

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

August 2026

Monthly Gym Kit

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 August. Each section is a ready-to-run tool: a coaching call, member education, a 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
Monthly Gym Mastermind	Live training with Ben: how to onboard new members.	Thu, Aug 6
Monthly Education · The 5 Factors	Member-facing nutrition (Eat) & mindset (Think) habits.	All month
The 1,000 Push-Up Challenge	A scalable, no-equipment challenge for every member.	All month
Bring a Friend Days	Highly accessible workouts + ready-to-use invite copy.	Aug 6 & Aug 17
Stability & Mobility	Weekly overhead stability progression + two mobility flows.	Weekly
10 Weeks to More Strict Pull-Ups	A standalone movement progression to sell or gift.	10-week
Programming Deep Dive	The month's programming explained: test week and the Beep Test build-up.	All month
Monthly Coaching Focus	Faults, cues, and drills for the month's key movements.	All month
Max Effort Strength Cycle	The full week-by-week strength progression across 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.

COMMUNITY & COACHING

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 one of the highest-leverage systems in any gym: how you onboard new members. Great onboarding is the difference between a trial that fizzles and a member who stays for years, and it's a system you can build.

AUGUST MASTERMIND | *Thursday, August 6, 2026 at 1:30 PM EST*

How to Onboard New Members

Live training with Ben · ~45 minutes

Register / Join: calendly.com/comptrein/comptrein-gym-monthly-call

What we'll cover

- **The first impression:** what a new member's first visit should feel like, and the small touches that decide whether they come back.
- **The first 30 / 60 / 90 days:** a simple onboarding timeline that turns a nervous beginner into a committed regular.
- **Systems over heroics:** the checklists and hand-offs that make great onboarding happen every time, without relying on memory.
- **Ownership & follow-up:** who owns the new-member experience at your gym, and the follow-up cadence that drives retention from day one.

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 front-desk team in the room, the more of it actually takes hold. Block it on the calendar and join live.

MONTHLY EDUCATION • THE 5 FACTORS

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 *eat* and how you *think*. Drop these into class chats, your whiteboard, or member comms.

EAT

Building a Balanced Plate

Knowing what the three macros do is one thing. Actually getting them on your plate consistently is another. The simplest way to do it: half your plate vegetables, a quarter protein, a quarter carbohydrate, and a fat source.

This month's challenge: once a day, build your plate with all three macros intentionally: protein, carb, fat, and vegetables. That's it. Do it every day this week and see how your energy and fullness hold up.

WHY IT WORKS

Each part of the plate does a different job. **Protein** rebuilds the muscle you break down training and keeps you full for hours. **Carbohydrates** refill the energy (glycogen) that fuels hard efforts and speeds recovery. **Fats** support your hormones and brain and help you absorb key vitamins. **Vegetables** add fiber, water, and micronutrients for very few calories, so they fill you up and round the plate out. Put them together and you get steady energy, better recovery, and an appetite that regulates itself, with no tracking app required.

THE BALANCED PLATE

- ½ **plate**: vegetables (fiber, micronutrients, volume)
- ¼ **plate**: protein (chicken, beef, fish, eggs, Greek yogurt, tofu)
- ¼ **plate**: carbohydrate (rice, potato, oats, fruit, beans)
- + **a thumb**: fat (olive oil, avocado, nuts, cheese)

PORTION BY HAND

- **Protein** = 1 palm · **Carbs** = 1 cupped hand · **Vegetables** = 1–2 fists · **Fats** = 1 thumb.
- Your hand scales to your body, so it travels anywhere: no scale, no app, no math.

A DAY OF BALANCED PLATES

- Breakfast:** eggs + oats & berries + a few nuts + spinach
- Lunch:** chicken + rice + a big salad with olive oil
- Dinner:** salmon + potatoes + roasted vegetables

MAKE IT EASY

- **Build in order.** Veg first, then protein, then carb, then a thumb of fat. Filling half the plate with vegetables first automatically right-sizes the rest.
- **Eating out?** Same rules: pick a protein, a smart carb, load the veg, keep fat to a thumb.

- **Prep the hard part.** Batch one protein and one carb for the week; vegetables and fats are quick to add fresh.
- **Don't fear carbs or fat.** The plate keeps them in proportion. Balance beats elimination, every time.

WATCH FOR

- All protein + carb, *no veg*, and you'll be hungry an hour later.
- Drowning the plate in oils, cheese, or dressing: a thumb of fat, not a fistful.
- "Beige plates" (all carbs): add color and a protein to steady your energy.

