

# COMPTRAIN GYM

LESSON PLANS | 04.08-04.14

## MONDAY | 04.08 LUCKY DEVIL

Bench Press  
Max Repetitions of Bench Press @  
80%

"Lucky Devil"  
For Time:  
100/80 Calorie Bike Erg  
50 Toes to Bar  
50 Single Arm Devil's Press (50/35)  
\* Partition However You'd Like

## TUESDAY | 04.09 TEETER-TOTTER

For Time:  
500/450 Meter Row  
400 Meter Run  
30 Thrusters (75/55)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
20 Thrusters (95/65)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
10 Thrusters (115/85)

## WEDNESDAY | 04.10 SUPER SIZE

Power Clean  
Max Repetitions of Power Cleans @  
80%

"Super Size"  
5 Rounds For Time:  
10 Power Cleans (155/105)  
10 Burpee Box Jumps (24"/20")

## THURSDAY | 04.11 GOBLET OF FIRE

AMRAP 20:  
40 AbMat Sit-ups  
30/24 Calorie Bike Erg  
20 Dumbbell Goblet Reverse  
Lunges  
10 Dumbbell Push Jerks (R)  
10 Dumbbell Push Jerks (L)  
  
Dumbbell: (50/35)

## FRIDAY | 04.12 MAKE IT A DOUBLE

Front Squat  
Max Repetitions of Front Squats @ 80%

"Make It A Double"  
For Time:  
21 Pull-ups  
42 Double Unders  
21 Front Squats  
42 Double Unders  
18 Pull-ups  
36 Double Unders  
18 Front Squats  
36 Double Unders  
15 Pull-ups  
30 Double Unders  
15 Front Squats  
30 Double Unders

## SATURDAY | 04.13 SECOND ACT

[TEAMS OF 3]  
AMRAP 25:  
3 Rounds:  
600 Meter Team Run  
30 Power Snatches (135/95)

Directly Into...

15-30-45...  
Bar-Facing Burpees  
Deadlifts (225/155)

\*Add 15 Reps Each Round

## SUNDAY | 04.14 NEVER ENDING EMOM

"Never Ending EMOM"  
EMOM 40 for Max Reps  
[5 Rounds]  
Min 1 | Burpees  
Min 2 | Medball squat cleans  
Min 3 | Abmat sit ups  
Min 4 | Double DB deadlifts (50/35)  
Min 5 | Push ups  
Min 6 | Double unders  
Min 7 & 8 | Rest

"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](#)

### MONDAY | 04.08 LUCKY DEVIL

Bench Press  
Max Repetitions of Bench Press @  
80%

\* To Technical Failure

"Lucky Devil"

For Time:

100/80 Calorie Bike Erg

50 Toes to Bar

50 Single Arm Devil's Press (50/35)

\* Partition However You'd Like

Time Cap 18:00

KG | (22.5/15)

### OPEN - GAMES

For Time:

80/60 Calorie Echo Bike

50 Toes to Bar

50 Devil's Press (50/35)

\* Partition However You'd Like

### MINDSET MINUTE

"Most people think they lack motivation when they really lack clarity." - James Clear

Rowing harder doesn't help if the boat is headed in the wrong direction.

When was the last time you sat quietly on where you would be in a year from today?

5 years from today?

10 years?

... 20 years?

It's blurry, and should be. Yet this pivotal step is far too often missed, rushed, or even avoided all together. The result: we climb a ladder to a window we never fully intended to climb into.

This is where working harder meets working smarter.

In this journey, clarity is a weapon. It will bring light to situations where we need patience, and to others where we need action. Our guardrails as we steamroll down the highway, as effort and drive is our strength. We just need to continue to point ourselves in the right direction.

### HOME WORKOUT

For Time:

120 Alternating step back lunges

50 V-Ups

50 Single Arm Devil's Press (50/35)

\* Partition However You'd Like

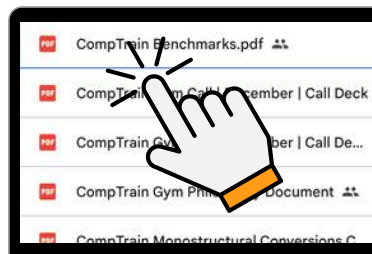
Time Cap 18:00

### AFTER PARTY

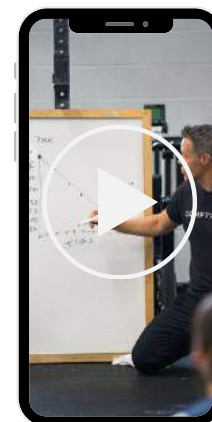
3 Sets

15 Empty bar curls

15 Empty bar reverse curls



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout Overview	In part 1, we're starting out our bench press with a max set at 80%. Athletes should be working to technical failure to establish their max reps set. IN part 2, today's piece is a choose your own adventure to kick off the week. On paper it may seem fairly simple, but our high breath rate and grip will both pick up pace very quickly if we don't find the best way to break this up based on where we are at individually. Whatever way we choose today should let us hold a pretty high intensity from beginning to end, get creative and challenge yourself!
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Scoring	Time to complete all work.
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ELEMENT	STIMULUS	MODIFICATIONS
Calorie Bike	8:00 or less of total work.	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• Time Cap</li><li>• 50m Row</li><li>• 40m Ski</li><li>• 40m Run</li><li>• 30m Air Run</li></ul>
Toes to Bar	3:00 or less of total work.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Toes To As High As Possible</li><li>• Knees To Chest</li><li>• Sit-Ups</li><li>• V-Ups</li></ul>
Single Arm Devil's Press	7:00 or less of total work.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Reduce Loading</li><li>• Single Dumbbell Power Snatch</li><li>• Single Dumbbell Burpee Deadlift</li><li>• Burpee To Target</li><li>• Single Kettlebell Hang Clean &amp; Jerk</li><li>• Kettlebell Russian Swings</li></ul>

The One Teaching Focus | Flat back.

