progression can be scaled to a handstand push-up with feet or knees on a box if needed.
- Practice handstand push-ups for 2 minutes
 - » Athletes practice the handstand push-up variation they will use in the workout. Options include but are not limited to strict or deficit strict handstand push-ups, a challenging kipping variation, or a variation of handstand push-ups with knees or feet on a box.

:28-:31**FINAL WORKOUT PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately choosing the handstand push-up variation and L-sit duration/variation to be used in the workout.

:31-:48**WORKOUT — START AT :31 (17 minutes)**

- Continue to assess mechanics and rest breaks on the L-sits. Reduce time to complete or scale to an easier L-sit variation if rest breaks are frequent and/or prolonged.
- Consider challenging athletes with a more difficult handstand push-up variation if sets are being completed unbroken. Consider scaling the athlete to an easier handstand push-up variation if there are more than 2 rest breaks during any set.

:48-:60**COOL-DOWN (12 minutes)**

Coaches notes: This cool-down includes a post-workout challenge for overhead stability and stretches musculature that was taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- 2 sets per side of:
 - » 50-m single-arm kettlebell overhead carry
 - ◊ Use a load that will be challenging to carry for the full 50 meters on the second set.
- 1-min. couch stretch, each side
- 1-min. prone shoulder flexion stretch



COACHES NOTES:

All sections of the class are coach led. This task-priority workout combines a medium-distance run alongside a very challenging gymnastics movement. For the run, focus on maintaining a relatively consistent pace during each effort. Expect multiple breaks to occur during each round of strict bar muscle-ups and focus on quality movement on each rep. Use a variation of the strict bar muscle-up that is challenging but allows for consistency and completion without prolonged rest breaks.

Higher-level athletes may complete this workout in under 17 minutes as prescribed, while all athletes can be encouraged to scale the workout to a variation that allows for successful completion in under ~22 minutes. Consider reducing the run distance to allow the first 800 to be completed in under 4:30. Consider using a bar muscle-up variation from the specific warm-up that allows reps to be completed in under 3 minutes every round.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the run route.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:18**GENERAL WARM-UP (15 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and increasing core temperature while also preparing for the demands of the workout.

Every 2 minutes for 5 sets:

- 50 singleunders
- 50-m run, increasing in speed on each set
 - With the time remaining in each 2-minute section, perform a stretch for the calves, glutes/hamstrings, or hip flexors.

2 rounds of:

- 10 PVC pass-throughs
- 10 reverse grip PVC pass-throughs
- 10 PVC Cuban presses
 - (Ensure athletes widen grip outside of press width, then upright row, externally rotate, then press overhead = 1 rep)
- 10 hanging scapula retractions

:18-:25**STRICT BAR MUSCLE-UP — SPECIFIC WARM-UP (7 minutes)**

Coaches notes: Use this warm-up to prepare athletes for the demands of the bar muscle-up and establish scaling options for the workout. Athletes can scale steps through the progression by keeping the feet on the ground or box or using band assistance as needed.

- 2 sets of a 10-second false grip hang
 - Have athletes focus on establishing the correct grip on the bar and maintaining a stable body position.
- 2 sets of 3 strict chest-to-bar pull-ups
 - Have athletes focus on pulling as deep as possible and keeping the elbows close to the body.

- 2 sets of 1 jumping bar muscle-up + 3 dips
 - Have athletes focus on the transition from below to above the bar on the bar muscle-up while using assistance from the legs.

- 3 reps of 1 jumping bar muscle-up + slow negative
 - Have athletes focus on lowering the body in 7-10 seconds.
- 2 minutes to practice a strict bar muscle-up variation
 - Potential variations athletes can practice are: strict bar muscle-ups, negative bar muscle-ups, band-assisted bar muscle-ups, bar muscle-ups with feet on the floor, and kneeling banded PVC bar muscle-up drill.

:25-:28**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately choosing the appropriate strict bar muscle-up variation and scaling the run distance if needed.

:28-:50**WORKOUT — START AT :28 (22 minutes)**

- Continue to assess mechanics and rest breaks on the strict bar muscle-ups. Reduce reps or modify to an easier variation if needed.
- Consider reducing the distance of the run if efforts exceed 5 minutes.

:50-:60**COOL-DOWN (10 minutes)**

Coaches notes: This cool-down includes an exercise that focuses on the posterior chain and stretches musculature that was taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- 2 sets per side of:
 - 45-second banded shoulder stretch, each side
 - 45-second standing calf stretch, each side
- 2 rounds of:
 - 15-25 GHD hip extensions, based on capacity



THURSDAY 200116

Complete as many rounds as possible in 10 minutes of:

- 3 burpee box jump-overs
- 3 deadlifts
- 6 burpee box jump-overs
- 6 deadlifts
- 9 burpee box jump-overs
- 9 deadlifts
- Etc.

Women: 20-in. box, 155 lb
Men: 24-in. box, 225 lb.**COACHES NOTES:**

All sections of the class are coach led. This time-priority workout combines a moderately loaded deadlift alongside a metabolically demanding gymnastics movement. For the deadlift, have athletes prioritize a sound setup and deadlift mechanics; also have them use a load they can lift for at least 15 reps unbroken. For the burpee box jump-overs, focus on assigning box heights and variations that allow athletes of all levels to achieve consistent reps.

Higher-level athletes may be able to complete the round of 18 and potentially be pushed to complete the round of 21 while most athletes can be encouraged to scale the workout to a variation that allows them to complete the round of 15 reps.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:18**GENERAL WARM-UP (15 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and increasing core temperature while also preparing for the demands of the workout.

3 rounds of:

- 50 jumping jacks
- 10 PVC overhead squats
- 10 ring rows
- 10 push-ups
 - » Modify push-ups to the knees or a wall based on the athlete's capacity.
- 10 GHD hip extensions or good mornings
- 10 GHD sit-ups
 - » Modify the GHD sit-ups to parallel or AbMat sit-ups based on the athlete's capacity.
- 45-second Samson stretch, per side (round 1), 45-second pigeon stretch, per side (round 2), 45-second heel-toe ham-string stretch (round 3)

:18-:28**DEADLIFT — SPECIFIC WARM-UP (10 minutes)**

Coaches notes: Use this progression to refine the points of performance for the deadlift and prepare for the workout. Athletes may also perform the deadlift with the bar elevated if mechanics cannot be maintained when lifting from the floor.

- 7 deadlifts with an empty bar, 2-sec. pause at the knees on the ascent and descent
 - » Have athletes focus on pushing the knees back as they raise the shoulders on the initiation of the lift and pushing the hips back on the initiation of the return of the barbell to the floor.
- 5 deadlifts, 2-sec. pause at the floor between reps
 - » Use a very light load and have athletes focus on establishing a sound setup position on each rep.

BUILD-UP

- Round 1
 - » 5 deadlifts, light load
 - » 3 burpee broad jumps
 - ◊ Scale to a straight-arm burpee or lie-to-stand followed by a step up and over at a low height.
- Round 2
 - » 5 deadlifts, moderate load
 - » 3 burpee box jump-overs, low height
 - ◊ Scale to a straight-arm burpee or lie-to-stand followed by a step up and over at a low height.
- Round 3
 - » 3 deadlifts, workout weight
 - » 3 burpee box jump-overs, workout height
 - ◊ Scale to a straight-arm burpee or lie-to-stand followed by a step up and over at a low height.

