

COMPTRAIN GYM

# *July 2026*

## *Monthly Gym Kit*

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*Don't just sell workouts — create an experience for your members.*

The complete monthly toolkit for gym owners and coaches.

*Programming, community events, and growth tools — everything you need to run the month, in one place.*

MONTHLY KIT

# What's Inside This Month

This kit is your operating manual for July. Each section is a ready-to-run tool — a coaching call, a community event, a member challenge, and the month's strength cycle. You don't need to run all of it. Pick the two or three pieces that fit your gym, put them on the calendar, and promote them like you mean it.

SECTION	WHAT IT IS	KEY DATE
<b>Monthly Gym Mastermind</b>	Live owner roundtable: building a great coaching staff.	Thu, Jul 16
<b>Monthly Education · The 5 Factors</b>	Member-facing nutrition & mindset habits to coach this month.	All month
<b>Bring a Friend Days</b>	Two new-person-friendly workouts, plus ready-to-use invite copy.	Jul 9 & Jul 23
<b>The 50-Mile Walking Challenge</b>	A low-barrier, gym-wide challenge for every member.	All month
<b>Programming Deep Dive</b>	Coach-facing breakdown of the month's programming and the why.	All month
<b>Max Effort Strength Cycle</b>	The full week-by-week strength progression — two tracks.	Jun 29–Aug 29

**Every section has a "How to Integrate."**

Look for the rust-bordered *How to Integrate* block at the end of each section. It lays out a few simple ways to use that tool to improve your offering, add value for members, increase engagement, and grow your business. This kit mirrors the upcoming web platform; until that's live, it's delivered here as a PDF.

# Monthly Gym Mastermind

Each month, Ben leads a live training session for gym owners — a focused lecture and practical deliverable built to help you professionalize and grow your business. This month's session tackles the single biggest lever in any gym: your coaching staff. Great coaches retain members, fill classes, and protect your reputation — and building a great team is a skill you can learn.

**JULY MASTERMIND** | *Thursday, July 16, 2026 — 2:00 PM EST*

**How to Get Great Coaches: Hiring, Firing, Reward & Review**

Live training with Ben · ~45 minutes

**Register / Join:** [calendly.com/comptrain/comptrain-gym-monthly-call](https://calendly.com/comptrain/comptrain-gym-monthly-call)

## What we'll cover

- **Hiring** — where great coaches actually come from, what to screen for, and the on-floor audition that predicts real performance better than any interview.
- **Firing** — how to part ways cleanly and early, before a weak or misaligned coach quietly costs you members.
- **Reward** — pay structures, non-cash recognition, and career paths that keep your best people from leaving to open down the street.
- **Review** — a simple, repeatable review cadence that raises the standard across your whole staff, not just your problem cases.

## Make the time to be there — and bring your team.

This is one of the highest-leverage 45 minutes you'll spend on your business this month. It's open to your whole staff, too: the more of your coaches and managers in the room, the more of it actually takes hold. Block it on the calendar and join live.

# Fuel the Body, Train the Mind

Each month's education gives your members something to work on beyond the workout — small, repeatable habits across the Five Factors of a healthy life. This month leads with two: how you *nourish* your body and how you *think* about your day. Drop these into class chats, your whiteboard, or member comms.

## N O U R I S H

### *Micronutrients Matter*

Micronutrients are the vitamins and minerals that support your immune system, energy production, bone health, muscle function, hormone balance, recovery, and more. The best way to get them is also the simplest: eat a wide variety of whole foods. Different colors on your plate mean different nutrients. The more variety, the more covered you are.

**This month's focus:** each weekday, try to eat at least three different colored fruits or vegetables. Not three servings of the same thing, but three different ones.

#### WHY IT WORKS

Your body runs thousands of processes that depend on specific vitamins and minerals — magnesium for muscle contraction, iron for carrying oxygen, zinc for immunity, B-vitamins for turning food into energy. You can't out-train a diet that's missing them. The good news: you don't need supplements or a spreadsheet. You need variety, and color is the easiest proxy for it.