- In the Devils Press, we want to highlight a focus on the athlete's setting their back before pulling off the ground.

Logistics

- Some options for breaking this up are:  
Unpartitioned if we are feeling confident in all of these movements and consistently holding intensity all the way through.
- 5 Rounds:
- 20/16 Calorie Bike
- 10 Toes to Bar
- 10 Single Arm Devil's Press
- 
- 10 Rounds:
- 10/8 Calorie Bike Erg
- 5 Toes to Bar
- 5 Single Arm Devil's Press

**WOD BRIEF**
**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**
**6 MINUTES | 3:00 - 9:00**

- General Flow
  - :20 - :30 each
  - Bike
  - Scorpions
  - Childs pose
  - Bike
  - DB Crush Grip Floor Press (2 hands)
  - Push ups
  - No push up burpees
  - DB floor press right arm
  - DB floor press left arm

**SPECIFIC WARM-UP**
**12 MINUTES | 9:00 - 21:00**

- Toes to Bar | tell, show, do, check
  - :10 dead hang
  - :10 scap pull ups
  - 5 Jump to hollow
  - 5 Jump to hollow and arch
  - 5 Press away kip swings
  - 5 Hanging knee tuck
  - 5 Full TTB or modification
- Devils press | tell, show, do, check
  - 4 Alternating no push up DB burpee deadlift
  - 4 Alternating DB burpee deadlift
  - 4 Alternating DB burpee hang clean
  - 4 Alternating DB burpee hang clean & jerk
  - 4 Alternating single DB devils press
    - Focus on flat back before pulling the DB off the ground.
- Bench press | tell, show, do, check
  - Establish stance, grip, & set up
    - Back and butt on the bench with feet on the floor, creating a stable base.
    - Place hands slightly wider than shoulder-width apart on the barbell, ensuring a full grip.
    - Align eyes directly under the barbell. Retract the shoulder blades and slightly arch the back, maintaining contact with the bench at the glutes and upper back.
  - 5 Barbell scapular retractions
  - 3 Tempo empty bar bench press
    - 3 second negative, 1 second hold, powerful press
    - Focus on maintaining position on bench
  - 3 Tempo empty bar bench press
    - Focus on “breaking the bar” throughout the rep.
    - 3 second negative, 1 second hold, powerful press

**STRENGTH**
**12 MINUTES | 21:00 - 33:00**

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

**PRIMER**
**6 MINUTES | 33:00 - 39:00**

- Practice Round
  - 7/5 Calorie Bike
  - 5 Toes to Bar
  - 4 Single Arm Devil's Press
- Break
- Workout adjustments if needed

**WORKOUT**
**18 MINUTES | 39:00 - 57:00**

- Look For
  - Bike | Cadence (RPM). Pay attention to pedal cadence, which is the speed at which athletes pedal. Encourage a cadence that is appropriate for the type of workout, somewhere between 87-95 RPM is likely an ideal target range.
  - TTB | Toes Pointed. Emphasize pointed toes throughout the movement for proper form. Avoid dorsiflexion (flexing the ankles) during the leg raise.
  - Single Arm Devils Press | Flat back. Cue athletes to set a strong, flat back before pulling the DB off the ground. This will emphasize use of the “big movers” of the posterior chain.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### TUESDAY | 04.09 TEETER-TOTTER

For Time:  
500/450 Meter Row  
400 Meter Run  
30 Thrusters (75/55)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
20 Thrusters (95/65)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
10 Thrusters (115/85)

Time Cap: 30 Minutes

KG | (52/38)

### OPEN - GAMES

For Time:  
500/450 Meter Row  
400 Meter Run  
30 Thrusters (95/65)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
20 Thrusters (135/95)  
-Rest 4 Minutes-  
500/450 Meter Row  
400 Meter Run  
10 Thrusters (155/105)

Time Cap: 30 Minutes

### MINDSET MINUTE

"Alright. They're to the front of us, to the left and right, and behind us. We're surrounded.... They can't escape us now." – General Chesty Puller, United States Marine Corps

Outnumbered by multiples, General Puller drove his Marines that day to victory. Many question how, given the massive mathematical odds against him that day.

It was for no other reason than they believed. They truly believed, with every fiber of their bodies, that they would win that day.

To accomplish anything extraordinary, we first need to believe it's possible. At first, that sounds ridiculously obvious. Yet when we think a bit more on it, we come to realize that we can be the first (and sometimes only) to tell ourselves that next task or goal is \*not\* possible. We can talk ourselves out of action with negative compounding thoughts. Concern, worry, doubt, fear. We can be our own worst enemy.

Like the Marines that day, sometimes we just need to get out of our own head, and do what we do best. Go to work. Even when we're out-gunned.

Out-"talented". Out of time, out of resources, out of everything. Even when every damn reason tells us we can't... let's go. That's what we do.