TRACK IT

Ask one question at one meal a day: "Do I see a protein, a carb, a fat, and vegetables?" If yes, that's a win. Stack the wins and let the habit build.

T H I N K***Write Your Own Rules*****FOCUS**

Stop living by default or drifting from the person you actually want to be. Start setting your own standards and rules that design the life you actually want to live.

CHALLENGE

This week, write down one version of your life five years from now that you absolutely do *not* want. Be honest and specific. Then write one rule that moves you in the opposite direction, away from the version of yourself you don't want to become.

WHY IT MATTERS

Without your own rules and discipline, you're living by somebody else's. The defaults you inherited from your phone, your schedule, and your environment are not neutral. They are pulling you somewhere. The question is whether it's where you actually want to go.

EXAMPLE

You picture yourself at 40: tired, distracted, and checked out during the moments that matter most. One rule you could write from that image: **"no phone for the first hour of the day,"** letting you start the day more centered and grounded.

HOW TO WRITE A RULE THAT STICKS

- **Make it a bright line, not a vibe.** "No phone for the first hour" beats "use my phone less." A rule you can clearly keep or break is one you can actually follow.
- **Write it as a standard, not a wish.** "I train at 6am on weekdays," not "I'll try to work out more."
- **Start with one.** One rule you keep beats ten you abandon. Prove it for a week, then add the next.
- **Design the environment.** Make the rule easy to keep (phone charges in another room) and the wrong path harder.

TRY THIS TODAY

1. Picture the five-years-out you don't want. Be specific about how it feels.
2. Name the one default habit most responsible for drifting there.
3. Write the opposite rule as a clear line, and set when and where it applies.
4. Keep it once today. Then again tomorrow.

RULES MEMBERS ACTUALLY WRITE

- "No phone for the first hour of the day."
- "I move my body every day, even 10 minutes."
- "I don't scroll in bed."
- "One home-cooked, balanced plate a day." (ties to Eat)
- "I'm in bed by 10pm on training nights."

MAKE IT A HABIT

Review your rule at the end of the day: kept, or not? No guilt, just data. Rules aren't about being perfect; they're about steering. Hold one long enough and it stops being a rule and becomes who you are.

"How we spend our days is, of course, how we spend our lives."

Annie Dillard

[Click Here to Learn More](#)

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 Eat habit.** Put the balanced-plate method ($\frac{1}{2}$ veg, $\frac{1}{4}$ protein, $\frac{1}{4}$ carb, a thumb of fat) on your board and socials as the week's focus: simple, visual, and easy 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 1,000 Push-Up Challenge so members have one clear, well-rounded focus for the month.

MONTHLY CHALLENGE

The 1,000 Push-Up Challenge

A gym-wide challenge that fits in the cracks of your day: 1,000 push-ups over the month of August. That's about 32 a day, just a few small sets, with no equipment, infinitely scalable, and stacked right on top of the pressing work in the Max Effort cycle. Every member, from first-timer to competitor, can take it on and measure a daily win.

BY THE NUMBERS

Goal: **1,000 push-ups / month** · Daily pace: **~32/day** · Weekly pace: **~250/week** · Equipment: **none**

Why It Works

The push-up is the most accessible strength-and-endurance builder there is, and it trains the exact pressing pattern (chest, shoulders, triceps, and a braced midline) your members are loading in the Max Effort bench cycle. Spreading 1,000 reps across the month builds pushing endurance and work capacity *without* piling on fatigue, reinforces a strong shoulder and midline position, and, because it needs nothing but the floor, gives everyone a rep they can do anywhere, any day. It's the perfect high-volume complement to a month of heavy, low-rep lifting.

The Benefits

- **Upper-body engine:** high-volume pressing builds muscular endurance in the chest, shoulders, and triceps that carries straight into your conditioning.
- **Reinforces the plank:** every rep is a moving plank, so it quietly strengthens the midline and shoulder stability that protect your other lifts.
- **Zero barrier:** no equipment, no gym required. It's the easiest habit to keep on rest days, travel days, and busy days.
- **Infinitely scalable:** incline, knee, tempo, or deficit means the same challenge works for a brand-new member and a seasoned competitor.
- **Complements the cycle:** added pressing volume supports the Max Effort bench work without competing with it for recovery.

How to Do It

- **Break it into small sets.** Nobody knocks out 32 in a row. Try 4 sets of 8, or 3 sets of 10–12, whenever it's convenient.
- **Grease the groove.** Do a quick set every time you pass a spot: after your morning coffee, before a shower, at the top of each hour. Frequent easy sets add up fast and build skill.
- **Stay ahead of the number.** ~32/day keeps you on pace; bank extra on good days so a missed day doesn't sink you.

