

AFFILIATE PROGRAMMING

SAMPLE WEEK:

POWERED BY
INVICTUSTM

PERFORMANCE TRACK

6 days of CrossFit style group coaching. Don't worry, we've customized this into two versions: Full Effort (RX) and Full Victory (Customized Version)

WEEKLY OVERVIEW

Coach Nuno and/or Coach Fritz will review the upcoming week along with intended training stimulus per day as well as how best to run each class. The week in review video is available for view every Sunday.

WARM-UPS

In the warm-ups you'll see a variety of movements so video demos will be provided for any odd movement. Bands are often used in the warm-ups so we recommend investing in bands for future use.

CYCLE OVERVIEW

The current cycle overview video and description will be made available in the monthly newsletter.

TIMELINE

A daily timeline is provided so that coaches can keep the class on running within the allotted 60 minute timeline.

GENERAL NOTES

Written general notes are provided daily to ensure classes are run smoothly and members are hitting the intended stimulus. There will also be customization options provided on applicable days if movements are not covered in the customization downloadable document.

DEBRIEF & COOLDOWN

The written debrief gives some notes for coaches to use when doing a whiteboard debrief as well as some cooldown stretches.

DAY 1

WARM UP

General Warm-Up

Grab a Partner

Partner 1 will Bike at a slowly increasing pace while Partner B completes the following - Switch after ever exercise

Grab pair of DB and complete:

5/4 Cal Assault Bike

Kang Squat x 10 <https://www.youtube.com/watch?v=LpDXYVgy8L4>

Plank DB Pull Through x 10 / side

DB Front Squat x 10

Dumbbell Death March x 10

<https://www.youtube.com/watch?v=S5d83EC6rj4> X 2

PURE CONDITIONING

Full Effort

Five rounds for time of:

30/22 Calories of Assault Bike

25 Kettlebell Swings (24/16 kg)

20 Box Step-Overs with Kettlebell (24"/20"; 24/16 kg)

Goal < 25 minutes

Cap - 30 minutes

Full Victory

Five rounds for time of:

25/20 Calories of Assault Bike

20 Kettlebell Swings

15 Box Step-Overs with Kettlebell

Goal < 25 minutes

Cap - 30 minutes

DAY 2

WARM UP

General Warm-Up

500m Row or Ski

Then..

2 Rounds

Kettlebell Windmills x 4 / Arm

<https://youtu.be/cNiWFzr7p7s>

Bottoms Up Kettlebell Carry x 50 Feet / Arm

<https://youtu.be/pUxZwhWMKPs>

Cossack Squat x 10

<https://www.youtube.com/watch?v=yokKNevnuOA>

Single Arm Overhead KB Carry x 50 Feet / Arm

<https://www.youtube.com/watch?v=udy5t2cjfFY>

10-12 Ring Rows

STRENGTH (PART A)

Ten Sets (Every 2:00)

Split Jerk with 2-second Pause in Dip & 2-second Pause in Receiving x 2 reps

Build over the course of the ten sets to your heaviest double.

CONDITIONING (PART B)

Full Effort

Complete the following for time:

Shoulder To Overhead @ 145/100 lbs 10-8-6-4-2

Rope Climbs 3-3-2-2-1

Goal < 8 minutes

Cap - 10 minutes

Full Victory

For time:

Dumbbell Shoulder To Overhead 20-15-10 reps

Strict Chest To Bar Pull-Ups 15-10-5 reps

Goal < 8 minutes

Cap - 10 minutes

DAY 3

WARM UP

General Warm-Up

500m row or Ski

Three Rounds:

Light DB Death March x 20

<https://www.youtube.com/watch?v=S5d83EC6rj4>

Medicine Ball Hamstring Curls X 10

[https://www.youtube.com/watch?v=4EzL-](https://www.youtube.com/watch?v=4EzL-JREPMw&index=6&)

[JREPMw&index=6&](https://www.youtube.com/watch?v=4EzL-JREPMw&index=6&)

Med Ball Squeeze Marches x 20

PURE CONDITIONING

Full Effort (Performance)

Five Sets (Every 6:00) each for time:

500/450 Meter Row

15 Deadlifts (225/155 lbs)

50 Double-Unders

Note times for each set, then total them, aiming for the lowest possible working time across the five sets.