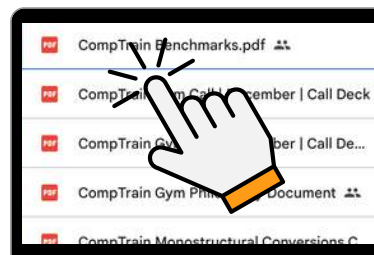
### HOME WORKOUT

For Time:  
20 Single DB devils press  
400 Meter Run  
30 Goblet squats  
-Rest 4 Minutes-  
20 Single DB devils press  
400 Meter Run  
20 Single DB thrusters  
-Rest 4 Minutes-  
20 Single DB devils press  
400 Meter Run  
10 Double DB thrusters

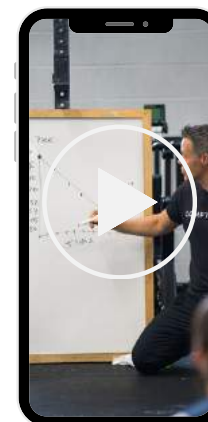
Time Cap: 30 Minutes

### AFTER PARTY

2 Sets  
12 Split squats each leg  
30 Hollow rocks



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH   KEEP IT SIMPLE. COACH WITH CONFIDENCE.		
Workout Overview	Today's workout is an effective full body workout. With the 4:00 rest included, athletes should be able to push the effort and keep the intensity near maximal each round. Loads should climb from light to moderate on the thruster relative to each athlete.	
Scoring	Total time, including rest.	
ELEMENT	STIMULUS	MODIFICATIONS
Row	2:30 or less	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 2:00 Time Cap</li><li>• 400m Ski</li><li>• 1000m Bike</li><li>• 400m Run</li><li>• 300m Air Run</li></ul>
Run	2:30 or less	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 2:00 Time Cap</li><li>• 400m Ski</li><li>• 1000m Bike</li><li>• 300m Air Run</li></ul>
Thrusters	Light/Light/Moderate. 2 sets or less each time.	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Sub Dumbbells</li><li>• 60-40-20 Air Squats</li></ul>

The One Teaching Focus | Press from the shelf

- To maximize efficiency on the thrusters, we want to emphasize the barbell resting on the shoulder shelf throughout the squat and drive portion of the thruster. The bar should remain on the shoulders until the athlete reaches full extension of the legs and hips before driving the bar overhead. The athlete should then bring the bar back to the shoulders before squatting.

Logistics

- If you're short on rowers, you can manage a large class by beginning the workout in waves. You should be able to start a second group around 2:30 behind the first and that will allow athletes to share rowers.

**WOD BRIEF**
**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**
**6 MINUTES | 3:00 - 9:00**

- General flow :20 - :30 each
  - Row
  - Bootstraps
  - Inchworms with push up
  - Run 100m
  - Downward dog
  - Reverse lunge & reach
  - Row
  - Air squats
  - Run 200m
- CT Barbell flow :15 - :20 each
  - Goodmornings
  - Back squats
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts
  - Front squats

**SPECIFIC WARM-UP**
**12 MINUTES | 9:00 - 21:00**

- Row | tell, show, do, check
  - Establish catch and finish positions
    - Catch with flat back, heels down, and vertical shins.
    - Finish with the handle at sternum and slightly open hips
    - Explain SPM and 500m/split and tell athletes where to look on the screen
  - :20 @ SPM of 32-35
    - Focus on 500m/split
  - :20 @ SPM of 27-30
    - Maintain same 500m/split
  - :20 @ SPM of 23-26
    - Maintain same 500m/split
    - Help athletes understand that this is the most efficient way to complete the row today
- Thruster | tell, show, do, check
  - Establish stance & grip
    - Shoulder width stance
    - Full grip on bar
    - Bar on shoulders with full grip
    - Elbows high
  - 5 Zombie tempo squats
    - Establish & teach "shoulder shelf" position here
  - 5 Front squat
    - With thruster grip
  - 5 Strict press
  - 5 Push press
    - Focus on full extension of legs and hips before pressing
  - 3 Thruster
    - Focus on timing of press. Maintaining the bar on the shoulders the entire time until full extension of the legs and hips is reached

**PRIMER**
**6 MINUTES | 21:00 - 27:00**

- Practice Round
  - 3 Rounds [One at each working weight]:
  - :20 Row
  - 50m Run
  - 3 Thrusters @ Weight 1
  - :20 Row
  - 50m Run
  - 3 Thrusters @ Weight 2
  - :20 Row
  - 50m Run
  - 3 Thrusters @ Weight 3
- Break
- Workout adjustments if needed

**WORKOUT**
**30 MINUTES | 27:00 - 57:00**

- Look For
  - Row | Leg Drive. Emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.
  - Run | Foot Strike. Midfoot or forefoot strike is generally preferred over a heavy heel strike.
  - Encourage a light, quick, and efficient foot turnover.
  - Thruster | Timing. Look for athletes to wait until they reach full extension of the legs and hips before pressing.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up



### WEDNESDAY | 04.10 SUPER SIZE

Power Clean  
Max Repetitions of Power Cleans @  
80%

\* To Technical Failure

"Super Size"

5 Rounds For Time:  
10 Power Cleans (155/105)  
10 Burpee Box Jumps (24"/20")

Time Cap: 15 Minutes

KG | (70/47)

### OPEN - GAMES

5 Rounds for time  
5 Power Cleans 225/155  
10 Burpee Box Jump Overs,  
30/24

### MINDSET MINUTE

"You'll miss the best things if you keep your eyes shut" - Dr. Suess

This quote is worth reading twice.

We are creatures of habit. We enjoy our routines. From the morning rituals, to the way we warm up for a workout, to our regimented diets and food plans.

Although dialing in the routine is a great thing, it's important that we remind ourselves to "keep our eyes open." What Dr. Suess's quote alludes to is an open mind. Even when we feel we've found exactly what works for us, we must resist the urge to close our eyes and ears to new ideas.