#### TACTICS THAT MAKE IT EASY

- **Eat the rainbow.** Each color signals a different nutrient family — red (lycopene), orange/yellow (beta-carotene), green (folate & vitamin K), blue/purple (anthocyanins), white (allicin). Cover a few colors across the day, not all at once.
- **Anchor every meal with a plant.** Add one fruit or vegetable to a meal you already eat instead of building a whole new "healthy" meal from scratch.
- **Shop the perimeter — and the freezer.** Fresh produce first; frozen is just as nutritious, never goes to waste, and is always on hand for busy weeks.
- **Default to whole over processed.** An apple over apple juice, a baked potato over chips. Whole foods keep the fiber and minerals intact.
- **Variety beats perfection.** Rotating foods week to week covers more ground than eating the same "healthy" salad every single day.

#### A DAY ON THE PLATE

**Breakfast:** eggs + spinach + berries (green, blue)

**Lunch:** chicken bowl with peppers, carrots & greens (red, orange, green)

**Snack:** an apple or a handful of grapes (red / purple)

**Dinner:** salmon + roasted broccoli + sweet potato (green, orange)

That's six-plus colors without trying hard — and most of a day's micronutrients handled by lunch.

#### TRACK IT

Keep a simple tally on your phone or the gym whiteboard — a checkbox for each new color you eat that day. Three different colors on most weekdays is a win. Consistency matters more than any single perfect meal.

#### T H I N K

### *Borrow From Your Best Day*

#### FOCUS

Use your best version as the standard, not your average one.

#### CHALLENGE

Think of a day recently where you showed up exactly the way you wanted to. What did you do that morning? How did you eat? How did you move? What did you say yes and no to? Today, steal one thing from that day and bring it into this one.

#### WHY IT MATTERS

We spend a lot of time studying our worst days trying to figure out what went wrong. We rarely study our best ones. But your best day is not an accident. It is data. It is proof of what you are actually capable of when the conditions are right, and more importantly, it is a blueprint you can start rebuilding from.

#### EXAMPLE

You had one week last month where everything clicked. You were focused, energized, and present. You think back and realize you were waking up 30 minutes earlier and not touching your phone until after breakfast. You don't overhaul everything. You just bring those two things back today.

#### TACTICS

- **Audit your best day in detail.** Write down what you actually did — wake time, the first hour, what you ate, when you trained, who you were around. Specifics, not vibes.
- **Separate the controllables.** Ignore what you can't repeat (perfect weather, a day off) and circle the two or three habits that are fully in your hands.
- **Steal just one.** Pick the single highest-leverage habit and run it. One repeated habit beats a full life overhaul you abandon by Friday.
- **Stack it onto something you already do.** "Phone stays away until after breakfast." "Shoes on the moment I get home." Attaching a new habit to an existing one is what makes it stick.

#### TRY THIS TODAY

1. Name one habit from your best day.
2. Decide exactly when you'll do it today — a time or a trigger.
3. Do it once. That's the whole assignment.

#### MAKE IT A HABIT

Run the same single habit for a full week before adding another. Your best day isn't luck — it's a stack of behaviors. Rebuild it one brick at a time, and let the wins compound.

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*"Success leaves clues." — Tony Robbins*

#### H O W T O I N T E G R A T E

- **Read the Think prompt at the whiteboard.** A 60-second mindset piece before the workout sets the tone and shows members you coach the whole person, not just the hour.
- **Post the Nourish habit.** Put "three different colors a day" on your board and socials as the week's challenge — it's simple, visual, and easy for members to share.
- **Drop it into member comms.** These cards are written to copy straight into a newsletter, email, or community post. Consistent education keeps members engaged between classes.
- **Stack it with the challenge.** Pair the nutrition and mindset habits with the 50-Mile Walking Challenge so members have one clear, well-rounded focus for the month.

# Bring a Friend Days

Twice this month, the workout is built to be new-person friendly — simple movements, easy to scale, and approachable for someone walking into a gym for the very first time. That accessibility is the point: these are the easiest, lowest-pressure on-ramps you have for prospective members, so every member is encouraged to bring a friend. Promote them a week out, scale generously, and make every guest feel like they belong from the first rep.