:28-:31**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately finalizing deadlift loads and box heights.

:31-:41**WORKOUT — START AT :31 (10 minutes)**

- Continue to assess and cue for sound mechanics on the deadlifts. Reduce load or number of repetitions if faults are persistent or breaks are excessive.
- Continue to assess the pace and jumping mechanics on the burpee box jump-overs. Consider reducing the reps or box height if rest breaks are prolonged or jumping mechanics are not sound.

:41-:60**COOL-DOWN (19 minutes)**

Coaches notes: This extended cool-down includes low-intensity monostructural exercise and stretches musculature that was taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- 10 minutes of easy-paced monostructural exercise
 - » Options include any combination of running, rowing, biking, jumping rope, etc.
- 2 rounds of:
 - » 20 hollow rocks
 - » 20 cat-cows
 - » 45-second lying banded hamstring stretch



COACHES NOTES:

All sections of the class are coach led. The primary goal of this workout will be to attempt near-maximum loads on all three movements. Athletes who have completed this workout before should strive to use heavier loads than they did previously. A recommendation for these athletes is to build up to approximately 95% of their previous max and then attempt a new PR. Those who have not done this workout will set a baseline from which to progress when this test comes up again in the future.

MONDAY 200120

CrossFit Total
Back squat, 1 rep
Shoulder press, 1 rep
Deadlift, 1 rep

Compare to 190709.

Rep scheme alterations will not be needed for most athletes. Newer athletes might not be skilled or strong enough to fully benefit from heavy singles. Consider having these athletes perform sets of 3 to 5 reps at submaximal loads. This can be more beneficial and allow for more practice time with the movements.

Modifications may be needed to maintain sound mechanics in each movement. Consider having an athlete squat to a target on the back squat and/or perform the squat unloaded. The shoulder press can be performed with a staggered stance or dumbbells to more easily reach a quality overhead position while maintaining a stable midline. The barbell for the deadlift can be elevated off the floor, or substitute objects (e.g., dumbbells/kettlebells) can be placed to the sides of the body to prioritize a stable midline.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03

WHITEBOARD (3 minutes)

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options, knowing you will make final scaling adjustments during the transition time prior to the workout.
- Explain the general warm-up.

:03-:08

GENERAL AND SPECIFIC WARM-UP (5 minutes)

Coaches notes: This warm-up focuses on preparing the body for the demands of the workout in a time-efficient manner due to the length of the workout. Move at a controlled tempo and use an empty barbell for all weightlifting movements.

2 rounds of:

- 5 wall squat reps (unloaded)
- 5 back squats
- 5 good mornings
- 5 deadlifts
- 5 push-ups
- 5 shoulder presses

:08-:11

BUILD-UP AND FINAL WORKOUT PREPARATIONS (3 minutes)

- Review how to take the bar out of the rack and put it back correctly for the back squat and shoulder press.
- Review how to bail with the weight and/or how to spot the back squat.
- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately selecting a movement modification if one is needed.

:11-:56

WORKOUT — START AT :11 (45 minutes)

- General workout timeline to maintain class cohesiveness is as follows:
 - » Back squat: ~18 min.
 - » Shoulder press: ~12 min.
 - » Deadlift: ~15 min.
- The timeline includes a quick review of the movement and time to build up to challenging loads.
- Continue to assess and cue for sound mechanics for all the movements.
- Assist in determining loads for each set.
- Reduce loads for athletes who begin to display significant deviations from sound mechanics.

:56-:60

COOL-DOWN (4 minutes)

Coaches notes: The cool-down is condensed due to the length of the workout and focuses on the lower back. Encourage athletes to spend additional time stretching/foam-rolling after class or at home.

- Clean up equipment.
- Log scores.
- Foam-roll lower back for 2 minutes.



COACHES NOTES:

THURSDAY 200130

21-15-9 reps for time of:
 Dumbbell squat cleans
 Strict pull-ups
 Deficit push-ups (hands on DBs)

Women: 35-lb. DBs
 Men: 50-lb. DBs

All sections of the class are coach led. This task-priority triplet uses a moderately loaded and skill-demanding dumbbell exercise alongside two challenging upper-body gymnastics elements. Higher-level athletes may complete this workout in under 10 minutes as prescribed, while all athletes can be encouraged to scale the workout to a variation that allows for successful completion in under 15 minutes.

For the dumbbell squat cleans, focus on sound mechanics and attempt to complete each round with no more than two to three small rest breaks. The dumbbell squat clean can be modified to a dumbbell hang squat clean or even a dumbbell power clean if pulling from the floor or full squat mechanics with full range of motion are difficult to establish and maintain.

Use variations of the strict pull-up and deficit push-up that are challenging but allow for consistency and completion without prolonged rest breaks. Strict pull-up modifications should maintain the strict nature of the movement and the vertical pulling function. Band-assisted pull-ups or working the negative are great options. If the assisted pull-up variations cannot be performed, consider a ring row, or for the very deconditioned, a seated banded PVC pull-down. The deficit push-up can be modified by performing a standard push-up or an incline push-up where the hands are higher than the feet.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and increasing core temperature while also preparing for the demands of the workout.

3 rounds of:

- 15/12-calorie row or bike
 - Increase the pace each round
- 10 squats with counterbalance, pause 2 seconds in the bottom
- 10 good mornings with plate
- 10 bent-over dumbbell rows

:15-:27**DUMBBELL SQUAT CLEAN — SPECIFIC WARM-UP (12 minutes)**

Coaches notes: Use this progression to refine the points of performance for the dumbbell squat clean and prepare for the workout. Use a light pair of dumbbells for all progression steps.

- 5 deadlifts to mid-thigh
 - Ensure athletes keep the arms long and shoulders over the dumbbells at the mid-thigh position. Pause briefly at the mid-thigh position.
- 5 deadlifts to a shrug
 - Have athletes focus on extending the hips and legs quickly when the dumbbells reach the mid-thigh position and make sure they fully extend their hips before shrugging the shoulders.
- 5 muscle cleans
 - Have athletes focus on keeping the dumbbells close to the torso as they rotate the elbows quickly to the rack position.
- 5 dumbbell front squats
 - Have athletes focus on keeping the elbows high and chest upright for the duration of the movement.
- 5 dumbbell hang squat cleans
 - The hang position will be from the mid-thigh. Have athletes focus on reaching full hip extension before pulling under the dumbbells.
- 5 dumbbell squat cleans
 - Have athletes focus on reaching the mid-thigh before initiating the "jump" to quickly extend their hips.

BUILD-UP**Round 1**

- 5 dumbbell squat cleans, moderate load
 - Scale by performing the movement from the hang position.
- 5 strict pull-ups
 - Scale by using band, negative, ring row, or banded PVC.
- 5 push-ups
 - Scale by performing the movement from the knees or by using an elevated surface.

Round 2

- 3 dumbbell squat cleans, workout load
 - Scale by performing the movement from the hang position.
- 3 strict pull-ups
 - Scale by using band, negative, ring row, or banded PVC.
- 3 deficit push-ups
 - Scale by eliminating the deficit, performing the movement from the knees, or using an elevated surface.