There is so much to learn, experience, and challenge ourselves with. That is, if we only keep our eyes open to do so.

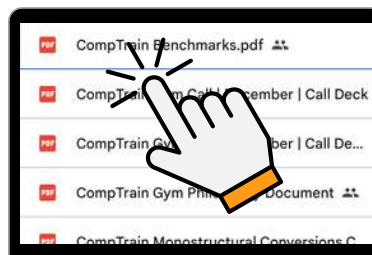
Always a student.

### HOME WORKOUT

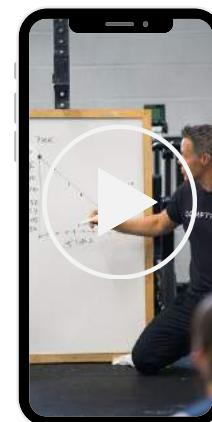
5 Rounds For Time:  
20 DB Power Cleans  
10 Burpees to target

### AFTER PARTY

3 Sets  
8 Barbell bent row (heavy)  
...into  
1 set of max barbell bent row  
(light)



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**



FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout Overview	In part 1 we're beginning our power cleans within the current strength cycle. Athletes should be aiming for 6-12 touch & go reps and target technical failure as the stopping point. In part 2, this is definitely a couplet where you want to try and come out smart or conservative and pick up the pace as you go. The spicy combination of these two movements both being explosive hip openers is sure to start to blow up our heart rate as well as slow down our pace if we come out the gate too hot.
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Scoring	Total time to complete work.
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ELEMENT	STIMULUS	MODIFICATIONS
Power Cleans	:60 or less. Cycled for quick sets or in fast singles.	<ul style="list-style-type: none"><li>• Reduce Loading/Reps</li><li>• Hang Power Cleans</li><li>• Sub Dumbbells</li></ul>
Burpee Box Jumps	:90 or less	<ul style="list-style-type: none"><li>• Reduce Box Height</li><li>• Burpee Box Step-Ups</li><li>• Burpees Only</li><li>• Box Jumps Only</li><li>• Burpee Box Jump Overs</li></ul>

- The One Teaching Focus | Static positions on power cleans
- In the catch | Feet flat, butt back, knees out, elbows high
  - In the set up | Butt down, bar tight, feet press.

- Logistics
- In part 1, technical failure can be indicated by bar speed, or a deviation from a quality receiving position.
  - In part 2, you can manage a large class by allowing athletes to begin on different movements. Set up your room so that the transition from bar to box and box back to bar can be both safe and quick. Teach your athletes how to best share boxes with you-go-I-go jumps.

**WOD BRIEF**
**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**
**6 MINUTES | 3:00 - 9:00**

- General Flow :20 - :30 each
  - Arm swings
  - Arm wraps
  - Quad pulls
  - Knee pulls
  - Inchworm to spiderman
  - No push up burpee (slow)
  - Box step ups
  - Burpees
  - Bunny hops to tuck jumps
  - Burpee to tuck jump
- CT Barbell Flow :15 - :20 each
  - Goodmornings
  - Back squats
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts
  - Front squats

**SPECIFIC WARM-UP**
**10 MINUTES | 9:00 - 19:00**

- Power Clean | tell, show, do, check
  - Establish stance, grip, & set-up
    - Hip-width stance
    - Hands just outside shoulders with full grip on the bar
    - Bar in contact with shins
    - Hips down
    - Shoulders slightly over the bar
  - Teach receiving position
    - Feet flat, butt back, knees out, elbows high
  - 5 cued reps position 1 (mid thigh / hip)
    - Focus on full extension before pulling and catching
    - Hold landing position
- 5 Cued reps position 2 (above knee)
  - Focus on keeping the bar close throughout
  - Hold landing position
- 3 Cued reps position 3 (mid shin)
  - Focus on butt down, and bar tight
  - Hold landing position
- Add lightweight
- 2 Cued reps
  - Focus on set up
  - Focus on full extension before pulling and catching
  - Focus on receiving position

**STRENGTH**
**12 MINUTES | 19:00 - 31:00**

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

**PRIMER**
**6 MINUTES | 31:00 - 37:00**

- Practice Round
  - 5 Power Clean (workout weight)
  - 5 BBJO
  - 3 Power Clean
- Break
- Workout adjustments if needed

**WORKOUT**
**15 MINUTES | 37:00 - 52:00**

- Look For
  - Power Clean | Quick elbows. Athletes should focus on an aggressive elbow turn over as they receive the bar with feet fat, butt back, knees out, and elbows high.
  - Burpee Box Jump | Footwork. Athletes should land with their feet outside their hands to create a sound, athletic base that will allow them to go straight into their box jump as they come out of their burpee.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### THURSDAY | 04.11 GOBLET OF FIRE

AMRAP 20:

40 AbMat Sit-ups

30/24 Calorie Bike Erg

20 Dumbbell Goblet Reverse  
Lunges

10 Dumbbell Push Jerks (R)

10 Dumbbell Push Jerks (L)

Dumbbell: (50/35)

KG | (22.5/15)

### OPEN - GAMES

Same as class

### MINDSET MINUTE

"We're so busy watching out for what's just ahead of us that we don't take time to enjoy where we are." – Bill Watterson

"Satisfied" feels like a dangerous word.

As competitors, we're always striving for betterment. Through an everlasting hunger to improve, we wake each day looking to press forward. Although a phenomenal quality, this can be a double-edged sword.