Goal - 3:30-4:30 minutes per set

Cap - 5 minutes per set

Full Victory

Five Sets (Every 6:00) each for time:

500/450 Meter Row

15 Deadlifts (choose between single kettlebell, double kettlebells or barbell)

12 Jumping Lunges (6 each leg)

Note times for each set, then total them, aiming for the lowest possible working time across the five sets.

Goal - 3:30-4:30 minutes per set

Cap - 5 minutes per set

DAY 4

WARM UP

General Warm Up

Row 1 min

Bike 1 min

Row 1 min

Then...

Two sets of:

Copenhagen Adductor Exercise x 8-10 reps per side

https://youtu.be/n_oV3tix9M8

Rest 30 seconds between leg; Rest 60 seconds

10 Second Isometric Side Lying Banded Clam Shells + 5 reps

+ 10 Seconds Iso Hold

<https://www.youtube.com/watch?v=5so75YMGFs4&index=1&>

Supinated Grip Band Pull-Aparts x 10 reps

And finish with ...

Perform one set of 10 kang squats, 1 second pause at each point of movement

STRENGTH (PART A)

Five Sets (Every 2:30)

Back Squat

*Sets 1-3 = 3-4 reps

*Sets 4-5 = 5-6 reps

These sets should be challenging. If you reach the top end of the range, increase the load until you're unable to do so. If you performed the session on January 21, aim for the slightly higher than the loads used on that date.

CONDITIONING (PART B)

Full Effort

Five Sets (Every 3:00) each for time:

12 Burpee Box Jump-Overs (24"/20")

20 Wall Ball Shots (20/14 lbs)

Goal < 2 minutes per set

Full Victory

Five Sets (Every 3:00) each for time:

10 Burpee Box Jump-Overs

15 Wall Ball Shots

Goal < 2 minutes per set

DAY 5

WARM UP

General Warm Up

Run 200m

Row 300m

Bike 500m

Then...

Two rounds, of:

30 Second Side Plank

<https://youtu.be/AQxU2R6Xhyk>

10 Kettlebell Swings

10 Goblet Squats

<https://youtu.be/nLgIK6JO2X4>

And finish with ...

Specific Warm-Up (empty barbell, 3-5 reps of each)

Snatch deadlift to Mid Thigh

Hang Power Snatch

Overhead Squat

Hang Snatch

STRENGTH (PART A)

Six Sets (Every 2:00)

Snatch Balance x 2 reps

<https://youtu.be/GTj9pIIPp8E>

Focus on driving the bar off the shoulders and meeting the bar at the bottom of the OHS. Hold the receiving position for 2 seconds and repeat it for another rep.

CONDITIONING (PART B)

11 Minute AMRAP:

3 Snatches @ 155/105

6 Bar Muscle-Up

200 Meter Run

Goal: 4-6 rounds

DAY 6

WARM UP

General Warm-Up

Partner 1 Bikes at easy pace while Partner 2 completes the exercise below. Switch after every exercise.

Perfect Stretch x :45 / Side

<https://youtu.be/wJogO1Lqv8M>

Inchworm to Push-Up x 6

<https://www.youtube.com/watch?v=2MvvWZvBxzk&>

Russian Step-Ups to Box x 6 / Leg

<https://youtu.be/XxSuWba3gMQ>

10 Air Squat + 10 Jump Squat

TEAM CONDITIONING

Get A Grip

Teams of two must complete 100 repetitions of the following

complex:

1 Deadlift

1 Squat Clean

1 Front Squat

1 Push Press

1 Push Jerk

The weight (95 lbs for men, 65 lbs for women) cannot touch the floor at any point during the workout. The partner who hands the bar off must immediately run 400 meters before he or she may receive the weight back from his or her partner.