- **Own the range of motion.** Chest to the floor, full lockout, body in a straight line. Ten clean reps beat twenty sloppy ones.
- **Scale to your level.** Elevate the hands (bench, box, or wall) to build up, or drop to the knees; advanced athletes can add tempo or a deficit. Every version counts toward 1,000.

How to Run It at Your Gym

- Put a tally board on the wall where members log reps toward 1,000, with daily or weekly check-marks.
- Set clear scaling standards (incline / knee / full) so every member's reps count the same.
- Kick off week one with a max-set test, and re-test at month's end so members see the jump.
- Celebrate *everyone* who reaches 1,000, not just the first to finish.

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

- **Open it to everyone.** The incline and knee options mean a first-week member and a competitor can both take it on. Use it to pull your whole community into one shared goal.
- **Stack it on the pressing cycle.** It complements the Max Effort bench work. Point that out so members feel the month has a plan behind it.
- **Make it visible.** A wall tally or app group turns a solo habit into a daily community touchpoint and a reason to walk in the door.
- **Bundle the month's habits.** Pair it with the Eat and Think focuses so members have one simple, well-rounded set of daily wins for August.

C O M M U N I T Y & G R O W T H

Bring a Friend Days

Twice this month, the workout is a set, highly accessible session built to give a first-timer a great first exposure. 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, August 6, 2026***"Groundwork"****30:00 AMRAP, Row for Meters.**

Every 6:00 (starting at 0:00):

10 Strict Pull-ups

400 Meter Run

20 Push Press (95/65)

Score: Total Meters Rowed · **Scaling (14–15, 55+):** Push Press (75/55)

How it flows: Row for meters the whole 30:00. At 0:00 and every 6:00 after, break off the rower to complete the pull-ups, run, and push press, then get back on and keep accumulating meters. Your score is total meters.

BRING A FRIEND DAY #2 | *Monday, August 17, 2026***Strength: Deadlift (3-Rep Max)**

Set 1: 3 reps @ 75% · Set 2: 3 reps @ 85% · Set 3: 1 rep @ 87% · Set 4: Establish a 3-Rep Max Deadlift
Rest 2–3 minutes between sets.

Metcon: "Tune-Up"

60-40-20: Calorie Bike / Russian KBS (70/50) · **Score:** Time to Complete

Notes: Choose a load you can complete each station in 1–2 sets. Each round should take less than 2:00.

Intended Intensity: RPE 6–7 | Target Loading: Moderate | Fitness Attribute: Muscular Endurance

Falls on the Deadlift 3-Rep Max test day (Max Effort Week 8). Time cap, age scaling, and target score to be confirmed.

Ready-to-Use Invite Copy

Hand these to your members and coaches to copy, paste, and personalize. (Swap in 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.

WEEKLY PROTOCOL · FLEXIBILITY & STABILITY

Stability & Mobility

Two low-cost add-ons that raise the quality of every session: a weekly overhead stability progression your members can measure and improve, and two optional mobility flows to prime the body before class. Layer them into warm-ups or hand them out to do on their own.

Weekly Stability Progression: Overhead

Run this once a week for the four weeks of the month. Each member picks the level that challenges them, then works to improve week over week: cleaner tempo, more control, or a harder level.

STABILITY PROGRESSION [OVERHEAD]

3 Sets: 6 Tempo Reps (3 seconds down, 3 seconds up) · Rest 1:00 between sets

Choose a variation based on your ability:

Level 1: Single-Arm Dumbbell Overhead Lunge

Level 2: Double Dumbbell Overhead Lunge

Level 3: Single-Arm Dumbbell Overhead Squat

Level 4: Double Dumbbell Overhead Squat

Why It Works

Holding a load overhead while you lunge or squat under a slow tempo is one of the most efficient ways to build the stability the big lifts depend on. It trains overhead shoulder stability, midline control, and balance all at once, and the 3-second-down / 3-second-up tempo multiplies time under tension, exposing weak positions and forcing real control instead of momentum. The single-arm levels add an anti-rotation demand that surfaces and corrects left-to-right imbalances. Because members self-select a level and chase improvement week over week, it doubles as a skill they can watch themselves get better at, carrying directly to jerks, snatches, overhead squats, presses, and handstands, and quietly lowering injury risk.

