

C O M P T R A I N G Y M

July 2026

Movement Coaching Guide

A faults & cues tool for the coaching floor.

The Movements That Matter

Four of these movements build toward **Well Rounded** on **Tuesday, July 28**; July's Target Tuesday thread rehearses power cleans, burpee pull-ups, air squats, and running for three weeks before the test. The fifth, the **Back Squat**, anchors the Max Effort strength cycle.

Use it on the floor: spot the fault, give the cue, run the drill when you have time. You don't need all of it every class — pick *one* fault per athlete and coach it until it sticks.

The Month's Movement Map

MOVEMENT	ROLE THIS MONTH	KEY NUMBER
Back Squat	Max Effort strength lift — one set to technical failure	<i>Max reps @ 80–85%</i>
Power Clean	Well Rounded barbell — fast singles, round after round	<i>3 reps · 165 / 115</i>
Burpee Pull-up	Well Rounded engine — the make-or-break rhythm piece	<i>6 reps / round</i>
Air Squat	Well Rounded volume — standards under fatigue	<i>12 reps / round</i>
200m Run	Well Rounded pacing — the governor on the whole effort	<i>≤ 2:30 / round</i>

Back Squat

July's Max Effort cycle drives the back squat to a single max-reps set at a climbing percentage (80% → 85%). It's the engine room for the whole month — the air-squat capacity in Well Rounded, the receiving position of the clean, and the leg drive that keeps your run honest in the late rounds.

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Knees cave in and heels lift as the load gets heavy	KNEES → OUT · WEIGHT → INTO THE HEELS “Spread the floor — knees out over the pinky toes.” Screw the feet into the ground and keep the weight in the heel and mid-foot.
Chest dumps forward out of the bottom (the good-morning squat)	CHEST → UP · HIPS → DOWN (NOT BACK) “Brace, then drive the chest and bar up together.” Big belly breath before you descend; lead out of the hole with the chest, not the hips.

<p>DRILL</p> <p>Tempo Box Squat — 3 seconds down, pause on the box, stand. The box teaches a vertical torso and a patient bottom; the tempo makes the athlete own each rep instead of bouncing.</p>	<p>PROGRESS / SCALE</p> <p>Build: add load as the wave climbs toward the max set — stop one rep early (“when the bar slows, you’re done”). Scale: goblet or front-rack box squat to a pain-free depth, same tempo.</p>
---	---

Power Clean

Well Rounded opens every round with 3 power cleans at 165/115. Across ten rounds that's 30 touches with the heart rate climbing — so we coach efficient, fast singles that spare the grip and the lungs rather than touch-and-go sets that gas the athlete early.

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Early arm pull — bending the arms before the hips finish	ARMS → LONG · HIPS → THROUGH THE BAR “Push the floor away, then jump — arms are ropes.” The bar floats off full hip extension, not a curl. Long arms until the hips snap open.
Hips shoot up first off the floor (the stripper deadlift)	CHEST → UP · HIPS & BAR → RISE TOGETHER “Chest up — lift the bar and your hips together.” Keep the back angle constant off the floor so the legs, not the lower back, do the work.

<p>DRILL</p> <p>Tall Muscle Clean (light, from the hip) — punishes any early arm bend and forces a fast, violent turnover under the bar. Build the pattern slow, then add speed.</p>	<p>PROGRESS / SCALE</p> <p>Build: rehearse fresh, fast singles (drop & reset) at benchmark pace. Scale: load to 55–65% so all 3 reps stay quick; hang power clean if positions off the floor break down.</p>
--	---

Burpee Pull-up

The burpee pull-up is the heartbeat of Well Rounded — 6 a round, 60 total — and it's where the workout is won or lost. The goal, straight from the benchmark notes: one smooth, repeatable rhythm where the jump and the pull stay a single motion.

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Jump and pull are disconnected — jump up, pause, then yank	HIPS → UP · ELBOWS → DOWN AT THE SAME MOMENT “Jump and pull as one — ride the bounce.” Time the pull to start the instant the feet leave the floor so momentum does the work.
Bar set too high or too low — frantic reaching, or no pull at all	JUMP → TALL · PULL → FROM A BENT ELBOW “Set the bar so a tall jump meets a bent-elbow start.” Dial the station height to the athlete; the jump should feed the pull, not replace it.
Drifting forward and back — the chest lands out in front, so the jump and pull travel sideways instead of straight up	HIPS → UNDER THE BAR · TRAVEL → STRAIGHT UP & DOWN “Move in a straight line — hips stay under the bar the whole time.” Through the burpee, the jump, and the pull, keep everything stacked under the bar. No wasted travel — efficiency is what saves you across 60 reps.

<p>DRILL</p> <p>Jump-to-Pull Timing — under a lower bar, rehearse 10–15 jumping pull-ups chaining the jump directly into the pull. Lock the rhythm before adding the burpee back in.</p>	<p>PROGRESS / SCALE</p> <p>Build: string longer unbroken sets at a sustainable cadence; a slightly lower bar makes reps faster. Scale: burpee + jumping pull-up, or burpee + ring row — keep the up-down-jump-pull flow continuous.</p>
--	--

Air Squat

12 air squats a round adds up to 120 total. Under fatigue this is where standards quietly slip and quads cook — protect full depth and a tall finish so every rep counts and the legs survive the run.

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Cutting depth — hip crease never clears the knee, especially when tired	HIPS → BACK, THEN BELOW THE KNEES “Hips below the knees, every rep.” Sit back and down to full range. A fast half-rep isn't a rep — it just delays the standard.
Knees cave and chest collapses once the pace is on	KNEES → OUT · CHEST → UP · WEIGHT → IN HEELS “Knees out, weight in the heels, chest tall.” Same mechanics as the loaded squat — don't let speed make them sloppy.

<p>DRILL</p> <p>Squat to a Target (med-ball or bench) at a fast but honest tempo — confirms the athlete keeps consistent depth when the clock is running.</p>	<p>PROGRESS / SCALE</p> <p>Build: hold full depth at a quicker cadence with a smooth breath each rep. Scale: squat to a slightly higher target or box for athletes lacking depth — every rep to standard.</p>
---	--

The 200m Run

The run is the pacing governor of Well Rounded — your score lives in the back half, so each round should clear in roughly 2:30 or less. June's 1-Mile benchmark and July's run buy-ins grooved exactly this gear.

THE FAULT — WHAT YOU SEE	THE CORRECTION — WHAT YOU SAY
Overstriding — reaching the foot out front, heel braking each step	FEET → LAND UNDER YOUR HIPS · STEPS → QUICK “Quick feet — land under your hips.” Shorter, faster turnover; think light and quiet on the ground instead of long and bouncy.
Sprinting the early rounds, then walking late (no pacing discipline)	EFFORT → ONE EVEN GEAR · SHOULDERS → LOOSE “Smooth, not fast — come back breathing easy.” Same effort every round. The run is active recovery that sets up the next barbell.

<p>DRILL</p> <p>Repeat 200s on a Target Split (equal rest) — hitting the same time every rep grooves the controlled, repeatable gear the benchmark rewards.</p>	<p>PROGRESS / SCALE</p> <p>Build: tighten the target split as fitness climbs across the month. Scale: shorten the distance, or sub an equal-effort row/bike for athletes managing impact — same pacing intent.</p>
---	---

Coach the movement, not the metcon. Hold the standard while there's still time to teach it — by July 28, clean reps and smart pacing are all that's left to manage.