DAY 1

WARM UP

General Warm-Up

Grab a Partner

Partner 1 will Bike at a slowly increasing pace while Partner B completes the following - Switch after every exercise

Grab pair of DB and complete:

5/4 Cal Assault Bike

Kang Squat x 10 <https://www.youtube.com/watch?v=LpDXYVqy8L4>

Plank DB Pull Through x 10 / side

DB Front Squat x 10

Dumbbell Death March x 10

<https://www.youtube.com/watch?v=S5d83EC6rj4> X 2

PURE CONDITIONING

Full Effort

Five rounds for time of:

30/22 Calories of Assault Bike

25 Kettlebell Swings (24/16 kg)

20 Box Step-Overs with Kettlebell (24"/20"; 24/16 kg)

Goal < 25 minutes

Cap - 30 minutes

Full Victory

Five rounds for time of:

25/20 Calories of Assault Bike

20 Kettlebell Swings

15 Box Step-Overs with Kettlebell

Goal < 25 minutes

Cap - 30 minutes

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-56:00. Conditioning(40 Mins)

56:00-60:00. Cool Down & Debrief

GENERAL NOTES

We are going long to start off the week with a simple triplet. The legs are going to feel this one - they don't get much rest today. Help your members find a pace they can maintain on the bike for the entire workout. The Kettlebell swings will most likely be the easiest part of today's workout, then with that same KB they'll need to hang on for Box Step-Overs. Good news: only one KB for the Step-Overs, Bad News: these are still going to be a grind.

CUSTOMIZATION OPTIONS

We are looking for sub 5 minute rounds. That means the bike should be completed in 2-3 minutes, the KB swings may start out unbroken then 1 or 2 quick short breaks and then pushing the pace to move through the Box Step-Overs.

Assault Bike - Ideally we'd love to see around 10-15 calories per minute. Give your members targets to shoot for - we like 55 RPM for females and 60-65 RPM for males. This gives them something to focus on, so the AB doesn't suck as much.

Kettlebell Swings: We always teach Russian Swings since it allows us to emphasize and prioritize the hinging motion the KB highlights. That means we are doing a KB Swings to head height. The goal today is to be able to do the first couple rounds unbroken. If needed help your members find an appropriate weight to do so.

Box Step-Overs with KB: This is meant to be a moderate weight for the KB. Lighter KB can be used in order to maintain the stimulus for the workout and keep your members moving. We can also make this just a KB Box Step Up or Box Step Overs without the KB.

The height of the box can also be lowered to make this easier to get through.

DEBRIEF

Do your members like starting off the week with the Pure Conditioning day? Do they prefer it later on at the end of the week better? How long was the bike taking each round? Were your members working on the Watts or RPMs? Was everyone able to do the KB Swings unbroken on the most part? Or with just one small break? How did they attack the Box Step-Overs? Were they glad it was only one KB instead of 2? Were they consistent across all 5 rounds or was there a big drop off? When did the drop off happen?

COOLDOWN

Side Lying Quad Stretch

<https://youtu.be/4S8Ju7jKkHl>

Seated Wide Hamstring Stretch

<https://youtu.be/TWaijD63STE>

Calf Stretch

<https://youtu.be/bfUnJ-kW4Kg>

CLASS TIMELINE

00:00-5:00. Ice break, brief part A.

5:00-15:00. Warm-Up.

15:00-20:00. Individual customization, build up to 60-65% of 1RM Shoulder Press.

20:00-38:00. Part A.

38:00-43:00. Transition, brief part B, warm-up reps.

43:00-55:00. Part B.

55:00-60:00. Cooldown, Clean-up, Debrief.

DAY 2

WARM UP

General Warm-Up

500m Row or Ski

Then..

2 Rounds

Kettlebell Windmills x 4 / Arm

<https://youtu.be/cNiWFzr7p7s>

Bottoms Up Kettlebell Carry x 50 Feet / Arm

<https://youtu.be/pUxZwhWMKPs>

Cossack Squat x 10

<https://www.youtube.com/watch?v=yokKNevnuOA>

Single Arm Overhead KB Carry x 50 Feet / Arm

<https://www.youtube.com/watch?v=udy5t2cjfFY>

10-12 Ring Rows

STRENGTH (PART A)

Ten Sets (Every 2:00)

Split Jerk with 2-second Pause in Dip & 2-second Pause in Receiving x 2 reps

Build over the course of the ten sets to your heaviest double.