:27-:30**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus on appropriately finalizing the load for the dumbbell squat cleans and selecting the best variation of the strict pull-up and deficit push-up.

:30-:45**WORKOUT — START AT :30 (15 minutes)**

- Continue to assess and cue for sound mechanics on the dumbbell squat clean. Reduce load, number of repetitions, or modify the movement if faults are persistent or breaks are excessive.
- Continue to assess for consistency and range of motion on the strict pull-ups and deficit push-ups. Consider reducing the reps or modifying to an easier movement if rest breaks are prolonged.

:45-:60**COOL-DOWN (15 minutes)**

This cool-down includes low-intensity monostructural exercise and skill work that utilizes the same musculature taxed during the workout (i.e., movement redundancy). Deliberate movement redundancy in a cool-down allows the athlete to practice maintaining good technique under fatigue but at a lower intensity than they'd encounter in a workout. This is especially beneficial when applied to higher-skill movements such as the muscle-up.

- Clean up equipment.
- Log scores.
- 2 rounds of:
 - 2 minutes of easy monostructural exercise
 - 10 muscle-up transitions from the floor
 - Modify lower-body position to increase or decrease the difficulty of the movement.



COACHES NOTES:

All sections of the class are coach led. This session consists of two parts. The first part is an upper-body push/pull strength training element that focuses on using heavy loads for 7 reps on the dumbbell bench presses and choosing a challenging L pull-up variation. Since we are going for max load as a percentage of body weight for the first couplet, a general rule will be to rest briefly between the bench press and pull-ups while resting approximately 2-3 minutes between rounds to maximize the loads that can be lifted.

WEDNESDAY 200205

3 rounds of:
7 dumbbell bench presses
5 strict L pull-ups
Then, row 1,000 m for time

Post total dumbbell load as a percentage of body weight, and post row time.

Compare to 190123.

Variations for those who cannot perform L pull-ups should maintain a strict vertical pulling function and hip flexion in a static environment. Possible variations include but are not limited to a tuck L pull-up, band-assisted L pull-up, or a strict pull-up to an eccentric L pull-up. If these variations are too difficult, consider a band-assisted strict pull-up for 5 reps, followed by an L hang variation for 10-20 seconds. If hanging from the bar proves to be too difficult, consider an inverted body row followed by a seated L hold.

The 1,000-m row is a challenging test of medium-distance rowing capacity. Higher-level athletes can complete this effort in under 3:15. Although the duration of work is intended to be a relatively short effort, nearly all athletes can attempt this test as prescribed if the volume is not too demanding.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:03

WHITEBOARD (3 minutes)

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for the workout for part 1.
- Brief the athletes on the intended stimulus for both sections (see coaches notes).
- Briefly cover the general scaling options for the L pull-up.
- Explain the general warm-up.

:03-:18

GENERAL WARM-UP (15 minutes)

Coaches notes: This warm-up focuses on preparing for the demands of the workout.

3 rounds of:

- 250-m row
 - Increase pace each round. Focus on the correct sequence: 1) leg drive, 2) lean back (hip opening), 3) pull, and 4) return.
- 10 PVC pipe pass-throughs
 - narrow grip each round
- 10 push-ups to down dog
 - Perform push-ups from the knees if needed.
- 10 hollow rocks
 - Modify to a hollow hold.
- 10 hanging scap retractions
 - Modify to retractions from a push-up position.
- 10 ring rows

:18-:28

DUMBBELL BENCH PRESS AND L PULL-UP — BUILD-UP (10 minutes)

Coaches notes: Perform the following build-up sequence after a brief explanation of the points of performance for each movement.

- 10 dumbbell bench presses with a very light load
 - Focus on retracting the shoulder blades.

- 10-second L hang
 - Modify to a tuck L hang or seated L hold from a box.

- 5 dumbbell bench presses with a light load
 - Focus on maintaining a straight path with the dumbbells and achieving full range of motion.
- 5 strict pull-ups
 - Modify to band-assisted strict pull-ups or an inverted body row.
- 5 dumbbell bench presses with a moderate load
 - Use a load slightly less than the anticipated starting weight for the workout.
- 3 L pull-ups
 - Assess to make sure athletes are scaling to the correct variation for the workout.

:28-:43

WORKOUT PART 1 — START AT :28 (15 minutes)

- Assess and cue for sound mechanics and range of motion on the dumbbell bench presses. Reduce load if a failed set occurs, range of motion is sacrificed, or if faults are persistent.
- Assess for strict movement and range of motion. Consider modifying to an easier variation if full range of motion is not achieved.

:43-:53

WORKOUT PART 2 — START AT :43 (10 minutes)

- Note: This time also takes into account the couple of minutes that will be required to put away equipment from part 1 and do a brief 100- to 200-m row effort.
- Assess for adequate leg drive and the appropriate timing of the movement.

:53-:60

COOL-DOWN (17 minutes)

Coaches notes: This cool-down focuses on stretching and foam rolling musculature that was taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- Couch stretch, 90 seconds per side
- Foam roll upper back, 90 seconds



TUESDAY 200218

Hard Cindy

Complete as many rounds as possible in 20 minutes of:
 5 weighted pull-ups
 10 push-ups with feet on a box
 15 squats holding a plate

Women: 25-lb. pull-ups, feet on 24-in. box,
 hold 25-lb. plate
 Men: 35-lb. pull-ups, feet on 30-in. box,
 hold 45-lb. plate

Post rounds completed to comments.
 Compare to 140103.

COACHES NOTES:

All sections of the class are coach led. This time-priority triplet combines a moderately loaded pull-up alongside a challenging push-up variation and light squat. Expect the volume accumulated over the course of 20 minutes to test muscular endurance. Higher-level athletes may complete upwards of 12 rounds, while all athletes can be encouraged to scale the workout to a variation that allows for successful completion of 7-8+ rounds.

Consider scaling the load on the weighted pull-ups if 5 reps cannot be completed unbroken on the first round. Other scaling options include performing 5 strict pull-ups per round or strict pull-ups at reduced reps. For those who are unable to perform pull-ups, consider a band-assisted strict pull-up variation. Additional scaling options can be provided as needed.

Performing push-ups with feet on a box is demanding at the prescribed height. Consider reducing the height of the box or reducing the reps if

the first round cannot be completed without resting. If a push-up cannot be completed with feet on a box, consider scaling to a regular push-up or kneeling push-up.

The plate squat is relatively light, but the volume is high. Reduce the load or perform the movement unloaded to allow all rounds to be completed unbroken or with only short rest stops. Consider reducing the reps for those for whom the overall volume may be too high.



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 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for the workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

Coaches notes: This warm-up increases the heart rate and core temperature while also preparing athletes for the demands of the workout. (Note: The arches and hollows are an opportunity for the coach to brief the athletes on the need to maintain midline stability during the elevated push-ups.)

3 rounds of:

- 10-cal./8-cal. row or bike
 - Increase pace each round
- 20-second arch hold on floor
- 20-second hollow hold on floor
- 10 kip swings
- 10 ring rows
- 10 Cossack squats or other lunge variation

:15-:25**PULL-UP, PUSH-UP, AND SQUAT — SPECIFIC WARM-UP AND BUILD-UP (10 minutes)**

2 rounds of:

- 3 weighted pull-ups
 - Use a light load on the first round and a moderate load on the second round. Scale to band-assisted pull-ups.