## BRING A FRIEND DAY #1 | *Thursday, July 9, 2026*

### "No Name"

#### 10 Rounds For Time:

10 Push Press (95/65)

18/15 Calorie Bike

50-Meter Farmer's Carry (50/35)'s

**Time Cap:** 25 Minutes · **Score:** Time

**Scaling (14–15, 55+):** (75/55), (35/25)'s

**Notes:** Choose weights/reps/variations that allow you to complete a round in no longer than 2:30. Push press should be completed in 1–2 sets each round. Farmer's carry should be completed with no more than 1 break each round.

*Intended Intensity: RPE 6–7 | Target Loading: Light (35–45%) | Fitness Attribute: Aerobic Power [Lactate Threshold]  
| Target Score: 18–23 Minutes*

## BRING A FRIEND DAY #2 | *Thursday, July 23, 2026*

### "Vicious Cycle" [REPEAT FROM 5/22/25]

#### 4 Rounds For Total Reps:

3:00 of Bike Calories

2:00 of Burpees

1:00 of Rope Climbs (15')

• Rest 2:00 Between Rounds

**Score:** Total Reps · **Scaling (14–15, 55+):** 12' rope

**Notes:** Keep a running count of reps over your three stations. Pick a rope climb height that allows you to complete at least 3 reps within each minute.

*Intended Intensity: RPE 5–6 | Fitness Attribute: Lactate Threshold | Target Score: 250–350 Reps (M), 200–300 Reps (W)*

*Repeat from 5/22/25 — athletes who logged a score last time can chase it.*

## Ready-to-Use Invite Copy

Hand these to your members and coaches — copy, paste, and personalize. (Swap "Thursday" for the specific date you're running.)

### For members to invite a friend

*"Hey! My gym is hosting a Bring a Friend Day this Thursday and you were the first person I thought of. You don't need to be experienced or fit to start — whether you're just getting going or already in great shape, everyone gets something out of this kind of training because you can challenge yourself however YOU need to. It's free, and it's a lot more fun with friends. Want to come train with me?"*

### For coaches to talk about it

*"This Thursday is Bring a Friend Day. Every member can bring one guest for a free class built to be a great first experience. Here's the ask: personally invite two people you'd genuinely love to train next to. Grab your guest's name at the front desk and we'll handle the rest. The goal isn't a hard sell, it's a great hour that makes someone want to come back."*

## H O W T O I N T E G R A T E

- **Promote a week out with a named ask.** Post the date and ask each member to commit to bringing *one* specific friend. "Who are you bringing Thursday?" converts far better than a generic "bring a friend!"
- **Pair every guest with a member.** Assign a friendly regular to welcome each newcomer and guide them through warm-up and scaling. A familiar face removes intimidation and builds an instant connection.
- **Capture the lead at the door.** Keep a simple sign-in (name, email, phone) and a no-pressure intro offer ready. The workout sells the room; you just need the contact info.
- **Follow up within 24 hours.** A quick "great to have you — here's a first-week pass" text while the experience is fresh is where bring-a-friend days actually turn into memberships.

## M O N T H L Y C H A L L E N G E

# The 50-Mile Walking Challenge

A gym-wide challenge anyone can win: walk 50 miles over the course of the month. That's roughly 1.6 miles a day — about 25–30 minutes of easy walking — which makes it accessible to every member regardless of fitness level, and the perfect low-stress complement to the intensity of the Max Effort cycle.

## BY THE NUMBERS

Goal: **50 miles / month** · Daily target: **~1.6 miles** · Time: **~25–30 min/day** · Effort: **Zone 2 (RPE 2–4)**

## Why It Works

Walking is the most under-prescribed training tool in fitness. It builds the aerobic base — "Zone 2" — that makes hard workouts feel easier and recovery come faster, all *without* adding to the fatigue your members are already accumulating under the barbell. Because it's low-intensity, it can be done daily, on rest days and training days alike, with no recovery cost. Over a month, 50 easy miles quietly raises a member's engine, supports body composition, and reinforces the daily habit of showing up.

## The Benefits

- **Recovery without cost** — easy walking increases blood flow and speeds recovery between hard sessions without adding training stress.
- **Aerobic base** — builds Zone 2 capacity, the engine that improves performance in every conditioning workout.
- **Sustainable body composition** — non-exercise activity (NEAT) is often the quiet difference-maker in fat loss, far more sustainable than extra hard cardio.
- **Health markers** — regular walking is linked to lower blood pressure, better blood-sugar control, and improved cardiovascular health.
- **Mind & sleep** — reduces stress, lifts mood, and improves sleep quality, especially when done outdoors.