CONDITIONING (PART B)

Full Effort

Complete the following for time:

Shoulder To Overhead @ 145/100 lbs

10-8-6-4-2

Rope Climbs

3-3-2-2-1

Goal < 8 minutes

Cap - 10 minutes

Full Victory

For time:

Dumbbell Shoulder To Overhead

20-15-10 reps

Strict Chest To Bar Pull-Ups

15-10-5 reps

Goal < 8 minutes

Cap - 10 minutes

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-36:00. Part 1 (20 Mins)

36:00-40:00. Conditioning Prep

40:00-56:00. Part 2 (16:00)

56:00-60:00. Cooldown & Debrief

GENERAL NOTES

This is a maintenance week on our bench press progression. Time to make sure everyone still remembers their good split jerk mechanics

The conditioning is a short upper body pump, this is a weight we don't see very often - just above a moderate weight we are normally accustomed to seeing (135/95) coupled with Rope Climbs which means the shoulders/upper body will never get a break.

HOW TO CUSTOMIZE TODAY'S WORKOUT:

Shoulder to Overhead: the goal for today is to try to go unbroken or with as few breaks as possible. This is a weight that your members can perform 5-8 reps unbroken with when rested. We want them to be able to be able to perform big chunks, since every time the weight hits the floor, time will be lost in transitions.

Rope Climbs: Standard is normally '15, this distance can be shortened to '12 or this movement can be simplified to controlling their body weight as they descent down to the ground and then slowly pull themselves up by only using their upper body to do so. The reps can also be reduced to 2-2-1-1-1 or any combination that allows the intensity to stay high.

DEBRIEF

It's been a hot minute since we've seen Split Jerks - today would be a great day to emphasize mechanics over load. How did the 2-second pause in the receiving position feel? Hopefully it was helping your members find where they needed to be and make adjustments as needed.

On the conditioning, which movement challenged your members more - the STO or the Rope Climbs? Remind them after they finish the round of 8 STO and 3 RC they are well over ½ done with the workout. Did anyone in your classes get their first rope climb ever? These are always super cool moments worth highlighting.

COOLDOWN

Half Kneeling Arm Across Chest Shoulder Stretch

<https://youtu.be/KQywl5VnD4I>

Rig Lean Tricep Stretch

<https://youtu.be/RgulaQcbjtU>

Rig Lat Stretch

<https://youtu.be/I7u-FCilscQ>

Seated Groin Stretch

<https://youtu.be/XufKi21CM5o>

DAY 3

WARM UP

General Warm-Up

500m row or Ski

Three Rounds:

Light DB Death March x 20

<https://www.youtube.com/watch?v=S5d83EC6rj4>

Medicine Ball Hamstring Curls X 10

<https://www.youtube.com/watch?v=4EzI-JREPMw8index=68>

Med Ball Squeeze Marches x 20

PURE CONDITIONING

Full Effort (Performance)

Five Sets (Every 6:00) each for time:

500/450 Meter Row

15 Deadlifts (225/155 lbs)

50 Double-Unders

Note times for each set, then total them, aiming for the lowest possible working time across the five sets.

Goal - 3:30-4:30 minutes per set

Cap - 5 minutes per set

Full Victory

Five Sets (Every 6:00) each for time:

500/450 Meter Row

15 Deadlifts (choose between single kettlebell, double kettlebells or barbell)

12 Jumping Lunges (6 each leg)

Note times for each set, then total them, aiming for the lowest possible working time across the five sets.

Goal - 3:30-4:30 minutes per set

Cap - 5 minutes per set

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-46:00. Conditioning (30 Mins)

46:00-60:00. Cool Down & Debrief

GENERAL NOTES

This should be a sprint interval session! Our guess is that most members will get 2 minutes of rest or more between sets, which should allow them to regroup and push hard again. Talk to them about their approach and whether they're aiming for consistent or negative splits. Challenge members to learn something about their ability to manage their pacing.