HOW TO INTEGRATE

- **In class (Tuesdays or Thursdays):** replace a portion of your warm-up with the progression and run it as the day's prep. It fits naturally on those days without adding time.
- **On their own:** otherwise, publish it in your programming app or on a gym whiteboard and encourage members to complete it on their own time before class.
- **Coach the level, not the ego.** The goal is clean, controlled tempo. Members should only move up a level once they own the current one for all three sets.

Mobility Flows (Optional)

Two ready-to-run flows for quality. Use them as a targeted warm-up (the hamstring/hinge flow before deadlift and RDL days, the squat/hip flow before squatting days), or offer them as optional pre-class work. **Flexibility & Stability.**

WU1 Mobility Flow (Squat & Hip)

1–2 Rounds For Quality:
0:30 Couch Stretch Against Wall (each)
1:00 Seated Straddle
1:00 Active Rig-Assisted Squat Hold
1:00 Alternating Cossack Squats w/ Pause
0:30 Single-KB Front-Rack Split Squats (each)
1:00 Goblet Squat Hold

WU2 Mobility Flow (Hamstring & Hinge)

1–2 Rounds For Quality:
0:30 Banded Hamstring Stretch (each)
0:30 Kneeling Hamstring Stretch (each)
1:00 Hurdler's Stretch (each)
0:30 Hamstring PAILs/RAILs Against Rig (each)
0:30 Tempo Single-Leg RDLs w/ Pause (each)
0:30 Staggered-Stance Dumbbell Hold (each)

MOVEMENT PROGRESSION

10 Weeks to More Strict Pull-Ups

A standalone, 10-week progression that takes a member from their current max to a bigger one. Test on Week 1, build through prescribed percentages of that max, deload, push to technical failure, then retest on Week 10. Everything scales off each member's own starting number, so it works for anyone who can do at least one strict pull-up.

WEEK	PRESCRIPTION
1 • Test	1 Set: Max Unbroken Strict Pull-ups (this is your baseline number)
2	3 Sets: 50% of max · Rest 2:00 between sets
3	3 Sets: 60% of max · Rest 2:00 between sets
4	5 Sets: 70% of max · Rest 2:00 between sets
5 • Deload	3 Sets: 50% of max · Rest 2:00. Okay to stay with the same numbers as below.
6	4 Sets: 80% of max · Rest 2:00 between sets
7	4 Sets: Max strict pull-ups to technical failure · only one pause allowed · Rest 2:00
8	5 Sets: Strict pull-ups to technical failure · only one pause allowed · Rest 2:00
9	4 Sets: 60% of max · Rest 2:00 between sets
10 • Retest	1 Set: Max Unbroken Strict Pull-ups then compare to Week 1.

Percentages are of each member's Week 1 max, rounded to whole reps. Members who can't yet do a strict pull-up can run the same structure with a band or ring-row regression.

H O W T O O F F E R & I N T E G R A T E

- **Sell it or gift it.** Offer the progression as a paid specialty program (a low-cost add-on members opt into) or hand it out free as a value-add that deepens loyalty. Either way, it gives members a clear, trackable goal.
- **Protect against overtraining.** This is extra pulling volume on top of class. Coach members not to run a progression session on the same day as heavy pulling or programmed strict pull-ups. Space it out by a day, and skip a session if the day's class already hammered the pull.
- **Program around the main work.** Point members to the week's programming so they can slot the progression onto lighter pulling days. When in doubt, less is more: quality reps beat junk volume.
- **Make progress visible.** Have members log their Week 1 number and their weekly sets. The Week 10 retest is a built-in celebration, and the perfect on-ramp to the next round.

PROGRAMMING DEEP DIVE

The Final Push

The coach-facing breakdown of August's programming: what is happening, why it is built this way, and how to communicate it so your members buy in. Understand the programming, communicate the why, and build buy-in.

August at a Glance

August is the climax of the Max Effort cycle. Working sets climb to 90% in Week 7, then Week 8 is test week: 3-Rep Max Deadlift, Bench Press, and Back Squat. Everything the cycle has been building toward lands here. Week 9 backs off and lets the body recover. Meanwhile, every Tuesday builds toward the CompTrain Beep Test, introducing the benchmark movements at increasing intensity. The Beep Test itself arrives September 1, so August is the final preparation.

WHEN	WHAT	WHY IT MATTERS
Week of Aug 10	Peak intensity	Max-effort working sets hit 90%. The heaviest the cycle gets before testing.
Week of Aug 17	3RM Test Week	3-Rep Max Deadlift (Mon), Bench Press (Wed), Back Squat (Fri). Competitors also test 1RM Clean & Jerk.
September 1	Beep Test	The CompTrain Beep Test benchmark arrives. Every Tuesday in August prepares athletes for test day.