- 3 push-ups with feet on a box
 - Use a low box on the first round and a higher box on the second round. Focus on keeping the midline stable. Modify to a push-up or a kneeling push-up.

- 5 squats holding a plate
 - Focus on establishing a comfortable placement of the plate and keeping squat mechanics sound. Use a light load on the first round and the intended workout weight on the second round.

:25-:28**FINAL WORKOUT PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes.

:28-:48**WORKOUT — START AT :28 (20 minutes)**

- Reduce the number of repetitions and/or load, or modify the movement if mechanics break down or rest breaks become excessive.
- Continue to ensure that full range of motion is being maintained throughout the workout.

:48-:60**COOL-DOWN (12 minutes)**

Coaches notes: This cool-down includes easy monostructural activity and stretching for musculature taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- Row or bike easy, 3 min.
- 2 rounds of:
 - Wall press shoulder stretch, 1 min.
 - "Spiderman" stretch, 1 min. per side



COACHES NOTES:

All sections of the class are coach led. This task-priority couplet combines a lightly loaded overhead squat with a medium-distance run that will challenge cardiorespiratory endurance and muscular stamina. Higher-level athletes may complete the workout in under 15 minutes, while all athletes can be encouraged to scale it to a variation they can complete in under 25 minutes.

WEDNESDAY 200226

3 rounds for time of:
30 overhead squats
800-m run

Women: 55 lb.
Men: 75 lb.

Post time to comments.

Encourage higher-level athletes to maintain fast transitions and unbroken sets every round. Consider scaling the load or reducing the reps on the overhead squats if an athlete will need more than one short break to complete the first 30 reps. For those who have a lot of difficulty performing this movement, lower the reps and/or keep loads extremely light. You may even consider using a PVC pipe. This is preferable to modifying to a different squatting variation.

The overall volume of running will be more difficult following the demand of the overhead squats. Consider reducing the distance if the initial 800-meter effort will take longer than 5 minutes or if the athlete's current fitness level requires an overall reduction in volume. If running cannot be performed, replace the run with a comparable duration of another monostructural exercise.



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Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for the workout.
- Brief the run route.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:15**GENERAL WARM-UP (12 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

2 rounds:

- 200-m jog
- 5 Turkish get-ups, each side
- 5 windmills, each side
- 10 Spiderman crawls
- 10 air squats
- 30-second reverse-grip hang from the bar

:15-:20**OVERHEAD SQUAT — SPECIFIC WARM-UP (5 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the overhead squat. Focus on external rotation of the shoulders, keeping the abs tight, and ensuring the bar stays in the frontal plane throughout the range of motion.

- 20 PVC pass-throughs
 - Use this drill to assist with the shoulder range of motion and establish the appropriate grip width on the bar. Keep the arms straight and abs tight. Move hands closer after every 5 reps.
- 10 PVC waiters overhead squats
 - Keep the arms locked throughout each rep.
- 10 PVC overhead squats
 - Actively press up on the bar and keep the bar in the frontal plane throughout each rep.

:20-:27**OVERHEAD SQUAT — BUILD-UP (7 minutes)**

Coaches notes: Although the load is light, allow time for adequate practice under load. More experienced athletes can build up to a load heavier than what they plan on using during the workout. Assess and refine technique throughout the build-up sets.

3 rounds of:

- 3-5 overhead squats
 - Increase load each round. Higher-level athletes can practice performing a squat snatch on the first rep.
- 100-m run
 - Increase pace each round.

:27-:30**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on establishing the correct load/reps on the overhead squats and the distance to be completed each round.

:30-:52**WORKOUT — START AT :30 (22 minutes)**

- Continue to assess for proper mechanics and range of motion on the overhead squats.
- Consider scaling the load if faults are consistent and/or rest breaks are excessive.
- Consider scaling the run distance if the initial run will take longer than 5 minutes to complete.

:52-:60**COOL-DOWN (8 minutes)**

Coaches notes: This cool-down includes easy monostructural activity and aids in recovery by stretching musculature taxed in the workout.

- Clean up equipment.
- Log scores.
- Walk, row, or bike easy, 3 min.
- Couch stretch, 1 min. per side
- Foam roll upper back, 2 min.



THURSDAY 200305

For time:

21 body-weight back squats
 7 rope climbs, 15-ft. rope
 15 body-weight back squats
 5 rope climbs, 15-ft. rope
 9 body-weight back squats
 3 rope climbs, 15-ft. rope

Post time to comments.
 Compare to 171218.

COACHES NOTES:

All sections of the class are coach led. This task-priority couplet combines a moderately loaded back squat alongside a demanding volume of rope climbs.

The back squat load is intended to be moderate but may get challenging with the volume of reps. Consider reducing the load or reps if the prescribed weight will force an athlete to take more than two breaks on any round.

Consider scaling the rope climbs if athletes need to rest more than one minute between ascents. Athletes who have rope climbs but may not be ready for this volume can reduce the height of each climb or decrease the reps per round. If at any point grip becomes a safety concern, athletes can switch to lying pull-to-stands. For those who can't climb the rope, consider performing a lying pull-to-stand or a wrap-and-stand drill from a standing or seated position.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:14**GENERAL WARM-UP (11 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

3 rounds:

- 10-cal. row
- 10 ring rows
- 10 slow air squats
- 10 GHD hip extensions

:14-:20**ROPE CLIMB — SPECIFIC WARM-UP (6 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the rope climb.

- 2 sets of 5 rope rows
 - Perform the first set with the right hand on top and the second set with the left hand on top. Attempt to bring the hands below the chest.
- 2 sets of 5 knee raises hanging from the rope
 - Focus on keeping the hands close and the arms long while raising the knees toward the elbows.
- 3 lying pull-to-stands
 - Focus on finding foot placement and body position that allows for 3 reps to be completed with moderate effort.
- 3 wrap-and-stands
 - Focus on achieving a secure wrap and using the legs to stand up on the rope. This progression can be modified by attempting the wrap while seated on a box.
- 2 sets of 1 max height in 1 pull + descent
 - Higher-level athletes can practice jumping to a hang on the rope followed by reaching the knees toward the elbows to maximize the height climbed in one pull. Athletes who have difficulty with rope climbs can practice this progression with no jump.

:20-:30**BACK SQUAT — BUILD-UP (10 minutes)**

Coaches notes: Before building up and preparing for the back squats, review how to take the bar out of the squat rack and return it to the rack correctly. If athletes will be taking the load from the floor to the back rack position, practice the technique to do so safely.

- 10 back squats with an empty barbell, pausing for 3 seconds in the bottom position
- 3 sets of:
- 3-5 back squats
 - Increase load on each set and practice rope climbs as needed during this time period. The final warm-up set should be at the intended work weight for the day.

:30-:33**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on establishing the correct rope climb variation to be completed and the correct loading to be used on the back squats.

:33-:53**WORKOUT — START AT :33 (20 minutes)**

- Continue to assess for proper mechanics and range of motion on the back squats.
- Consider scaling the load if faults are consistent and/or rest breaks are excessive.
- Consider reducing the reps on the rope climbs or modifying the movement if an athlete needs more than 1 minute of rest between ascents.