## Best Practices

- **Spread it out.** 1.6 miles a day is the simple target. Consistency beats heroics — a daily walk beats one 10-mile weekend grind.
- **Keep it easy.** This is Zone 2 (RPE 2–4): you should be able to hold a conversation the whole time. It's a complement to training, not another workout.
- **Stack the habit.** Attach it to something you already do — walk after meals, take phone calls on foot, park farther away, get off a stop early.
- **Track it simply.** Any phone, watch, or app counts. What gets measured gets done.
- **Make it social.** Walking with a partner or small group makes the miles disappear and builds accountability.

## How to Run It at Your Gym

- Set up a leaderboard — a whiteboard column or a shared app group — where members log weekly miles.
- Kick off the month with a group walk, and close it with one. Bookend events drive participation.
- Reward *completion*, not just the top mileage: a shout-out or small prize for everyone who hits 50 keeps the middle of the pack engaged.

### H O W T O I N T E G R A T E

- **Open it to everyone.** This is your lowest-barrier challenge of the year — members, spouses, and prospective members can all join. Use it to re-engage people who've drifted away from class.
- **Run it on a visible leaderboard.** A whiteboard or app group turns a solo habit into a community event and gives members a daily reason to engage with your gym.
- **Tie it to retention.** Members who connect with your gym for reasons beyond the hour-long class stay longer. Use the month to deepen those relationships.
- **Create content.** Group-walk photos and member milestones are easy, authentic social posts that show your gym is about health and community, not just intensity.

PROGRAMMING DEEP DIVE

# The Max Effort Block

A coach-facing breakdown of July's programming — what's happening, why it's built this way, and how to communicate it. Understand the programming, communicate the why, and build buy-in.

## July at a Glance

July is the heart of the **MAX EFFORT** cycle. The Power cycle closed in June with explosive tests; now the barbell work simplifies. Three foundational lifts rotate across the week — Bench Press, Back Squat, and Deadlift (with Power Clean, Strict Press, and Front Squat rotating in). Every session follows the same format: warm-up sets at moderate percentages, then one working set pushed to technical failure at a climbing percentage. Weeks 1–3 build from 80% to 85%, Week 4 backs off, and Week 5 starts a new wave.

Tuesday's thread builds toward the **"Well Rounded"** benchmark on July 28. Four interval workouts progressively layer power cleans, burpee pull-ups, air squats, and running into longer, more complex formats. By benchmark day, athletes have rehearsed every piece. **"1776"** lands on Saturday, July 4 for Independence Day. Five repeat workouts give athletes chances to measure progress against previous scores.

NUMBERS TO KNOW

<b>Well Rounded Target</b>	20–26 min (RPE 6–8) · Loading 55–65%
<b>Max Effort Peak %</b>	85% of 1RM (Week 3)
<b>Back-Off Week</b>	Week 4: 3x5 or 3x3 @ 77–82%
<b>1776 Target</b>	26–36 min (M) / 28–38 min (W)

## Every Day Has a Purpose

DAY	THEME	FOCUS
<b>MON</b>	<b>Muscular Monday</b>	Upper-body press + muscular endurance conditioning. Giant sets, carries, grinds.
<b>TUE</b>	<b>Target Tuesday</b>	Interval thread building to the Well Rounded benchmark on 7/28.
<b>WED</b>	<b>Well-Rounded Wednesday</b>	Lower-body or pull strength + balanced conditioning. AMRAPs, chippers.
<b>THU</b>	<b>Threshold Thursday</b>	Longer efforts that push your aerobic ceiling. Lactate Threshold. RPE 6–7.

DAY	THEME	FOCUS
<b>FRI</b>	<b>Forever Athlete Friday</b>	Plyometrics + heavy lift + a short, intense burner. Aerobic Power.
<b>SAT</b>	<b>Sweat Session Saturday</b>	Big effort: individual + team versions. Community day.
<b>SUN</b>	<b>Slow Down Sunday</b>	Long and slow in any modality. Zone 2, RPE 2–4.