Every Day Has a Purpose

DAY	THEME	FOCUS
MON	Muscular Monday	Strength and muscular endurance. Max-effort lifting anchors each session.
TUE	Target Tuesday	Interval work building toward the CompTrain Beep Test benchmark.
WED	Well-Rounded Wednesday	Balanced conditioning across multiple movement domains, plus max-effort lifting.
THU	Threshold Thursday	Sustained efforts at lactate threshold. Engine-building days.
FRI	Forever Athlete Friday	Plyometrics, max-effort squats, and short, intense conditioning.

DAY	THEME	FOCUS
SAT	Sweat Session Saturday	Longer pieces. Community workouts with team versions available.
SUN	Slow Down Sunday	Zone 2 aerobic work. Three options: intervals, continuous, or mixed.

Accessory Progressions Running This Month

Strict Pull-Up Progression (Weeks 7–10): running through August, with the Week 10 retest on August 18. Athletes should be hitting higher rep counts than their Week 1 baseline.

Stability Progression (Weeks 1–4): a four-week Tuesday block. Athletes choose their level and make every rep the cleanest by the final week. (See the Stability & Mobility section for the full prescription.)

Max Effort: The Final Push

August is where the Max Effort cycle pays off. After five weeks of progressive loading (80% to 85%), the intensity climbs to 90% in Week 7, then Week 8 tests true 3-Rep Maxes across all three primary lifts. The build sets (3 at 75%, 3 at 85%, 1 at 87%) prime the nervous system before each test. Week 9 backs off to let the body recover before the next phase.

Where We Are in the Cycle

Weeks 1 to 5 (June 29 to July 27) built the foundation: 80% to 85% working sets with a back-off week in the middle. August picks up at Week 6 and drives straight to the peak. Full-year arc: Stamina, Build, Power, Max Effort, Peak.

Test Week Coaching

Week 8 (Aug 17): athletes test 3RM Deadlift (Monday), 3RM Bench Press (Wednesday), and 3RM Back Squat (Friday). Build sets prime the nervous system, then go for the 3-Rep Max. Competitors also test a 1RM Clean & Jerk on their Olympic day. Technical-failure rules still apply: the heaviest triple they can move with clean form is the goal. The full week-by-week Complete and Competitors progressions are in the *Max Effort Strength Cycle* section.

Benchmark: CompTrain Beep Test

An ascending ladder that gets harder every round. The run and burpee pull-ups stay constant, but the thrusters climb by one rep each round (1, 2, 3, 4, 5, and on) until you cannot finish inside the two-minute window. Every Tuesday in August rehearses the exact movements at benchmark loading.

COMPTRAIN BEEP TEST | On the 2:00 x Max Rounds

200 Meter Run → 5 Burpee Pull-ups → 1-2-3-4-5... Thrusters (75/55)

Time Cap: 30:00 (15 Rounds) · **Score:** Total Rounds + Reps · **Scaling:** 65/45*RPE 7–8 | Target: 6–10 Rounds | Fitness Attribute: VO2 Max**Add one thruster every round. The round ends the moment you cannot finish the thrusters inside the 2:00. Clear the run and burpee pull-ups in 90 seconds or less, leaving 30-plus seconds for the barbell.***R E A D T H I S T O Y O U R C L A S S**

"Every Tuesday this month is a step toward the Beep Test. Same run. Same burpee pull-ups. Same barbell. What changes is how we layer them. Lane Change breaks the movements apart. Red Line puts the barbell in your hands at race weight. Dress Rehearsal stacks all three. Sound Check runs the full triplet in windows tight enough to expose your pacing. On test day, the thrusters climb by one rep each round until you break. If you can hold your splits through Sound Check, you are ready."

Target Tuesday: Building to the Beep Test

Four Tuesdays, each layering in another piece of the benchmark. By Sound Check, athletes run the full triplet at race pace in tight windows.

DATE	WORKOUT	FORMAT	CONNECTION
Tue 8/4	"Lane Change"	24:00 window, 3 blocks	Runs + burpee PUs + front squats. First session of the Beep Test thread.
Tue 8/11	"Red Line"	4x AMRAP 4:00 / 4:00 rest	400m run + thrusters (75/55) + lateral burpees. Benchmark weight introduced.
Tue 8/18	"Dress Rehearsal"	3 descending interval blocks	400m run + thrusters + burpee pull-ups. All three movements combined.
Tue 8/25	"Sound Check"	3 Sets: On the 2:00 x 3	200m run + burpee PUs + thrusters. Full triplet, tight windows.

