





























# COMPTRAIN | GYM

JANUARY COMPTRAIN GYM CALL

# State of CompTrain Gym

- **What we're working on & updates**
  - In-depth modifications added
  - Workout scoring notes added to daily lesson plan
  - New PDF format - reader & printer friendly
  - Additional platforms integration
  - More tools & resources on the drive
  - Elevated web experience
  - Additional coaching demonstration videos added
  - Weekly digest added to lesson plans and emailed out weekly
  - No active strength cycle during "The Open"
- **February call | February**

# GYM RESOURCES DRIVE

Name	Owner	Last modified	File size	
 CompTrain Benchmarks.pdf 	 me	Oct 23, 2023 me	2.2 MB	    
 CompTrain Monostructural Conversions Chart 	 me	Oct 23, 2023 me	2.2 MB	
 CompTrain Strength Cycle   #1 in Class.pdf 	 me	Nov 17, 2023 me	2.2 MB	
 CompTrain Strength Cycle   #2 in Class.pdf 	 me	Nov 17, 2023 me	2.2 MB	
 CompTrain Strength Cycle   #2.pdf 	 me	Nov 17, 2023 me	2.2 MB	
 CompTrain Strength Variance & Oly Lifts.pdf 	 me	Oct 23, 2023 me	2.1 MB	

## UPDATED PDF OVERVIEW



### MONDAY | 01.29 EMPTY NESTER

Overhead Squat  
On the 3:00 x 3 Sets:  
3 Overhead Squats

"Empty Nester"  
For Time:  
1,000/900 Meter Row  
50 Overhead Squats (45/35)  
30 Toes to Bar

Time Cap: 10 Minutes

### TUESDAY | 01.30 TIRE SWING

4 Rounds x AMRAP 5:  
30 Kettlebell Swings (53/35)  
30 Box Jump Overs (24"/20")  
Max Calorie Bike Erg

Rest 3 Minutes Between Rounds

### WEDNESDAY | 1.31 SUFER ON ACID

Bench Press  
On the 3:00 x 3 Sets:  
3 Bench Press

"Surfer on Acid"  
3 Rounds For Time:  
400 Meter Run  
21 Burpees

Time Cap: 12 Minutes

### THURSDAY | 02.01 NOTHIN' CRAZY

AMRAP 20:  
10 Strict Pull-ups  
20 Goblet Step Back Lunges  
(50/35)

30 AbMat Sit-ups  
60 Double Unders

### FRIDAY | 02.02 SHAM [HERO]

Clean  
On the 3:00 x 3 Sets:  
3 Cleans

"Sham" [HERO]  
7 Rounds For Time:  
11 Deadlifts (Bodyweight)  
100 Meter Sprint

Time Cap: 12 Minutes

### SATURDAY | 02.03 THE DIRTY BUBBLE

AMRAP 9:  
15 Wallballs (20/14)  
21/15 Calorie Row

Rest 6 Minutes

AMRAP 9:  
15 Wallballs (20/14)  
21/15 Calorie Row

### SUNDAY | 02.04 MOVE ALONG

5 Rounds  
30/24 Calorie row  
30 Burpees  
30/24 Calorie Bike

Time Cap: 35 Minutes

Sunday Run Day  
Run 2-3 Miles

### NEWS + INFO

- Join the CompTrain Gym FB group for owners and coaches. [Group link](#)
- Next Monthly Call with Ben [Booking Link](#)
- CompTrain Benchmarks [Link](#)
- CompTrain Gym Resource Drive [Link](#)

## UPDATED PDF LESSON PLAN

### COMPTRAIN | GYM

### LESSON PLAN | FRIDAY | SHAM [HERO]

#### WOD BRIEF

3 MINUTES | 0:00 - 3:00

#### Stimulus

- Refer to workout stimulus notes
- Deadlifts | Light to moderate. Unbroken. :45 or less
- Sprint | :45 or less