## Max Effort: The Full Picture

Max Effort shifts the focus from volume to intensity. After months of building volume (Stamina, Build) and learning to express strength explosively (Power), this cycle narrows the work: fewer total sets, heavier loads, and maximal effort on every rep. One all-out set at a challenging percentage prepares the nervous system for testing 3-rep maxes in Week 8. After Max Effort comes Peak, where athletes push toward true 1RM limits.

### The Max Effort Format

Two building sets ramp to the working weight, then one all-out set pushing to technical failure. Percentages start at 80% and climb to 90% across the cycle. **Push:** Bench Press · **Squat:** Back Squat · **Pull:** Deadlift / Power Clean (alternating weeks). Stop when form breaks down, not when you physically cannot move the bar — quality over quantity.

The **Competitors Track** follows the same Bench Press and Back Squat progression, with a third Olympic day that varies by block (Block 1 rotates Snatch/Jerk/Clean variations; Block 2 locks into a Clean & Jerk progression toward a 1RM test). The full week-by-week Complete and Competitors progressions are in the *Max Effort Strength Cycle* section that follows.

## Benchmark — Well Rounded

Every Tuesday in July has been building toward this. By July 28, athletes have rehearsed every movement pattern at race-pace intensity. Well Rounded tests aerobic power and lactate threshold across ten rounds of the exact triplet they've been training.

**WELL ROUNDED** | Tuesday, July 28, 2026 — 10 Rounds For Time

3 Power Cleans (165/115) → 6 Burpee Pull-ups → 12 Air Squats → 200 Meter Run

**Time Cap:** 30:00 · **Fitness Attribute:** Lactate Threshold

*Target: 20–26 min | Target Loading: 55–65% of 1RM | RPE 6–8*

**Scaling:** Ages 45–54: 135/95 | Ages 14–15 & 55+: 115/85

*Repeat from 8/27/2025. Athletes who tested this last August have a full year of data.*

R E A D T H I S T O Y O U R C L A S S

"Ten rounds is a long workout. Your score lives in the back half. Clear rounds in 2:30 or less. Cycle the cleans in quick singles. Land a steady burpee pull-up rhythm where the jump-pull stays one motion. Open the first three rounds controlled. If you're breathing hard at round 3, you went out too hot."

## Target Tuesday — Building to Well Rounded

A four-week interval progression that rehearses the exact movements in Well Rounded. Each week stretches the format, building capacity for the 10-round benchmark.

DATE	WORKOUT	FORMAT	CONNECTION
Fri 7/3	"Piston"	3x3:00 AMRAP / 1:00 rest	Cleans + run + burpee PUs. Moved to Fri (holiday week).
Tue 7/7	"Firehouse"	4x4:00 AMRAP / 4:00 rest	400m run buy-in + cleans + burpees + DUs. RPE 7–8.
Tue 7/14	"Roundhouse"	4x6:00 AMRAP / 1:00 rest	600m run buy-in + pull-ups + cleans + air squats.
Tue 7/21	"Backbeat"	6x2:00 AMRAP / 4:00 rest	Cleans + burpee PUs + air squats + max cal bike. RPE 9.
Tue 7/28	"Well Rounded"	10 Rds FT / Cap 30:00	<b>BENCHMARK.</b> The full test at race pace.

## The Thread: Hidden Connections

The programming is more connected than it looks. Here are threads your athletes won't see unless you point them out:

- **"Main Event" (Sat 7/11) opens with a 1 Mile Run.** Athletes who just tested the 1 Mile Run benchmark on 6/30 get an immediate application: run a mile at a controlled pace, then push through 100 wallballs, 100 DB step-ups, and 100 cal bike. Their benchmark time is the pacing reference for the buy-in.
- **"Backbeat" (Tue 7/21) is the final rehearsal for Well Rounded.** Same movements at the same loading — 3 power cleans (165/115), 6 burpee pull-ups, 12 air squats. The only difference is the window. Athletes who clear the triplet in under 70 seconds are ready for benchmark day.
- **Week 4 back-off introduces different lifts.** Strict Press, Front Squat, and Power Clean replace the main three lifts at straight sets (77–82%). This keeps athletes under the bar without accumulating fatigue before Week 5 restarts the wave.