The Thread: Hidden Connections

- **"Take Your Time" (Sat 8/8) opens with a 2-mile run.** Athletes who tested the 1 Mile Run benchmark on 6/30 now double the distance as a buy-in. The first mile should match their benchmark pace; the second teaches them to hold form when fatigued.
- **"One Way" (Sat 8/15) is a 1-mile run into a chipper.** 80 hand-release push-ups, 60 V-ups, 40 burpees to target, 20 hang power snatches (115/85). One pass through each station. Settle into the run at a pace that leaves something for the floor. Target 24 to 30 minutes.

- **Week 9 back-off introduces different lifts.** Push Press, Power Clean, and Front Squat replace the main three lifts at straight sets (77 to 82%). This keeps athletes under the bar without accumulating fatigue before the next phase.

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 or bike, 20 to 30 minutes continuous in any modality, or a mixed session (row, run, and 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
"Pinkie Promise"	Wed 8/5	Jun 6, 2025
"Hold It!"	Fri 8/14	Sep 17, 2025

Coach Playbook: What to Say Each Week

August 3–9

MAX EFFORT Week 6. Working sets hit 85%. Bench Press on Monday, Power Clean on Wednesday, Back Squat on Friday. "Lane Change" on Tuesday opens the Beep Test thread with 200m runs, burpee pull-ups, and front squats. Pinkie Promise on Wednesday is a repeat from 6/6/25. "Take Your Time" on Saturday: 40:00 AMRAP with a 2-mile run buy-in. Target 6 to 8 rounds after the run.

August 10–16

Peak week. Working sets climb to 90%. Deadlift on Monday, Bench on Wednesday, Back Squat on Friday. This is the heaviest the cycle gets before test week. "Red Line" on Tuesday: 4x AMRAP 4:00 with a 400m run buy-in and thrusters at benchmark weight (75/55). "Hold It!" on Friday is a repeat from 9/17/25. "One Way" on Saturday: 1-mile run into a chipper. Target 24 to 30 min.

August 17–23

TEST WEEK. 3-Rep Max Deadlift, Bench Press, and Back Squat. Build sets (3 at 75%, 3 at 85%, 1 at 87%) prime the nervous system before each test. Competitors also test 1RM Clean & Jerk. "Dress Rehearsal" on Tuesday layers all three Beep Test movements together in descending interval blocks. "Closing Argument" on Saturday: 3+6 rounds for time with KB swings, push-ups, and runs.

August 24–30

Back-off week. Push Press, Power Clean, and Front Squat at 77 to 82%. No max-effort sets. Let connective tissue recover. "Sound Check" on Tuesday is the final Beep Test prep: full triplet in 2:00 windows, finishing each round with at least 15 seconds of rest. "Matchstick" on Friday (wallballs and row) is the cleanest aerobic primer for the Beep Test. "Last Call" on Saturday closes the month: 5 rounds with bike, burpees, DB snatches, and 400m runs.

Look Ahead

The CompTrain Beep Test arrives September 1. Four weeks of Tuesday prep have rehearsed every movement at benchmark loading, so athletes who held their splits through Sound Check are ready. The Peak cycle follows Max Effort: fewer sets, heavier singles, building toward true 1RM tests.

August is where the work pays off. One test week. One benchmark on the horizon. Help your members trust the process. When they see the thread, they show up ready.

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.
- **Sell test week early.** Talk up the Aug 17 3-Rep Max tests from the first of the month. A named test day on the calendar drives attendance and effort through the whole build-up.
- **Coach the thread to the Beep Test.** Point out that every Tuesday rehearses the September 1 benchmark. Members train with more purpose when they can see where a workout is leading.
- **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.

The Movements That Matter

Three of these movements are the CompTrain Beep Test, August's benchmark. Every Target Tuesday stacks the run, burpee pull-ups, and thrusters into closer rehearsals until athletes have touched the exact test. The fourth, the Back Squat, headlines the Max Effort cycle as it peaks at a 3-Rep Max the week of August 17. Spot the fault, give the cue, run the drill when you have time.

How We Coach It

- **Quality earns intensity.** Perform the movement clean and controlled before you add speed or load.
- **Cue the effect, not the body part.** "Push the floor away" beats "extend your knees." External cues stick faster and hold up under fatigue.
- **One cue at a time.** Pick the single fault that fixes the most, say it, then let them feel the next rep. Say less.
- **Let the drill do the coaching.** When you can, set up the drill so the fault cannot happen. That beats repeating a correction.
- **Control the controllables.** Effort, attitude, the next rep, never the score.