:53-:60**COOL-DOWN (7 minutes)**

This cool-down includes core movements on the GHD and a stretch for the musculature taxed in the workout to aid in recovery.

- Clean up equipment.
- Log scores.
- 2 rounds, for quality, of:
 - 10-15 GHD sit-ups
 - 10-15 GHD back extensions
 - Sumo deep squat stretch, 30 seconds
 - Kneeling forearm stretch, 30 seconds



TUESDAY 200310

SQT

3 rounds for time of:
 10 ground-to-overheads
 200-yard shuttle sprint,
 50 yards there and back twice

Women: 65 lb.
 Men: 95 lb.

Post time to comments.
 Compare to 150721.

COACHES NOTES:

All sections of the class are coach led. This task-priority couplet combines a lightly loaded barbell movement alongside a short sprint. The workout is intended to be a short and fast-paced effort. Faster times can be under 4 minutes, while all athletes should strive to complete a variation of the workout in under 10 minutes.

The ground-to-overhead load should allow for at least the first round, and potentially all rounds, to be completed unbroken. The power snatch will be the preferred method for the day and will be instructed in the specific warm-up. However, a different snatch variation or a clean and jerk variation can also be practiced during the build-up time. Scale load and/or mitigate some of the technical complexity as needed. Potential movement variations could allow for a light hang power snatch or a deadlift followed by a hang power clean and then a push press.

The shuttle run is intended to be a short sprint effort that also involves a change of direction component. Most athletes will be able to attempt this distance as prescribed even if it is not a true sprint effort. If the run cannot be performed, modify the movement to another monostructural exercise such as biking or rowing.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Brief the run route.
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:18**GENERAL WARM-UP (15 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout. It also allows time to build skills to practice improving efficiency on the shuttle runs.

3 rounds:

- 4 x 25-m shuttle run
 - Increase the pace slightly each round and focus on change of direction mechanics. Each 25-m segment of the shuttle run counts as a rep.
- 4 x 10-m lateral shuffle
 - Each 10-m segment of the lateral shuffle counts as a rep.
- 10 kettlebell swings
- 10 kettlebell goblet squats
- 3 Turkish get-ups, per side
 - Use a light to moderate load on all kettlebell movements.
- 30-sec. Samson stretch or hamstring stretch, per side

:18-:24**POWER SNATCH — SPECIFIC WARM-UP (6 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the power snatch. Perform 5 reps at each piece of the progression with a PVC pipe and then perform 3 reps at each piece of the progression with an empty barbell.

- Snatch-grip deadlift to mid-thigh
 - Look for long arms and shoulders over the bar to the mid-thigh. Have athletes pause at the mid-thigh briefly on each rep.
- Snatch-grip deadlift and shrug
 - Make sure there is a rapid vertical extension of the body and it is followed with a shrug of the shoulders.
- Muscle snatch
 - The bar should stay tight to the body. Make sure athletes are turning the bar over into an active overhead position.

- Hang power snatch
 - Focus on footwork and making sure athletes actively receive the bar overhead.

- Power snatch
 - Look for proper movement off the ground to mid-thigh and full extension of the hips before athletes pull with their arms.

:24-:34**BUILD-UP (10 minutes)**

Coaches notes: Before building up in load, review the potential options for getting the barbell from the ground to overhead in the workout. Use this section to ramp up for the workout by progressively increasing the intensity of each round. Rest approximately 1 minute between rounds.

3 rounds:

- 3 touch-and-go power snatches (or other ground-to-overhead option)
 - The first round should be a light load, and the second round should be with the intended workout weight. The final round can be with a load slightly above the intended workout weight.
- 100-yard shuttle run, 50 yards there and back
 - Increase the pace on each round

:34-:37**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on establishing the correct load to be used for the ground-to-overhead.

:37-:47**WORKOUT — START AT :37 (10 minutes)**

- Continue to assess for proper mechanics on the ground-to-overhead movement.
- Consider scaling the load if gross faults are present and/or rest breaks are excessive.

:47-:60**COOL-DOWN (13 minutes)**

This cool-down includes static core exercises and foam rolling for musculature that was taxed in the workout.

- Clean up equipment.
- Log scores.
- Take 5 minutes to practice plank variations.
- Foam roll calves, 1-min. per side
- Foam roll upper back, 1-min.



COACHES NOTES:

SATURDAY 200321

12-9-6 reps for time of:
 Single-arm overhead squats, left arm
 Single-arm overhead squats, right arm
 Strict muscle-ups

Women: 45-lb. DBs
 Men: 70-lb. DBs

Post time to comments.

All sections of the class are coach led. This task-priority triplet combines a moderately loaded skill-demanding dumbbell movement with a high volume of strict muscle-ups. Due to the skill demand and shoulder fatigue, this may be a relatively slow-paced workout. Athletes should strive for no failed reps on any movement. Faster times can be under 10 minutes as prescribed, while all athletes should strive to complete a variation of the workout in under 15 minutes.

The single-arm overhead squat load should allow for at least the first round, and potentially all rounds, to be completed unbroken or with one short rest break. This movement can be very difficult to perform due to its complexity as well as its demands on flexibility. To maintain sound mechanics, many athletes will need to lighten the load, elevate the heels, and/or squat to a target. The volume of strict muscle-ups will test muscular endurance and likely force athletes to rest during each round. Athletes who cannot perform 3 or more reps consecutively may benefit from reducing the reps per round to avoid failed reps and prolonged rest breaks. Those who cannot currently perform muscle-ups should use a set of low rings and modify the movement to a muscle-up variation that challenges them for the prescribed rep scheme. This may include keeping the feet on the ground and using the legs to assist or performing a band-assisted variation that allows for consistency and mechanically sound movement.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
 Use each section of the class to cue your athletes into better positions.**

AT-HOME OPTIONS:

If performing this workout at home, primary variables to consider when attempting to maintain the stimulus will be to preserve a squatting element as well as upper-body pulling and pushing elements. The rep scheme can be adjusted to account for loading and movement modifications. If you have a light set of dumbbells, consider increasing the reps per round. Complete the single-arm overhead squats while modifying the muscle-up to a dumbbell row and dumbbell floor press combination. If you do not have dumbbells, consider squatting with a household object and modifying the muscle-up to a combination with an inverted body row from a table and a chair dip.

Below are two sample workout modifications:

1) Dumbbells - This option assumes you have access to 50/35-lb. dumbbells.

- » 21-15-9 reps for time of:
 - ◊ Single-arm dumbbell overhead squats, left arm
 - ◊ Single-arm dumbbell overhead squats, right arm
 - ◊ Dumbbell bent-over rows
 - ◊ Dumbbell floor presses

2) No dumbbells

- » 3 rounds for time of:
 - ◊ 40 bag squats
 - ◊ 20 inverted body rows from a table
 - ◊ 20 chair dips

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.

:03-:16**GENERAL WARM-UP (13 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also activating and mobilizing the musculature to be used in the workout.

2 rounds of:

- 90 seconds of single-unders
- 10 ring rows
- 5 wall squat therapy reps
- 10-m forward crab walk with hips high
- Dumbbell windmills, 5 reps per side

2 rounds of:

- Standing calf stretch, 45-seconds per side
- Supinated-grip bar hang, 45 seconds

:16-:24**STRICT MUSCLE-UP — SPECIFIC WARM-UP (8 minutes)**

Coaches notes: Use this progression to warm up athletes, refine technique, and assess scaling options for the strict muscle-up.