## Slow Down Sunday

Sundays deliver long, slow distance in **any modality**: runs, rucks, hikes, bikes, rows, swims. Zone 2 (RPE 2–4). Each week offers three options: pyramid intervals on row/bike, 20–30 minutes continuous in any modality, or a mixed session (row + run + bike).

## Repeat Workouts This Month

These appeared in previous cycles — athletes who logged scores can compare. Highlight them on your whiteboard.

WORKOUT	DATE	LAST APPEARED
"Stop & Shop"	Thu 7/2	Mar 27, 2025
"Triple Crown"	Wed 7/8	Jan 2, 2026
"Magic 8 Ball"	Thu 7/16	Feb 6, 2025
"Vicious Cycle"	Thu 7/23	May 22, 2025
"Well Rounded"	Tue 7/28	Aug 27, 2025

## Coach Playbook — What to Say Each Week

### June 29 – July 5

MAX EFFORT Week 1. Introduce the new strength format: warm-up sets, then one set to technical failure at 80%. Lifts: Bench, Back Squat, Deadlift. Tuesday 6/30 is the 1 Mile Run benchmark. "Piston" on Friday is the first Tuesday-thread workout (moved for the holiday). **"1776" on Saturday (July 4th)**: 1,776m row + 74 push-ups + 74 wallballs + 74 DB push press + 1,776m row. Cap 40 min — run a community event.

### July 6 – 12

Week 2: working set climbs to 82%. Bench and Back Squat continue; Power Clean rotates in. "Firehouse" on Tuesday — the first real Tuesday-thread piece. "Main Event" on Saturday: 1 Mile Run buy-in + 100 wallballs + 100 DB step-ups + 100 cal bike. Target 26–30 min.

### July 13 – 19

Peak week: working sets hit 85% — the heaviest max-effort sets of the month. "Roundhouse" on Tuesday: 4x6:00 AMRAPs with 600m run buy-ins. "Mountain Top" on Saturday: pyramid row / KB swings / bench / pull-ups. Target 24–30 min.

## July 20 – 26

Back-off week. Lifts shift to Strict Press, Front Squat, and Power Clean at straight sets (77–82%). No max-effort sets — let connective tissue recover. "Backbeat" on Tuesday: the final Well Rounded rehearsal at RPE 9. "Threadbare" on Saturday: five 400m runs with DB work. Target 24–30 min.

## July 27 – August 2

Well Rounded benchmark. New wave begins — max-effort sets restart at 82% with a fresh rotation: Back Squat, Bench, Deadlift. Tuesday 7/28 is Well Rounded; coach pacing from round 1. "Crosshatch" on Wednesday: row + strict press + push-ups. "Tradewind" on Thursday: bike/run/DU couplets with 3:00 rest.

## Look Ahead

August pushes the Max Effort cycle to its peak. Week 6 hits 85%, Week 7 reaches 90%, then Week 8 (August 17) is test week: 3RM Deadlift, 3RM Bench Press, 3RM Back Squat. Competitors also test a 1RM Clean & Jerk. The full progression lives in the Max Effort Strength Cycle section.

*July puts the MAX EFFORT cycle into full swing. One benchmark anchors the month. Help your members see the thread. When they know the why, they show up.*

### H O W T O I N T E G R A T E

- **Pre-brief your coaches each week.** The Coach Playbook is built to be read aloud in your staff huddle. Five minutes a week keeps every coach telling the same story on the floor.
- **Point out the thread.** Members buy in when programming feels intentional. Calling out connections — "this is the same triplet you'll see on benchmark day" — turns a random workout into a plan.
- **Whiteboard the repeats and targets.** Posting "last appeared" dates and target scores gives members something concrete to chase and a reason to log their results.
- **Sell the benchmark early.** Talk up July 28 from week one. A named test day on the calendar drives attendance through the whole build-up.

STRENGTH CYCLE

# Max Effort Strength Cycle

June 29, 2026 – August 29, 2026

Max Effort shifts the focus from volume to intensity. One all-out set at climbing percentages prepares the nervous system for testing 3-rep maxes. After months of building volume and power, this cycle narrows the work: fewer total sets, heavier loads, and maximal effort on every rep.