We can fall into the trap of telling ourselves, "I'll be happy when". I'll be happy when I make this PR, get that job, or buy that home. Yet, the finish line always moves. As soon as we do reach that PR, we're immediately turning to thinking about the next.

The call to action is to appreciate where we are today. To reflect not just on the "to improves", but to reflect on the positives. The accomplishments. To be proud of where we've come from, and where we're about to go.

### HOME WORKOUT

AMRAP 20:

40 AbMat Sit-ups

60 Double unders

20 Dumbbell Goblet Reverse  
Lunges

10 Dumbbell Push Jerks (R)

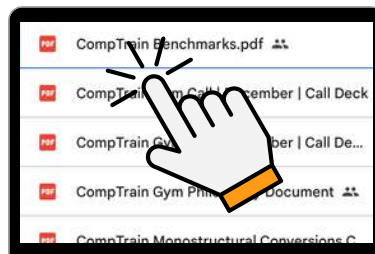
10 Dumbbell Push Jerks (L)

### AFTER PARTY

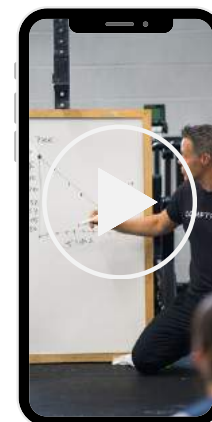
For quality

50 Double DB box step overs

25 Tall box jumps



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout Overview	We've got a good mix of some higher volume and some lower volume sets of movements in today's AMRAP. This means our pacing will probably vary from a nice consistent cadence to more of a sprint. This gives us a unique opportunity to pay closer attention to our breathing and heart rate as we progress through each round today.	
Scoring	Rounds + reps completed	
ELEMENT	STIMULUS	MODIFICATIONS
AbMat Sit-ups	2:00 or less.	<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Hollow Rocks</li></ul>
Calorie Bike	2:00 or less	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 1:30 Time Cap</li><li>• 30/24 Calorie Row</li><li>• 25/20 Calorie Ski</li><li>• 300m Run</li><li>• 200m Air Run</li></ul>
Dumbbell Goblet Reverse Lunges	Around :60	<ul style="list-style-type: none"><li>• Reduce/Remove Loading</li><li>• Dumbbell Suitcase Lunge</li><li>• Sub Kettlebell</li><li>• Sub Barbell</li></ul>
Dumbbell Push Jerks	:60 or less	<ul style="list-style-type: none"><li>• Reduce Reps/Loading</li><li>• Sub Kettlebells</li><li>• Push-Ups</li><li>• HSPU</li></ul>

The One Teaching Focus | Foot screw  
Teaching focus information

Logistics

- If you're short on bikes and need to manage a large class, you can allow athletes to begin on different stations. It's best to ensure that athletes do not separate the push jerks with a station between each arm. Have athletes always complete the push jerks back to back.

**WOD BRIEF**
**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**
**6 MINUTES | 3:00 - 9:00**

- :10-:15 Each
  - Get out DBs
  - Arm circles forward
  - Arm circles backward
  - Up & overs / arm swings
  - Front to Back / arm wraps
  - Trunk twists flat feet
  - Trunk twists rotate foot
  - Quad walk
  - Knuckle drags
  - Reverse lunge w/ reach
  - Alternating spiderman
  - Bootstraps
  - Sit ups
  - Down dog to push up

**SPECIFIC WARM-UP**
**12 MINUTES | 9:00 - 21:00**

- DB Prep | tell, show, do, check
  - :20 - :30 each
  - Alternating DB deadlift
  - DB swings right/left
    - Focus on squeezing the legs/butt to emphasize aggressive hip extension
  - Alternating DB hang clean
  - DB push press right/left
    - Focus on timing of legs extending then pressing
    - Focus on minimal dip w/ upright torso
  - DB push jerk right/left
  - Alternating DB goblet reverse lunge
    - Establish mods and subs

**PRIMER**
**6 MINUTES | 21:00 - 27:00**

- Practice Round
  - 10 AbMat Sit-ups
  - 6/4 Calorie Bike
  - 4 Dumbbell Goblet Reverse Lunges
  - 2 Dumbbell Push Jerks (R)
  - 2 Dumbbell Push Jerks (L)
- Break
- Workout adjustments if needed

**WORKOUT**
**20 MINUTES | 27:00 - 47:00**

- Look For
  - Abmat Sit-ups | Full range of motion.
  - Calorie Bike | Hand Positioning, Instruct athletes on different hand positions on the handlebars to vary muscle engagement and reduce specific fatigue.
  - DB Goblet Reverse Lunge | Knees & Toes. The knee should point in the same direction as the toes, avoiding any inward (valgus) or outward (varus) deviation.
  - DB Push Jerk | Elbows beating the feet. Focus on the teaching focus of an aggressive punch following the jump. Athletes should land having the elbow already fully extended the DB in sound overhead position.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### FRIDAY | 04.12 MAKE IT A DOUBLE

Front Squat  
Max Repetitions of Front Squats @ 80%  
\*To Technical Failure

"Make It A Double"

For Time:  
21 Pull-ups  
42 Double Unders  
21 Front Squats  
42 Double Unders  
18 Pull-ups  
36 Double Unders  
18 Front Squats  
36 Double Unders  
15 Pull-ups  
30 Double Unders  
15 Front Squats  
30 Double Unders

Barbell: (115/85)  
Time Cap: 15 Minutes  
KG | (52/38)

### OPEN - GAMES

For Time:  
21 Pull-ups  
42 Crossover Single-unders  
21 Front Squats  
42 Double Unders  
18 Chest To Bar Pull-ups  
36 Crossover Single-unders  
18 Front Squats  
36 Double Unders  
15 Bar Muscle Ups  
30 Crossover Single-unders  
15 Front Squats  
30 Double Unders

Barbell: (135/95)  
Time Cap: 15 Minutes  
KG | (61/43)

### MINDSET MINUTE

"Death is one prophecy that hasn't failed." – Edmund Wilson

Have you ever been asked, "What would you do if you only had a week to live?"