- 2 sets of a 10-second ring support
 - » Focus on keeping arms straight, pushing the shoulders down toward the rings, and keeping the rings tight to the body. Scale by keeping feet on the ground.
- 2 sets of 3 strict ring dips

- » Focus on achieving full range of motion by lowering the shoulders below the height of the elbows. Scale by using the feet to assist as needed.
- 10 kneeling muscle-up transitions
- » Ensure athletes establish a false grip. Focus on pulling the rings below the chest and keeping the rings close to the body when transitioning to the bottom of the dip.
- 5 muscle-ups with legs straight and feet on ground
- » Modify foot placement and body position to increase or decrease the difficulty of the movement. Scale by performing this progression with bent legs.
- 3 strict muscle-ups or attempts
- » Scale by keeping feet on the ground or utilizing a band-assisted muscle-up variation on the low rings.

:24-:32**SINGLE-ARM OVERHEAD SQUATS — SPECIFIC WARM-UP AND BUILD-UP (8 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the single-arm overhead squat. Use a light dumbbell for all steps of the progression.

- Single-arm dumbbell front squat, 5 reps per side
 - » Focus on avoiding rotation of the torso and achieving a depth below parallel with sound mechanics.
- Single-arm dumbbell Sotts press, 5 reps per side
 - » While maintaining a stable squat position, focus on pressing the dumbbell up and back to a fully locked out position.
- Single-arm overhead squat, 5 reps per side
 - » Use a medicine ball as a target when needed.
- 2 sets of single-arm overhead squats increasing in load, 3 reps per side
 - » Gradually increase load to the working weight. Practice muscle-ups as needed during this time.

:32-:35**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on establishing the correct load to be used on the single-arm overhead squat and the correct muscle-up scaling variation.

:35-:50**WORKOUT — START AT :35 (15 minutes)**

- Continue to assess for proper mechanics on the single-arm overhead squats.
- Consider scaling the load if gross faults are present and/or rest breaks are excessive.
- Consider scaling the reps or modifying to an easier variation of muscle-ups if failed reps occur or if prolonged rest breaks take away from the intended stimulus.

:50-:60**COOL-DOWN (10 minutes)**

Coaches notes: This cool-down includes an easy monostructural exercise and stretching for musculature that was taxed in the workout.

- Clean up equipment.
- Log scores.
- Row, bike, or walk/run at an easy pace, 3-5 minutes
- Prone pec stretch, 1 minute per side
- Prone lat stretch, 1 minute



WEDNESDAY 200401

Clean and jerk 3-3-3-3-3 reps

Post loads to comments.
Compare to 180311.**COACHES NOTES:**

All sections of the class are coach led. The goal of this workout is to find a near 3-rep max on the clean and jerk. Strive for all sets to be at or above 80% of a known 1-rep max. The first set should allow for a small build-up for at least the first 2-3 sets. The bar may be dropped from the overhead position between reps. However, the goal will be to have all 3 reps completed in under 30 seconds. Rest between sets should be between 3-5 minutes to allow for adequate recovery and maximum effort on each set. Loads should be reduced if failed reps occur or if there are significant errors in technique.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

AT-HOME OPTIONS:

If performing this workout at home with limited equipment, it can be difficult to replicate the exact heavy day stimulus. However, the stimulus can still be effectively approximated by prescribing a challenging tempo, replicating movement function demands of the exercise, or performing a challenging movement for a similar work-to-rest ratio. Possible options for today include:

Option 1: Use a heavy object or dumbbells.

- Dumbbell or odd object clean and jerk 5-5-5-5-5 reps*

*Reps are increased from the main workout due to the use of lighter loads.

Option 2: Replicate the hip extension functions of the movement followed by a shoulder stabilization element.

10 rounds for quality:

- 3 vertical leaps for max height
- Rest 10 seconds
- 10 handstand shoulder taps
- Rest 2-3 minutes

Option 3: Approximate the time domain with a light object or dumbbells.

5 sets:

- 40 seconds of max-rep dumbbell squat clean and jerks

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover potential movement modifications that may be assigned during the transition time prior to the workout.
- Explain the general warm-up.
- At-home/virtual class: Choose one of the variations above and explain that throughout this class, any object can be used for loading. Have athletes choose which object they will use for the warm-up and workout.

:03-:13**GENERAL WARM-UP (10 minutes)**

Coaches notes: This warm-up focuses on preparing for the demands of the workout. Perform the empty barbell* movements at a slow and deliberate tempo.

2 rounds of:

- 25 jumping jacks
- 5 deadlifts to mid-thigh
- 25 jumping jacks
- 5 hang muscle cleans
- 25 jumping jacks
- 5 front squats + shoulder presses
- 25 jumping jacks
- Half-kneeling calf stretch, 45 seconds per side

*If you do not have a barbell, you can use dumbbells, a plate, ball, kettlebell, or any weighted odd object instead.

:13-:20**CLEAN AND JERK — SPECIFIC WARM-UP (7 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the clean and jerk. Any variation of clean and jerk can be performed, but this progression will focus on the squat clean and split jerk, as this will potentially lead to maximum loads being lifted if technique is sound.

5 reps of a jump and land in split position

- Focus on footwork and the landing position:

- feet landing between hip and shoulder width with feet facing forward or slightly inwards,
- front knee stacked on top of the heel with a vertical shin,
- back leg is bent slightly with equal pressure on both feet,
- shoulders are stacked over the hips.

5 jump and lands with thumbs on shoulders

- Focus on maintaining a vertical torso in the dip and reaching full hip extension on the drive phase.

5 jump-punch-lands (no-object split jerk)

- Focus primarily on the timing of the punch occurring after the jump.

5 split jerks with bar or other object

- Focus on receiving the bar with locked arms. When moving to the finish position focus on moving the front foot back first and then moving the back foot forward.

5 reps of a front squat to split jerk with bar or other object

- Focus on the transition between the squat and the jerk by popping the bar off the shoulders and adjusting the elbows down and out.

5 reps of a hang clean to split jerk with bar or other object

- Focus on reaching full hip extension before pulling under the barbell and receiving the bar in a sound squat position.

5 reps of a clean and jerk with bar or other object

- Focus on keeping the arms long until reaching the mid-thigh position.

:20-:30**CLEAN AND JERK — BUILD-UP (10 minutes)**

Coaches notes: Ensure adequate time for the build-up period so the first work set is challenging. Review how to bail with the weight on the clean. Perform the following build-up sets on a 2-minute timer:

- 5 clean and jerks, light load
- 5 clean and jerks, light to moderate load
- 3 clean and jerks, moderate load
- 3 clean and jerks, moderate to heavy load
- 1 clean and jerk

» Load should be slightly lighter than anticipated first work set weight.

*If an athlete is performing the option with no equipment, have them perform 5 sets of 3 vertical jumps followed by a handstand hold.

Increase the height of the jumps and length of the hold each round.

:30-:33**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine the initial starting load with your athletes and finalize any movement modifications that are needed.