The Month's Movement Map

MOVEMENT	ROLE THIS MONTH	KEY NUMBER
Back Squat	Max Effort lift, cycle peaks at a 3-Rep Max (wk of Aug 17)	Establish a 3-Rep Max
Thruster	Beep Test barbell, the ascending ladder that ends the test	1-2-3-4-5... · 75/55
Burpee Pull-up	Beep Test rhythm, bar just at your fingertips	5 reps / round
200m Run	Beep Test efficiency, the valve that protects thruster time	≤ 90s with the BPU

Back Squat

The Max Effort cycle peaks at a 3-Rep Max the week of August 17: three warm-up sets, then one heavy triple. Near-max weight rewards position and punishes rushing, and the leg drive it builds is the same drive behind every thruster in the Beep Test. **Coach's cue: "Screw your feet into the floor and stand up tall."**

THE FAULT (WHAT YOU SEE)	THE CORRECTION (WHAT YOU SAY)
Chest caves and the bar drifts forward under the heavy triple	"Brace like you're about to take a punch." Stiffen the whole trunk before you unrack and hold it. That super-stiffness keeps a near-max bar from folding you forward.

THE FAULT (WHAT YOU SEE)

THE CORRECTION (WHAT YOU SAY)

Rushing and bouncing the descent on a near-max rep

"Control down, then push the floor away." A patient descent keeps you stacked to drive out of the hole. Bouncing a heavy bar throws you forward.

Drill: Paused Back Squat

On the warm-up sets, hold a full two-second pause at the bottom of every rep, dead still with no bounce, then stand. The chest should stay tall and the bar stacked over the mid-foot. The moment the chest dips or the hips shoot up first, you are seeing the exact fault the heavy triple would expose, so take weight off.

Build: work up through the warm-up sets, then chase the heavy triple, ending the set the moment bar speed slows or the position breaks. **Modify:** if a true three-rep max is not there today, finish on the heaviest triple that still looks clean, and set safeties or a spotter.

Thruster

The thruster ends the Beep Test. It climbs every round on a deliberately light bar. This is not a strength test. It is whether you can keep an efficient, unbroken thruster while the reps and heart rate climb. Front-rack position and leg drive are what hold up. **Coach's cue:** "Stand up fast and send the bar through the ceiling."

THE FAULT (WHAT YOU SEE)

THE CORRECTION (WHAT YOU SAY)

Pressing the bar out with the arms instead of riding the leg drive

"Drive with the legs, the arms only guide it." On a light bar the dip-drive should float it up. Pressing with the arms burns the shoulders you will need in round 12.

Cutting the squat and the elbows dropping in the front rack

"Full squat, elbows high and outside." Loose full grip, elbows up, bar in the fingertips so it rides the shelf. A tight grip drops the elbows and a cut squat kills the drive.

Drill: Pausing Thruster

With an empty or very light bar, pause a full second in the bottom of the front squat, elbows high, then stand and send the bar overhead in one motion. The bar should leave the shoulders the instant the legs finish. If they stand all the way up and then press, call out "beat the bar, legs first."

Build: take the pause away and cycle smooth, unbroken sets of five to seven at workout weight, breathing at the top of each rep. **Modify:** drop to an empty bar or PVC until the bottom position and timing hold up, then add weight a little at a time.

Burpee Pull-up

Five burpee pull-ups every round, and they set up your thruster time. The bar sits at your fingertips, so this is a jumping pull-up: the jump carries you up and your chin clears the bar in one motion, not a jump and then a strict pull. **Coach's cue:** "Stay stacked under the bar: burpee, jump, and pull, all one straight line."

THE FAULT (WHAT YOU SEE)	THE CORRECTION (WHAT YOU SAY)
Jumping, hanging, then pulling: three moves instead of one	"Jump and pull as one, chin over on the way up." The jump should flow straight into the pull so it carries you over the bar. Stopping to hang throws away the free lift.
Hips travel: feet kick back too far, or the body swings on the pull	"Keep your hips under the bar the entire movement." Land the burpee with your feet back under the bar, and the jump goes straight up into the pull. Stay stacked and every rep is a short, straight line.

Drill: Under-the-Bar Walk-Through

Stand directly under the bar and walk through the movement slowly with no jump: hands down, feet back so the chest lands under the bar, snap the feet back in under the bar, and stand up tall. Once the footwork feels stacked, speed it up and add the jump and the pull.

Build: string five to ten unbroken burpee pull-ups at a steady, repeatable rhythm without the hips drifting off the line. **Modify:** raise the bar slightly, or swap to a jumping pull-up on a lower bar or a burpee into a ring row, keeping the same under-the-bar footwork.