Few things will snap us to attention like the thought of a terminal illness. The question leaves us considering how different our lives would be if we only had days to live.

But the morbid truth, is that we *\*all\** have a terminal death sentence. It won't be a matter of if, but when. Let's not let a day go by, where we allow this thought to wash away to ignorance.

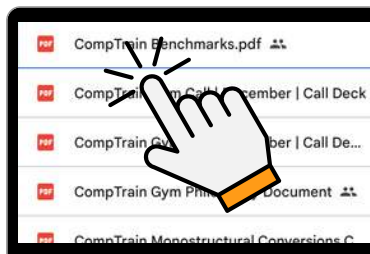
We get one shot... let's make it count.

### HOME WORKOUT

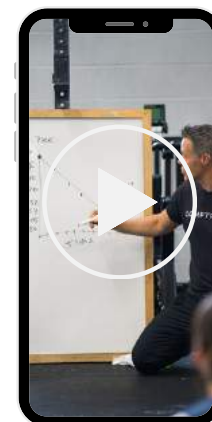
For Time:  
21 Alternating DB plank row  
42 Double Unders  
21 DB Front Squats  
42 Double Unders  
18 Alternating DB plank row  
36 Double Unders  
18 DB Front Squats  
36 Double Unders  
15 Alternating DB plank row  
30 Double Unders  
15 DB Front Squats  
30 Double Unders

### AFTER PARTY

3 Sets  
12 KB horn curls  
6 KB arnold press each arm



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout Overview	In part 1, we're getting started with a new micro cycle within the max repetitions strength cycle. In the cycle we're continuing to target "technical" failure and not actual reps to full failure. Athletes should target 6-12 reps at 80% of their 1RM. In part 2 we have a fun couplet and unique format. In this workout athletes should manage their effort on the front end so that they can increase their pace as the volume begins to drop.
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Scoring	Time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Pull Ups	3/2/1 sets respectively	<ul style="list-style-type: none"><li>Banded Pull-Ups</li><li>Ring Rows</li><li>Jumping Pull-ups</li><li>Alternating Dumbbell Plank Rows</li></ul>
Front Squats	Light load. 3/2/1 sets respectively	<ul style="list-style-type: none"><li>Reduce Loading</li><li>Reduce Reps</li><li>Sub Dumbbells</li><li>2x Air Squats</li></ul>
Double Unders	:60/:45/:30 respectively	<ul style="list-style-type: none"><li>Reduce Reps</li><li>1.5x Single Unders</li><li>Plate Hops</li><li>Reps of Singles &amp; Doubles (Mix of Both)</li><li>:60/:45/:30 On Any Machine</li></ul>

The One Teaching Focus | Bar stays over the foot

- In the front squats we want to emphasize a straight bar path and maintaining the load over the center of mass throughout the rep. You can cue this specifically by having the athlete focus on lifting the chest or elbows throughout the rep.

Logistics

- In part 1, make sure that athletes have a very clear understanding of the stimulus target for the day. Athletes should know that the rep target is 6-12 reps and that "technical" failure means a deviation in mechanics or a slowing in bar speed.
- In part 2, you can allow athletes to share a barbell and start on different movements. For example, one athlete would begin with the pull up couplet while the other begins with the front squat couplet.



**WOD BRIEF**
**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**
**6 MINUTES | 3:00 - 9:00**

- General Flow
  - Get out ropes & barbells
  - :20-:30 each
  - Alternating spiderman
  - Downward dog
  - Forearm & wrist floor stretch
  - Puppy pose
  - Bootstraps
- CT Barbell flow :15-:20 each
  - Goodmornings
  - Back squats
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts
  - Front squats

**SPECIFIC WARM-UP**
**12 MINUTES | 9:00 - 21:00**

- Pull ups & Double unders
  - :20/on :10/off
  - Dead hang
  - Single unders
  - Scap pull ups
  - Single unders
  - Kips
    - Focus on feet together and squeezed legs & stomach
  - Big, slow single unders
  - Jumping negative pull ups
    - Modify to ring rows
  - Single, single, double
  - Pull up workout movement
  - Jump rope workout movement
- Front Squat | tell, show, do, check
  - Establish stance & grip
    - Shoulder-width stance
    - Hands just outside shoulders
    - Loose fingertip grip on the bar
    - Elbows high (upper arm parallel to the ground)
    - Midline is braced
  - 3 cued ¼ Squat & Hold
    - Focus on high elbows in setup and hold
    - Bring attention to the bar remaining over the midfoot
  - 3 cued Squat & hold
    - Focus on high elbows throughout the rep and in the bottom position
  - 2 Cued Squat & Hold
    - Focus on leading with the elbows as the athlete stands

**STRENGTH**
**12 MINUTES | 21:00 - 33:00**

- 10:00 window
- Builds based on coach or athlete discretion
- Transition to part 2

**PRIMER**
**6 MINUTES | 33:00 - 39:00**

- Practice Round
  - 7 Pull ups
  - 20 Double unders
  - 7 Front Squats
- Break
- Workout adjustments if needed

**WORKOUT**
**15 MINUTES | 39:00 - 54:00**

- Look For
  - Pull Ups | Elbow Position. Monitor the position of the elbows during the pull-up. They should point down and slightly back, not flare out to the sides.
  - Double Unders | Positioning. Encourage athletes to keep their hands down and in front of their body and to maintain straight legs as they jump.
  - Front Squats | Bar over midfoot. Maintain focus on the teaching point of keeping the bar over the midfoot & center of mass throughout the rep. Cue athletes to keep their elbows high and chest lifted.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### SATURDAY | 04.13 SECOND ACT

[TEAMS OF 3]  
AMRAP 25:  
3 Rounds:  
600 Meter Team Run  
30 Power Snatches (135/95)

Directly Into...