:33-:53**WORKOUT — START AT :33 (20 minutes)**

- Continue to assess for proper mechanics.
- Increase loading for athletes if mechanics are sound.
- Consider reducing the load for any remaining sets if significant faults are present or failed reps occur.
- Consider running the sets on a 4-minute timer.

:53-:60**COOL-DOWN (7 minutes)**

Coaches notes: This cool-down includes stretching for musculature that was taxed in the workout.

- Clean up equipment.
- Log scores.
- Wall press shoulder stretch, 1 minute
- Pigeon stretch on floor, 1 minute per side



WEDNESDAY 200408

Complete as many rounds as possible in 10 minutes of:
 5 power snatches
 5 box jumps

Women: 105-lb. snatch, 30-in. box
 Men: 155-lb. snatch, 36-in. box

COACHES NOTES:

All sections of the class are coach led. This time-priority couplet combines a moderately loaded barbell movement alongside box jumps of a challenging height. Top scores could be upwards of 8+ rounds, while all athletes should strive to perform a variation of the workout that allows them to complete a minimum of 3 rounds. The power snatch load should, at a minimum, allow athletes to perform consistent singles. Scale the load and/or reduce some of the technical complexity as needed — an alternative could be a hang power snatch. The box jump height is intended to make each jump challenging for the athlete while allowing them to maintain consistency throughout the 10-minute timeframe.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

AT-HOME OPTIONS:

If performing this workout at home with limited equipment, prioritize replicating the 10-minute timeframe in addition to the ground-to-overhead and jumping movement functions. Rep adjustments can be made based on the load/object used for the snatch as well as the jumping variation performed. For the snatch, a double dumbbell snatch can provide a heavy stimulus, and a single-arm dumbbell snatch preserves movement function. If no dumbbells are available, a heavy bag or loaded backpack can preserve movement function as well. For the box jumps, the first consideration can be to jump on a lower object or perform a jump over a stick that is elevated off the floor. Consider slightly increasing the reps per round if either of those options are performed. Other options may include measuring a max-height vertical jump or broad jump before the workout and jumping to 80% of that max height/distance during the workout. See below for possible workout options.

Option 1: Use a pair of 50-lb./35-lb. dumbbells.

Complete as many rounds as possible in 10 minutes of:

- 5 double dumbbell power snatches
- 5 broad jumps at 80% max distance

Option 2: Use a single 50-lb./35-lb. dumbbell.

Complete as many rounds as possible in 10 minutes of:

- 10 single-arm dumbbell power snatches, alternating
- 10 bench jumps

Option 3: Use a 40-lb./50-lb. bag or backpack.

Complete as many rounds as possible in 10 minutes of:

- 10 bag muscle snatches
- 10 stick jumps

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover potential movement modifications that may be assigned during the transition time prior to the workout.
- Explain the general warm-up.
- At-home/virtual class: The specific warm-up can be performed with any object. Ensure athletes have the object available prior to starting the class. Ideally, athletes will have the camera at a vantage point that allows the coach to see both movements. If this is not possible, prioritize maintaining a view of the snatch.

:03-:18**GENERAL WARM-UP (15 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

3 rounds of:

- 60 seconds of jumping jacks
- 15 banded good mornings
- Side plank with thoracic rotation, 30 seconds per side
- 15 pass-throughs with PVC pipe

:18-:24**POWER SNATCH—SPECIFIC WARM-UP (6 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the power snatch. Perform 5 reps at each piece of the progression with a PVC pipe and then perform 3 reps at each piece of the progression with an empty barbell or other object.

Snatch-grip deadlift to mid thigh

- Look for long arms and shoulders over the bar to the mid thigh. Have

athletes pause at the mid thigh briefly on each rep.

Snatch-grip deadlift and shrug

- Make sure there is a rapid vertical extension of the body and it is followed with a shrug of the shoulders.

Muscle snatch

- The bar should stay tight to the body. Make sure athletes are turning the bar over into an active overhead position.

Lands with bar overhead

- Focus on footwork and landing in a sound quarter squat.

Hang power snatch

- Focus on fully extending the hips before using the upper body.

Power snatch

- Look for proper movement off the ground to mid thigh and full extension of the hips before athletes pull with their arms.

:24-:34**BUILD-UP (10 minutes)**

Coaches notes: Before building up in load, review the box jump mechanics. Use this section to ramp up for the workout by progressively increasing the load and height each round.

Round 1

- 5 power snatches, light load
- 5 broad jumps
 - » Pause in the landing position with knees tracking toes and increase the effort with each rep.

Round 2

- 5 power snatches, light to moderate load
- 5 box jumps, low height

Round 3

- 3 power snatches, moderate load
- 3 box jumps, moderate height

Round 4

- 1-3 power snatches, workout weight
- 3 box jumps at workout height

:34-:37**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on establishing the correct load to be used for the ground-to-overhead.

:37-:47**WORKOUT — START AT :37 (10 minutes)**

- Continue to assess for proper mechanics on the power snatch.
- Consider scaling the load if gross faults are present and/or rest breaks are excessive.
- Assess for mechanics and consistency on the box jumps. Consider reducing the height of the box if mechanics are not sound.
- If running a virtual class, encourage athletes throughout the workout. Give short/simple specific verbal cues to fix technique and keep athletes motivated.

:47-:60**COOL-DOWN (13 minutes)**

Coaches notes: This cool-down includes static core exercises and stretching to aid in recovery.

- Clean up equipment.
- Log scores.
- Take 5 minutes to practice single-arm plank variations.
- Straddle stretch, left/right/center
 - » Spend 1 minute at each position.



COACHES NOTES:

MONDAY 200413

Candy

5 rounds for time of:
 20 pull-ups
 40 push-ups
 60 squats

OR

Maggie

5 rounds for time of:
 20 handstand push-ups
 40 pull-ups
 60 single-leg squats,
 alternating legs

All sections of the class are coach led. Both of these task-priority triplets utilize a high volume of body-weight movements to challenge muscular endurance. Candy utilizes lower-skill movements, while Maggie includes more challenging gymnastics elements and will be longer in duration. This lesson plan focuses on preparing for Maggie before having athletes potentially go their separate ways for the workout.

Faster times for Candy could be as low as 15 to 20 minutes, while striving to complete the workout in under 30 minutes is a great goal. Faster times for Maggie will be in the 25- to 30-minute timeframe, while all athletes should strive to complete the workout in under 40 minutes.

Consider reducing the reps on any movement athletes will need to break into more than 4 or 5 quick sets. For those who are unable to perform pull-ups, consider providing an upper-body pulling variation that allows for at least 10 reps to be completed consecutively. Primary options for today will be a band-assisted pull-up variation and a ring row.

For those unable to perform push-ups, provide options that allow for consistency and proper range of motion. The kneeling push-up and incline push-up will be the primary variations. For the handstand push-ups, prioritize preserving a vertical pressing function. The main options for this workout will be presented in the skill-based warm-up and include pike variations from a box or with feet on the floor. The air squat movement will not need to be altered, but athletes can squat to a target if needed. Prioritize preserving the unilateral element of the single-leg squats. Primary options will be presented in the skill-based warm-up. Easier movements, such as a lunge, can also be utilized.