HOW TO CUSTOMIZE TODAY'S WORKOUT:

Rowing: For a 500 meter row, we are looking for about 2:00-2:30 minutes of work for your members. Some will finish faster and that's ok, but if it's taking some members longer than 2:30, consider reducing their distance. If substituting this movement for a Bike - double the distance (a 500 meter row equates to 1000 meters on the Bike ERG or Assault Bike). If substituting for Running, a 500 meter row equates to a 400 meter run, or about the same working time (2:00-2:30).

Deadlifts: today's 225/155 is meant to be a moderate weight for your members. The goal would be able to go unbroken at the beginning, or throw in a short strategic break. Coming off the row, they will be a little tired/winded, but the goal should be to be able to complete the 15 reps in less than 1 minute.

Double-Unders: This movement can be customized to single-unders. You can also have your members practice the ""single-single-double"" pattern to gain confidence and some exposure to the actual movement. The only way they will get better at this movement is by actually trying and practicing to do it. Another option is to put a time parameter on how long the double-unders should take each round. That way, members who are learning to acquire the skill can practice for that specific interval of time each round without yet feeling the pressure of reaching a specific number of reps. For members who have double-unders, but 50 reps (in this particular example) is inaccessible, offering a lower rep target is a great option.

You can also offer a Lateral Parallette Jump (1:1 reps) -

<https://youtu.be/owUnYDBo31k>

DEBRIEF

Lots of Deadlifts today - make sure you are always prioritizing quality over quantity. Were your members keeping a good neutral spine throughout all 5 working sets? Were they able to do them with 1-2 short breaks or did they have to break more than that? If so, they may need to go lighter. How about the DUBs at the end - if 50 is too many, then how many were they doing each round? We still want them to practice this movement, but not at the expense of losing the stimulus. What are we looking for today - pushing the pace on the row, getting after the DLs and quickly getting through the DUBs. How long was it taking each round? Was everyone able to keep all the rounds under the 5 minute cap?

COOL DOWN

Wall Splits

<https://youtu.be/KbN53AMfRK4>

Figure-4 Glutes

https://youtu.be/kvrv_BtFmna

Shoulder Stretch

<https://youtu.be/wm5sQvHuatE>

DAY 4

WARM UP

General Warm Up

Row 1 min
Bike 1 min
Row 1 min

Then...

Two sets of:

Copenhagen Adductor Exercise x 8-10 reps per side

https://youtu.be/n_oV3tix9M8

Rest 30 seconds between leg; Rest 60 seconds

10 Second Isometric Side Lying Banded Clam Shells + 5 reps + 10
Seconds Iso Hold

<https://www.youtube.com/watch?v=5so75YMGFs4&index=1&>

Supinated Grip Band Pull-Aparts x 10 reps

And finish with ...

Perform one set of 10 kang squats, 1 second pause at each point
of movement

STRENGTH (PART A)

Five Sets (Every 2:30)

Back Squat

*Sets 1-3 = 3-4 reps

*Sets 4-5 = 5-6 reps

These sets should be challenging. If you reach the top end of the
range, increase the load until you're unable to do so. If you
performed the session on January 21, aim for the slightly higher
than the loads used on that date.

CONDITIONING (PART B)

Full Effort

Five Sets (Every 3:00) each for time:

12 Burpee Box Jump-Overs (24"/20")

20 Wall Ball Shots (20/14 lbs)

Goal < 2 minutes per set

Full Victory

Five Sets (Every 3:00) each for time:

10 Burpee Box Jump-Overs

15 Wall Ball Shots

Goal < 2 minutes per set

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-29:00. Part 1 (12:30 Mins)

29:00-34:00. Conditioning Prep

34:00-49:00. Part 2 (15:00)

49:00-60:00. Cooldown & Debrief

GENERAL NOTES

We're flipping the reps on the squats this week, doing fewer reps at
heavier loads to start, then backing off a bit to hit a higher rep range
to finish it out. Give the group plenty of time to build to something
heavy for the 3-4 reps before starting the clock.

Short intervals are the goal for the conditioning. Members
should try to fly through these to earn at least a minute of rest.
I would expect there to be some drop off each round, but there
isn't a ton of time to pace this one out, so have them get on the
gas and hang on.