15-30-45...  
Bar-Facing Burpees  
Deadlifts (225/155)

\*Add 15 Reps Each Round

KG |  
(61/43)  
(102/70)

### OPEN - GAMES

For Time:  
2 Rounds:  
8 Snatches, @weight(185/125)  
12 Burpee Box Jump Overs  
(30/24")

Directly into...

2 Rounds:  
4 Snatches, @weight(225/155)  
12 Burpee Box Jump Overs  
(30/24")

### MINDSET MINUTE

"The opposite of play is not work. The opposite of play is depression." – Brene Brown

Sometimes along the way, we forget that we love what we do. The choice of words there was intentional.

Suddenly things become a "job".

Things used to be fun.

It used to excite us.

Now... not so much.

And we ask ourselves that question... "What happened?"

When we are here, it's a must to remind ourselves: love is a two-way street. And it takes work to love. Unlike the portrayal in the movies, there's commitment with hard work, sweat and tears. But through that, if we can see it all the way, is the irreplaceable fulfillment. We must learn, or maybe better said re-learn, to love what we do.

Think back to what excited us the most when we started. What ignited the fire. What wakes us up in the morning. It's there. Not lost to "work", and just in need of a rekindling.

What did your first day of CrossFit look like? What made you come back? What made you have the desire to compete?

### HOME WORKOUT

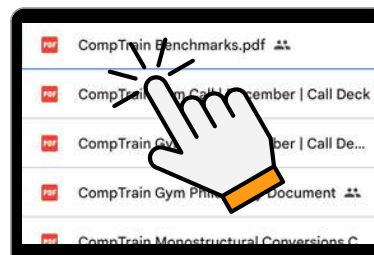
AMRAP 25:  
3 Rounds:  
600 Meter run  
12 Alternating DB snatch

Directly Into...

5-10-15....  
DB Facing burpees  
Double DB devils press  
\*Add 5 Reps Each Round

### AFTER PARTY

1 Set  
Accumulate 400m heavy farmers  
carry  
Accumulate 3:00 dead hang



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout Overview	Super fun team piece on the menu today! We're aiming to earn ourselves time on the back half of this workout today, so the goal should be not to get bogged down in the 3 rounds but also save some gas for a push to the finish in the AMRAP ladder portion on the back end.
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Scoring	Total rounds & reps of part 2, Burpee and Deadlift couplet.	
ELEMENT	STIMULUS	MODIFICATIONS

Power Snatches	2:00 or less of work	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Hang Power Snatches</li><li>• Dumbbell Power Snatches</li><li>• Kettlebell Swings</li></ul>
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Bar Facing Burpees		<ul style="list-style-type: none"><li>• Reduce Reps</li><li>• Bar-Facing Burpees (With Step Over)</li><li>• Lateral Barbell Burpees</li><li>• Regular Burpees</li><li>• 4 Calories = 5 Burpees On Any Machine</li></ul>
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Deadlift	Moderate load.	<ul style="list-style-type: none"><li>• Reduce Loading</li><li>• Reduce Reps</li><li>• Sub Dumbbells or Kettlebells</li><li>• Good Mornings</li><li>• Kettlebell Sumo Deadlift</li></ul>
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Team Run	4:00 or less of work.	<ul style="list-style-type: none"><li>• Reduce Distance</li><li>• 3:00 Time Cap</li><li>• 750m Row</li><li>• 480m Ski</li><li>• 1200m Bike</li><li>• 450m Air Run</li></ul>
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The One Teaching Focus | Bar close

- In both the snatches and deadlifts, emphasize a close bar and straight bar path!

Logistics

- It might be difficult to find teams of 3 that are all capable of completing the workout at the prescribed loads. Allow teams to utilize different barbells if necessary so that athletes can modify accordingly.
- If you have the equipment, allow athletes to have one barbell for the snatch and one for the deadlift.

**WOD BRIEF**

**3 MINUTES | 0:00 - 3:00**

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

**GENERAL WARM-UP**

**6 MINUTES | 3:00 - 9:00**

- General Flow :20 - :30 each
  - Arm circles forward
  - Arm circles backward
  - Arm swings
  - Arm wraps
  - Trunk twists w/ feet planted
  - Trunk twists w/ rotations
  - Quad pull
  - Alternating reverse lunge w/ reach
  - Downward dog
  - Childs pose
  - Wrist stretch on floor
- CT Barbell Flow :15 - :20
  - Goodmornings
  - Back squats
  - Elbow rotations
  - Press & reach
  - Stiff leg deadlifts
  - Front squats

**SPECIFIC WARM-UP**

**15 MINUTES | 9:00 - 24:00**

- Team prep
  - Organize in teams of 3
    - Each person completes each section once
  - Station 1 | 200m Run
  - Station 2
    - 3 Snatch grip deadlifts
    - 3 Snatch high pulls
    - 3 Snatch position 1 (mid thigh/hip)
    - 3 Snatch position 2 (above knee)
    - 3 Snatch position 3 (mid shin)
  - Station 3 |
    - 10 Light deadlifts
    - 6 Bar facing burpees
  - Build to workout weight on snatch & deadlift