#### GENERAL WARM-UP

6 MINUTES | 3:00 - 9:00

- General flow
  - Get out PVC
  - 2 Rounds
  - 100m Run
  - :20 PVC pass through
    - Establish snatch grip here
  - :20 Alternating spidermans
  - :20 Squat jumps
  - :20 PVC around the world
  - :20 Bootstraps with reach
  - :20 Down dog - actively driving head through
  - :20 PVC goodmornings
  - :20 Scorpions
  - :20 Push up to down dog

#### SPECIFIC WARM-UP

15 MINUTES | 9:00 - 24:00

- Clean | tell, show, do, check
  - W/ PVC
  - Establish stance, grip, set-up
    - Feet shoulder width apart
    - Hands outside shoulders with full grip on bar
    - Bar in contact with shins
    - Shoulders slightly over the bar
    - Eyes on horizon
  - 5 Midshin to knee deadlifts
    - Focus on driving through the heels
  - 5 Clean deadlifts
    - Focus on keeping the bar close
  - 5 Deadlift + shrug
    - Focus on timing of full extension then shrugging
- 5 Clean High Pulls from hang
  - Focus on full extension then pulling the elbows high and outside
- 5 Muscle cleans from hang
  - Focus on fast elbows
- 5 Hang muscle cleans
  - Focus on timing of full extension then pulling
- 5 Clean drops
  - Focus on quick footward
  - Drop 2" lower each rep and finish in front squat position
- PVC Away, barbell out
- 3 Deadlift
- 3 Deadlift + shrug
- 3 Hang Clean high pulls
- 3 Hang muscle clean
- 3 Hang power clean
- 3 Hang squat clean

#### STRENGTH

15 MINUTES | 24:00 - 41:00

- 8:00 to build to workout weight
- Every 3:00 x 3 sets
- Transition to part 2

#### PRIMER

6 MINUTES | 41:00 - 47:00

- Practice Round
  - 11 Deadlifts
  - 100m Sprint
    - Should be completed in :90 or less
- Break
- Workout adjustments if needed

#### WORKOUT

10 MINUTES | 47:00 - 57:00

- Look For
  - Deadlift | Rounding the back. Cue squeezing the shoulder blades and keeping a big chest. Driving through the legs. Cue athletes to keep the chest lifted and to stand their deadlift up by driving the legs into the ground. Keeping the bar close, cue athletes to pull the bar into their body throughout each rep.
  - Run | Pacing. We want athletes to keep the pace and effort high on the run. If they are struggling to keep a high effort, encourage them to pull back the distance.

#### COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

# **THE PRODUCT**

## THE 60 MINUTE CLASS EXPERIENCE

## **THE SIX CRITERIA OF COACHING**

Teaching

Seeing & Correcting

Demonstrating

Group Management

Presence & Attitude

Building Relationships

## PRE-CLASS | Building Relationships

### Key objectives

- Connect individually



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## BRIEF | Teaching

### Key objectives

- Coach beyond what is  
Written on the whiteboard.



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## GENERAL WARM UP | Group Management

### Key objectives

- Claim range of motion
- Elevate core temp & heart rate
- Elevate energy and establish connections.

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## SPECIFIC LIFTING WARM UP | Teach | Demonstrate | See | Correct

### Key objectives

- Tell, show, do, check

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## SPECIFIC WORKOUT WARM UP | Teach | Demonstrate | See | Correct

### Key objectives

- Tell, show, do, check

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## TEACHING | Teach | Demonstrate | See | Correct

### Key objectives

- Tell, show, do, check
- Personalize & tailor the athlete experience.



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## PRIMER | See | Correct | Group Management

### Key objectives

- Practice round
- Q/A opportunities
- Break



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## POST-WORKOUT | Building Relationships

### Key objectives

- Everyone gets a fist bump
- How many specifics can give?

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# THE PRODUCT

## THE 60 MINUTE CLASS EXPERIENCE



## Questions from the community

- What would you say is the most effective way to run a onramp/foundations ?
- Usually we don't see complex movements in the lesson plans, but they appear in the open-games version. Would be nice to have a lesson plan for those wods, there are some clients that like to try new movements once in a while, even if they have to do the scaled version.
- Did you guys think to open access to the lesson plans from the Comptrain app? I'm sure there's more boxes like us, that have access to the app for our personal training and to the Comptrain gym for the clients training."

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