The 200m Run

The run is the pacing valve of the Beep Test: controlled enough that the run and five burpee pull-ups fit inside 90 seconds, leaving 30-plus for the barbell. Go out too hard and there is no window left by round 8. **Coach's cue:** "Run tall: quick, light feet landing under you."

THE FAULT (WHAT YOU SEE)	THE CORRECTION (WHAT YOU SAY)
Tense upper body: shoulders shrugged, hands clenched, arms crossing the body	"Loose hands, drive the elbows back." Arms crossing the body rotate the torso and leak energy. A straight front-to-back elbow drive sends it all forward.
Overstriding: the foot reaches out front and heel-brakes each step	"Quick feet, pull the foot up, do not reach." Reaching out front brakes you every step. A fast, light cadence lands the foot under you and holds the heart rate down.

Drill: Wall Drill

Face a wall, hands at shoulder height, body in one line, leaning in from the ankles rather than bending at the waist. Drive one knee up until the foot lifts under the hip, hold a beat, set it down, and switch legs. Start with slow single drives, then quicken into a light march.

Build: carry that tall posture and quick foot turnover into the run, holding the same steady effort as the rounds climb. **Modify:** on test day, shorten the run or swap an equal-effort row or bike so the run and burpee pull-ups still fit inside 90 seconds.

Coach the movement, not the clock. Hold the standard while there is still time to teach it. By test day, an efficient thruster and even pacing are all that is left to manage.

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

- **Pick one fault per athlete.** You do not need all of it every class. Spot the fault that fixes the most, give the one cue, and let them feel the next rep.
- **Run the drills in the warm-up.** Each movement has a drill built to make the fault impossible. Program it on the day that movement shows up.
- **Print the cues on the whiteboard.** A single coach's cue per movement keeps your whole staff saying the same thing on the floor.
- **Teach it before test day.** Hold the movement standard now, while there is still time. By the Beep Test on September 1, clean reps and smart pacing are all that is left.

STRENGTH CYCLE

Max Effort Strength Cycle

June 29, 2026 – August 29, 2026

The Max Effort cycle reaches its peak in August. The format holds (two building sets, then one all-out set to technical failure), but the loads climb: Week 7 touches 90%, and the week of August 17 is test week, with 3-rep maxes across the powerlifts and a 1RM Clean & Jerk for competitors. Below is the full nine-week progression for both tracks; August covers Weeks 6 through 9.

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%

WEEK	DATE	LIFTS	SESSION FORMAT
3	7/13	Bench / Deadlift	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%

WEEK	DATE	SESSION FORMAT
4	7/20	Back-off Week. Alt lifts: Front Squat, Power Clean. 3 sets of 3–5 reps at 77–82%.
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	Heavy 3-Rep Max Tests. Build: 3 @ 75% 3 @ 85% 1 @ 87% → Test 3RM Back Squat & 3RM Bench Press
9	8/24	Back-off Week. 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	Snatch Complex	EMOM x 10: 1 Snatch-Grip DL + 1 Hang Snatch High Pull + 1 Hang Power Snatch + 1 Power Snatch. Build every 2 sets. Replaces Deadlift.
2	7/6	Jerks	4 reps @ 73% 3 reps @ 77% 3 reps @ 82%. Replaces Bench Press.
3	7/17	Squat Clean	3 sets: 3 Squat Cleans @ 80–85%. Rest 2–3 min between sets. Replaces Back Squat.
4	7/20	Jerk Complex	5 sets: 1 Push Jerk + 1 Split Jerk. Build to a heavy complex. Replaces Strict Press.

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.

WEEK	DATE	SESSION FORMAT
7	8/10	Build: 1 @ 65% 1 @ 76% → Working Singles: 3 x 1 @ 84%. Full reset between reps.
8	8/17	1RM Test. Build: 1 @ 60% 1 @ 70% 1 @ 78% 1 @ 85% → Attempt 1RM Clean & Jerk
9	8/24	Back-off Week. 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, 3RM 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** (August 31 to October 31): a 5-3-1 progression climbing from 77% to 95%, ending in Week 8 with true 1RM tests for Back Squat, Deadlift, and Bench Press.

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

- **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 the August tests train with more purpose now. Reference this cycle in your weekly briefs to keep buy-in and attendance high.

T H E B O T T O M L I N E

Run Your Month

That's your August 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 how you onboard, the Eat and Think education gives members daily habits, the 1,000 Push-Up Challenge pulls everyone into one shared goal, and the Max Effort cycle hits its peak with test week.

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.

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