## What It Is

Each session focuses on one max-rep set at a challenging percentage, starting at 80% and climbing to 90% across the cycle. Two building sets ramp you to the working weight, then you perform one all-out set pushing to technical failure. When form breaks down, the set is over.

## Why We Do It

After months of building volume and power, this cycle shifts the focus to intensity — fewer total sets, heavier loads, and maximal effort. It prepares the nervous system for the heavy singles coming in the Peak cycle.

PUSH

Bench Press

SQUAT

Back Squat

PULL

Deadlift /  
Power Clean

### Technical Failure vs. Absolute Failure

Stop the set when your form breaks down, not when you physically cannot move the bar. If a rep slows significantly or your mechanics shift, rack the bar. Quality over quantity — leave one in the tank. Use safeties or a spotter.

## Complete Track — 9-Week Progression

Each working day: two building sets ramp to the working weight, then one max-rep set to technical failure. Rest 2–3 minutes between all sets. Not every lift appears every week.

WEEK	DATE	LIFTS	SESSION FORMAT
1	6/29	Bench / Squat / Deadlift	5 reps @ 70%   3 reps @ 75% → Max Reps to Technical Failure @ 80%
2	7/6	Bench / Squat	4 reps @ 73%   3 reps @ 77% → Max Reps to Technical Failure @ 82%
3	7/13	Bench / Deadlift	

WEEK	DATE	LIFTS	SESSION FORMAT
			3 reps @ 75%   2 reps @ 80% → Max Reps to Technical Failure @ 85%
4	7/20	Strict Press / Front Squat	Back-off Week. 3 sets of 3–5 reps at 77–82%. Focus on recovery.
5	7/27	Squat / Bench	5 reps @ 73%   3 reps @ 77% → Max Reps to Technical Failure @ 82%
6	8/3	Bench / Power Clean	Bench: 3 @ 75%   2 @ 80%   Max @ 85% · PC: 5 @ 73%   3 @ 77%   Max @ 82%
7	8/10	Deadlift / Bench	2 reps @ 80%   1 rep @ 85% → Max Reps to Technical Failure @ 90%
8	8/17	Deadlift / Bench / Back Squat	Heavy 3-Rep Max Tests. Build: 3 @ 75%   3 @ 85%   1 @ 87% → Test 3RM Deadlift, 3RM Bench, 3RM Back Squat
9	8/24	Push Press / Power Clean	Back-off Week. 3 sets of 3–5 reps at 77–82%. Focus on recovery.

All percentages based off 1RM for each lift. Building sets should feel controlled — save your effort for the working set.

## Competitors Track

For competitors, the cycle integrates Olympic lifting alongside the powerlifts across **two blocks**. Back Squat and Bench Press follow the standard Max Effort format (build, then max reps to technical failure). The Olympic day varies by block: **Block 1 (Weeks 1–4)** rotates through Snatch, Jerk, and Clean variations to build broad positions and exposure; **Block 2 (Weeks 5–9)** locks into a structured Clean & Jerk progression — building singles, then heavy working singles — toward a 1RM Clean & Jerk test in Week 8. On powerlift days, stop when form breaks down; on Olympic days, if a rep is slow or positioning breaks, rest longer before the next.

### Back Squat & Bench Press Progression

WEEK	DATE	SESSION FORMAT
1	6/29	5 reps @ 70%   3 reps @ 75% → Max Reps to Technical Failure @ 80%
2	7/6	4 reps @ 73%   3 reps @ 77% → Max Reps to Technical Failure @ 82%
3	7/13	3 reps @ 75%   2 reps @ 80% → Max Reps to Technical Failure @ 85%
4	7/20	Back-off Week. Alt lifts: Front Squat, Power Clean. 3 sets of 3–5 reps at 77–82%.

WEEK	DATE	SESSION FORMAT
5	7/27	5 reps @ 73%   3 reps @ 77% → Max Reps to Technical Failure @ 82%
6	8/3	3 reps @ 75%   2 reps @ 80% → Max Reps to Technical Failure @ 85%
7	8/10	2 reps @ 80%   1 rep @ 85% → Max Reps to Technical Failure @ 90%
8	8/17	<b>Heavy 3-Rep Max Tests.</b> Build: 3 @ 75%   3 @ 85%   1 @ 87% → Test 3RM Back Squat & 3RM Bench Press
9	8/24	<b>Back-off Week.</b> Alt lifts: Push Press, Power Clean. 3 sets of 3–5 reps at 77–82%.