**All sections of the class should be coach-led. Demonstrate each movement and the movement standards.
Use each section of the class to cue your athletes into better positions.**

AT-HOME OPTIONS:

Due to the focus on body-weight movements in this workout, minimal at-home substitutions will be needed. The primary movement to modify will likely be the pull-up. Prioritize preserving the upper-body pulling function of this movement by utilizing a gymnastic element or using load. A few possible substitutions include truck/table rows, backpack rows, banded pulldowns, and dumbbell rows.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.
- At-home/virtual class: Encourage athletes to log into the workout 3-5 minutes prior to the class time so you can assess the workout space for safety and efficiency. Ideally, athletes will have the camera at a vantage point that allows you to see all of the movements. If this is not possible, prioritize maintaining a view of the pull-ups or handstand push-ups.

:03-:08**GENERAL WARM-UP (5 minutes)**

Coaches notes: This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

2 rounds of:

- 60 seconds of jumping jacks
- 5 inchworms + push-ups
- 5 kip swings
- 5 reps of 2 lunges + 1 air squat

:08-:11**SINGLE-LEG SQUAT — SPECIFIC WARM-UP (3 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the single-leg squat. This progression is quick and allows for practice of potential scaling options for the workout.

- 5/5 toenail spot squats
 - Focus on using the toes of the rear leg to assist as needed. Ensure the heel of the working leg stays down.
- 5/5 single-leg ankle spot squats
 - Focus on the knee tracking the toes of the working leg.
- 6 single-leg squats, alternating
 - Focus on the full foot staying on the ground and achieving full range of motion. Scale to a previous step in the progression if needed.

:11-:15**HANDSTAND PUSH-UP — SPECIFIC WARM-UP (4 minutes)**

Coaches notes: Use this progression to warm up athletes and refine technique for the handstand push-up. As with the single-leg squat, this progression is quick and allows for practice of scaling options to be used in the workout.

- 5 pike handstand push-ups, feet on ground
 - Focus on keeping the hips high and lowering the head to the tripod position before pressing back to the lockout position.
- 5 pike handstand push-ups, on box
 - Attempt to perform this movement with straight legs. The difficulty can be decreased by placing the knees on the box.
- 15-second handstand hold on the wall
 - Focus on keeping the midline stable while maintaining an active shoulder. This movement can be scaled by doing a partial wall walk to a hold.
- 3-5 handstand push-ups
 - Focus on a controlled lowering phase before lowering the knees to the elbows and attempting the kip. Scale this progression by performing a controlled negative or a previous progression piece to be used in the workout.

:15-:19**FINAL PREPARATIONS (4 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Athletes will need a final check-in for the variation of the workout they will be completing.
- Determine scaling options with your athletes. Focus primarily on reducing the reps as needed and finalizing the movement modifications.

:19-(:46/56)**WORKOUT — START AT :19 (27-37 minutes)**

- Continue to assess for proper mechanics on all movements.
- Consider reducing the reps or modifying the movement further if consistent faults are present, range of motion is compromised, and/or rest breaks are excessive.

:46/56-:60**COOL-DOWN (4-14 minutes)**

Coaches notes: This cool-down includes easy movement and stretching to aid in recovery.

- Clean up equipment.
- Log scores.
- Row, bike, walk, or run at an easy pace, 5 minutes.

2 rounds:

- 15 pass-throughs
- Wall press stretch, 30 seconds
- Couch stretch, 30 seconds per side



TUESDAY 200421

24-21-18-15-12-9-6-3 reps for time of:

Med-ball cleans
Push-upsWomen: 14-lb. ball
Men: 20-lb. ballIf at home, modify with a jug or other heavy object.
Share your at-home modifications and time in comments.**COACHES NOTES:**

All sections of the class are coach led. This couplet pairs a skill-intensive light weightlifting movement that taxes the lower body with an upper-body pressing exercise. The volume of each movement is demanding. Attempt to keep a fast pace on the medicine-ball cleans and strive for unbroken sets. Consider breaking the push-ups into manageable sets to assist with maintaining consistency and range of motion. High-level athletes may complete this workout in under 8 minutes as prescribed. All athletes should be encouraged to scale the workout to a variation that allows them to complete the workout in under 15 minutes.

Consider reducing the reps on either movement if athletes will need to break any round into more than 2 or 3 quick sets. For those unable to perform push-ups, provide options that allow for consistency and proper range of motion. The kneeling push-up, incline push-up, or band-assisted push-up will be the primary variations.

AT-HOME OPTIONS:

The medicine-ball clean can be easily modified at home. Consider using a loaded backpack, sandbag, or any other implement.



All sections of the class should be coach-led. Demonstrate each movement and the movement standards. Use each section of the class to cue your athletes into better positions.

:00-:03**WHITEBOARD (3 minutes)**

- Ask about injuries.
- Brief the athletes on the flow and demonstrate the movement standards for this workout.
- Brief the athletes on the intended stimulus (see coaches notes).
- Briefly cover the general scaling options that will be assigned during the transition time prior to the workout.
- Explain the general warm-up.
- At-home/virtual class: Prior to the class, communicate to athletes that they should have an odd object ready for the medicine-ball cleans. This workout will allow plenty of time to dial in technique during the specific warm-up.

:03-:18**GENERAL WARM-UP (15 minutes)**

This warm-up focuses on raising the heart rate and core temperature while also increasing blood flow to the primary musculature used in the workout.

2 rounds of:

- 45 seconds of deep squat hold
- 45 seconds of reverse plank hold

2 rounds of:

- 60 seconds of mountain climbers
- 15 prisoner good mornings
- 10 air squats, slow
- 5 inchworms + push-ups

:18-:26**MEDICINE-BALL CLEAN—SPECIFIC WARM-UP (8 minutes)**

Coaches notes: Use this progression to develop and refine points of performance for the medicine-ball clean. After establishing stance and grip, lead athletes through 5-7 reps of each step using a light medicine ball. The final step should be done using the working weight.

- Deadlifts
 - Focus on making sure hips and shoulders rise together.
- Deadlift and shrug
 - Ensure hips extend prior to the shrug.

- Front squat
 - Cue athletes to sit back and down while keeping the ball close to the body.

- High-hang squat clean
 - Focus on pulling under the ball rather than pulling the ball high.
- Clean
 - Athletes should extend hips fully before pulling under the ball.
- Touch-and-go cleans at working weight
 - Ensure athletes are standing up with the medicine ball before lowering down into the next rep.

:26-:29**FINAL PREPARATIONS (3 minutes)**

- Give athletes time to use the bathroom and take care of any last-minute preparations.
- Determine scaling options with your athletes. Focus primarily on reducing the reps as needed and establishing the appropriate push-up variation.

:29-:44**WORKOUT — START AT :29 (15 minutes)**

- Continue to assess for proper mechanics on both movements.
- Consider reducing the reps or modifying the push-ups further if range of motion is compromised and/or rest breaks are excessive.
- Consider reducing the reps or load on the medicine-ball clean if mechanics are unsound or rest breaks are frequent.

:44-:60**COOL-DOWN (16 minutes)**

Coaches notes: This cool-down focuses on recovering from the demands of the workout and aiding in recovery.

- Clean up equipment.
- Log scores.
- Walk for 3 minutes.
- 2 rounds of:
 - Couch stretch, 1 minute per side
 - Prone pec stretch, 1 minute per side
 - Hollow hold, 1 minute