COACHES - Start new heats every 90 seconds. It shouldn't take
members longer than 75 seconds to complete the BBJO, so if
needed, please reduce the number of reps to ensure that they're
sticking within that time frame.

HOW TO CUSTOMIZE TODAY'S WORKOUT:

Be sure to look at the Full Effort & Full Victory option. Some people
may be better off starting on the Full Victory and seeing if they can
maintain consistency across all 5 working sets. We're hoping for 1
minute of rest, which means there's not a lot of time to recover.

Burpee Box Jump-Overs: This will be a challenging movement
that will gas your members. You can have them do an up down
instead of the burpee which will help keep intensity higher.
You can have your members step on the box instead of jumping,
and you can most definitely lower the height on the box to make it
easier for all.

Wall Ball: Ideally, we'd love to see 15-20 reps unbroken at this
weight (20/14lbs) - help your members find an appropriate weight
so they can complete at least 10 reps without a break. The reps
can be reduced, or a lighter ball can also be chosen and/or a
shorter target too.

DEBRIEF

How has it been to Back Squat without Percentages? Are your
members lost? Have they been able to refer back to what they did
previously in this cycle to gauge how to approach these? How
heavy did they go today? The volume is a little bit higher and there
is not a lot of rest.

How did the sprint intervals go? Were they pushing the pace on the
BBJOs into the Wall Balls? Did the Wall Balls seem a lot harder
after the BBJO? Did they have some strategic breaks or did they
try to keep these unbroken as long as possible? Was there a big
drop off in the later rounds? By how much?

COOL DOWN

Hawaiian Squat x 45-60 seconds per side

https://www.youtube.com/watch?v=gnw_7_U_fJU&

Side Lying Quad

<https://youtu.be/4S8Ju7jKkHI>

Half Kneeling Hip Flexors

https://youtu.be/d3SvweiN_rU

DAY 5

WARM UP

General Warm Up

Run 200m
Row 300m
Bike 500m

Then...

Two rounds, of:

30 Second Side Plank

<https://youtu.be/AQxU2R6Xhyk>

10 Kettlebell Swings

10 Goblet Squats

<https://youtu.be/nLgIK6JO2X4>

And finish with ...

Specific Warm-Up (empty barbell, 3-5 reps of each)

Snatch deadlift to Mid Thigh

Hang Power Snatch

Overhead Squat

Hang Snatch

STRENGTH (PART A)

Six Sets (Every 2:00)

Snatch Balance x 2 reps

<https://youtu.be/GTj9pliPP8E>

Focus on driving the bar off the shoulders and meeting the bar at the bottom of the OHS. Hold the receiving position for 2 seconds and repeat it for another rep.

CONDITIONING (PART B)

11 Minute AMRAP:

3 Snatches @ 155/105

6 Bar Muscle-Up

200 Meter Run

Goal: 4-6 rounds

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-28:00 Part 1 (12 minutes)

28:00-40:00 Part 2 Prep

40:00-51:00. Conditioning(11 Mins)

51:00-60:00. Cool Down & Debrief

GENERAL NOTES

We are coming close to end of this Snatch cycle and we wanted to put in some additional positioning work with the Snatch Balances. Ideally, the members are meeting the bar in the receiving position of the Snatch which is also the bottom of the OHS - this can be challenging. If needed, they can punch the bar up and slowly ride it down and hold it for 2 seconds.

For today's conditioning - the Snatch weight should be a little bit on the heavier side of moderate, but something they can do 3 reps with Touch and Go with, or opt for 3 quick singles. This coupled with the Bar Muscle Ups will get grippy, but luckily the run should allow the grip to rest/recover and be ready to go again.

HOW TO CUSTOMIZE TODAY'S WORKOUT:

Snatch: as mentioned above, this should be a little bit challenging but feasible. Make sure your members can do the 3 reps in 30-45 seconds. If it's going to take them longer to do so, they may need to go lighter today.

Bar Muscle-Ups: This is a higher skill gymnastic movement, the reps can be reduced depending on your member's capacity. We can also add bands to assist with the full movement. Jumping Muscle Ups can be a good option here too.