### Olympic Day — Block 1: Weeks 1–4

A different Olympic lift each week builds broad positions and exposure before the Clean & Jerk progression begins. Each replaces the corresponding powerlift noted.

WEEK	DATE	LIFT	SESSION FORMAT
1	7/3	<b>Snatch Complex</b>	EMOM x 10: 1 Snatch-Grip DL + 1 Hang Snatch High Pull + 1 Hang Power Snatch + 1 Power Snatch. Build every 2 sets. <b>Replaces Deadlift.</b>
2	7/6	<b>Jerks</b>	4 reps @ 73%   3 reps @ 77%   3 reps @ 82%. <b>Replaces Bench Press.</b>
3	7/17	<b>Squat Clean</b>	3 sets: 3 Squat Cleans @ 80–85%. Rest 2–3 min between sets. <b>Replaces Back Squat.</b>
4	7/20	<b>Jerk Complex</b>	5 sets: 1 Push Jerk + 1 Split Jerk. Build to a heavy complex. <b>Replaces Strict Press.</b>

### Olympic Day — Block 2: Clean & Jerk Progression, Weeks 5–9

Two building singles to dial in positions, then working singles at the prescribed percentage. Rest 60–90 seconds between all singles. Every rep from the floor.

WEEK	DATE	SESSION FORMAT
5	7/27	Build: 1 @ 60%   1 @ 70% → Working Singles: 5 x 1 @ 78%. Full reset between reps.
6	8/3	Build: 1 @ 63%   1 @ 73% → Working Singles: 4 x 1 @ 81%. Full reset between reps.
7	8/10	Build: 1 @ 65%   1 @ 76% → Working Singles: 3 x 1 @ 84%. Full reset between reps.

WEEK	DATE	SESSION FORMAT
8	8/17	<b>1RM Test.</b> Build: 1 @ 60%   1 @ 70%   1 @ 78%   1 @ 85% → Attempt 1RM Clean & Jerk
9	8/24	<b>Back-off Week.</b> Light technique work: 5 x 1 @ 65–70%. Focus on positions and timing.

*All C&J percentages based off 1RM Clean & Jerk. Drop the bar after each rep, reset your stance, and pull again — prioritize speed and positioning over grinding.*

### Building Toward

This cycle builds to Week 8 heavy tests the week of August 17: 3RM Back Squat, 3RM Deadlift / Bench Press, and (Competitors) a 1RM Clean & Jerk. Stamina built capacity; Build added muscle and raw strength; Power taught explosive expression. Max Effort now narrows the focus to intensity. Next comes Peak, where athletes push toward heavy singles and test true 1RM limits.

### HOW TO INTEGRATE

- **Run two tracks from one cycle.** Offer the Complete Track to your general class and the Competitors Track to your competitive members. Same cycle, scaled ambition — it lets you serve both populations without writing two programs.
- **Coach the language.** "When the bar slows, you're done." Put it on the whiteboard. Teaching technical failure builds trust and keeps members safe — a coaching skill members notice and value.
- **Make testing an event.** The Week 8 (Aug 17) 3-rep max tests are a natural celebration day. Invite members to log PRs, post a board, and capture the moment.
- **Sell the "why" weekly.** Members who know they're building toward an August test train with more purpose now. Reference this cycle in your weekly briefs to keep buy-in and attendance high.

THE BOTTOM LINE

## *Run Your Month*

That's your July kit. Every piece in here is built to do double duty — serve your members better and grow your business at the same time. The Mastermind sharpens your team, Bring a Friend Days fill your pipeline, the Walking Challenge re-engages your whole community, and the Max Effort cycle gives everyone something to build toward.

Don't try to run all of it. Pick the two or three things that fit your gym this month, put them on the calendar, and promote them like you mean it. When your members see the thread — and feel like they belong — they show up.

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*CompTrain Gym — Monthly Kit · July 2026. This PDF mirrors the upcoming web platform deliverable and will move to the platform once it's live.*