Run: A 200 Meter Run should take around 45 seconds - 1:15. You may need to reduce it to 150 Meters for some members, or change to a Row/Ski if they are not able to run. They can also run out for 30 seconds, then run back. The Bike Erg or Assault Bike is a good option here too. A 200 Meter run equates to 400 Meters on the Bike Erg or Assault Bike.

DEBRIEF

It was a nice change of pace for this Snatch cycle to do the skill transfer exercise of the Snatch Balance. How did your members do with this movement? Were they able to do it effectively? If not, what did they struggle with?

On the conditioning, did anyone opt for Touch-N-Go on the Snatches? Probably not ideal considering the Bar Muscle-Ups are right after it. Power Snatches on the workout are fine today - we don't need them to squat so that we can keep the intensity high. The BMU are meant to be done in under 60 seconds, make sure folks aren't struggling just to do it RX - we want them to keep moving, so they may need to reduce the reps to do so. How many of your members customized one or more of the movements in today's workout? Did most treat the run as a recovery? Might be smart to do so - but for someone that is proficient in all 3 of these modalities have them push themselves.

COOL DOWN

Wrist Stretches

<https://www.youtube.com/watch?v=vNpElb6dgBs8>

Over the Shoulder Barbell Stretch

<https://www.youtube.com/watch?v=QjsRgB1zWd08>

Rig Decompression of Lower Back

<https://youtu.be/o1ATextWjUk>

DAY 6

WARM UP

General Warm-Up

Partner 1 Bikes at easy pace while Partner 2 completes the exercise below. Switch after every exercise.

Perfect Stretch x :45 / Side

<https://youtu.be/wJogO1Lqv8M>

Inchworm to Push-Up x 6

<https://www.youtube.com/watch?v=2MvvWZvBxzk8>

Russian Step-Ups to Box x 6 / Leg

<https://youtu.be/XxSuWba3qM0>

10 Air Squat + 10 Jump Squat

TEAM CONDITIONING

Get A Grip

Teams of two must complete 100 repetitions of the following complex:

1 Deadlift

1 Squat Clean

1 Front Squat

1 Push Press

1 Push Jerk

The weight (95 lbs for men, 65 lbs for women) cannot touch the floor at any point during the workout. The partner who hands the bar off must immediately run 400 meters before he or she may receive the weight back from his or her partner.

TIMELINE

0:00-5:00. Intro and Brief

5:00-8:00. General Warm-Up

8:00-16:00. Specific Warm-Up

16:00-56:00. Conditioning(40 Mins)

56:00-60:00. Cool Down & Debrief

GENERAL NOTES

It's been quite a while since we've done this workout, which is easier - the run or the barbell work? The weight is meant to be light, but having to hold on to it while your partner is running is going to get tough. Everyone loves a barbell, until they have to do "cardio" with it. This is a super fun partner workout that's also a long grinder. The run will most likely take around 2 minutes per round before switching

HOW TO CUSTOMIZE TODAY'S WORKOUT:

Barbell: the (95/65lbs) is meant to be light, in order to allow for 5-8 unbroken complete 'reps' of today's complex. If needed, lighten the load to allow this to happen.

Running: A 400 Meter Run should take around 2:00-2:30. You may need to reduce it to 300 Meters for some members, or change to a Row/Ski if they are not able to run. They can also run out for a minute, then run back. The Bike Erg or Assault Bike is a good option here too. A 400 Meter run equates to 1000 Meters on the Bike Erg or Assault Bike.

DEBRIEF

Was this your members' first time doing this workout? If so, was it easier/harder than they expected? How grippy did it get? At what point of the workout did they start to feel it? Did they have a set range each round or were they going for broke each time? Was 100 reps too many? Is this a workout they're hoping not to see again for quite some time? Which of the movements was toughest? What about easiest? How long was it taking most your members to finish today?

COOL DOWN

Rig Decompression of Lower Back

<https://youtu.be/o1ATextWjUk>

Calf Stretch

<https://youtu.be/bfUnJ-kW4Kg>

Rig Glutes

<https://youtu.be/CXckZ2OUjgg>

Side Lying Twist

<https://youtu.be/GJGSofTRMl0>

Child's Pose

<https://youtu.be/VMr9DW5LfXk>