**PRIMER**

**6 MINUTES | 24:00 - 30:00**

- Practice Round
  - 200m Team Run
  - 3 Power Snatches [Each Person]
  - 3 Bar-facing Burpees [Each Person]
  - 6 Deadlifts at Snatch Weight [Each Person]
  - 6 Deadlifts at Workout Deadlift Weight [Each Person]
- Break
- Workout adjustments if needed

**WORKOUT**

**25 MINUTES | 30:00 - 55:00**

- Look For
  - Run | Pacing. For today, pay particular attention to pacing and if the athletes are completing the run within the appropriate time frame. Encourage modifying distance if needed.
  - Snatch | Bar close. Cue athletes to pull the bar into their body by keeping their arms long and using their lats.
  - Burpees | Footwork. Look for athletes to jump or step up with their feet flat and outside their hands. This will allow their step up or jump up to be the “launch” position for the jump over the bar.
  - Deadlift | Bar close. Cue athletes to pull the bar into the body, keeping the deadlift bar in contact the entire time.

**COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up

### SUNDAY | 04.14 EVER ENDING EMOM

#### "Never Ending EMOM"

EMOM 40 for Max Reps

[5 Rounds]

Min 1 | Burpees

Min 2 | Medball squat cleans

Min 3 | Abmat sit ups

Min 4 | Double DB deadlifts (50/35)

Min 5 | Push ups

Min 6 | Double unders

Min 7 & 8 | Rest

Score = Total reps across all rounds

#### "Sunday Run Day"

Run 2-3 Miles

### OPEN - GAMES

N/A

### MINDSET MINUTE

"If you set your bar at "amazing," it's awfully difficult to start." - Seth Godin

Comparing ourselves to others is a double-edged sword.

We always want to learn from our peers and mentors. The inspirational fuel we can draw is endless, and enormously helpful in reaching our goals.

But when we \*compare\* ourselves to someone who has already reached their success, it can often leave us feeling like we lack the required resources to get started at all. We see their optimal setup surrounding them, and convince ourselves that we need "that" to get there. It can be dismantling. In a devastating way. Often preventing someone from even trying in the first place.

It's here we need to fight off the obsession of the perfect setup, and remind ourselves of the single resource that matters: simple, hard, work. If we can become obsessed with just that, the rest tends to just fall into place.

The world-class set of golf clubs doesn't teach a proper swing. Practice does.

When was the last time you caught yourself comparing yourself to someone else? What were you comparing? How did it make you feel?

### HOME WORKOUT

EMOM 40 for Max Reps

[5 Rounds]

Min 1 | Burpees

Min 2 | Single DB squat cleans

Min 3 | Abmat sit ups

Min 4 | Double DB deadlifts (50/35)

Min 5 | Push ups

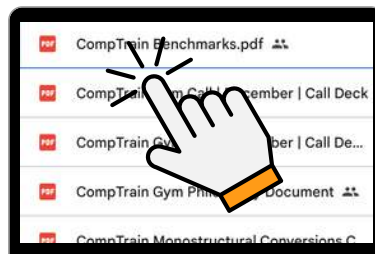
Min 6 | Double unders

Min 7 & 8 | Rest

Score = Total reps across all rounds

### AFTER PARTY

Tabata burpees for reps  
8 Rounds of :20 on / :10 off



**OWNERS & COACHES  
RESOURCE DRIVE**



**WATCH  
TODAY'S  
WORKOUT  
BRIEF**

FOR THE COACH | KEEP IT SIMPLE. COACH WITH CONFIDENCE.

Workout  
Overview

Sunday programming is focused on cardio respiratory endurance. Both the workout and the programmed run is intended to focus specifically on the development of aerobic capacity.

Scoring

Total Reps

The One Teaching Focus | Cardio Respiratory Endurance.

- Cardiovascular Endurance training is often referred to as Long Slow Distance (LSD) or Zone 2 (Z2) training. It is performed at low intensity - essentially the point where you can still comfortably hold a conversation. This lower intensity allows for great volume of work, which increases capillary and mitochondrial densities in your muscles, increases in the strength and size of your heart muscle, increases blood plasma volume, improves endurance (you can go longer before getting tired), burns fat, and increases your ability to recover. It is easy to push zone 2 training sessions a little too fast. It is better to be on the too slow side as opposed to too fast. These runs shouldn't lead to high levels of local muscle fatigue and/or soreness, but more of a general overall fatigue. The longer runs should leave you a little sleepy and hungry, but not beat you up. We choose to do our Cardio Endurance training once per week on Sundays, and we choose running because of the carry over to real life - self-powered, bi-pedal movement across the earth (but you can use a bike or rower if you prefer). If you have 30 minutes to train you will do a 2-3 mile run. If you have 1-2 hours to train on a Sunday you will climb in distance for three weeks, then reset back one week. This “wave progression” allows you to add volume without physically or psychologically overloading.

**WOD BRIEF****3 MINUTES | 0:00 - 3:00****GENERAL WARM-UP****6 MINUTES | 3:00 - 9:00**

- Tabata flow. :20/on :10/off
  - No push up burpees
  - Mountain climbers
  - Knuckle draggers
  - Quad pulls
  - Knee pulls
  - Active spiders
  - Plank shoulder taps
  - Push ups

**SPECIFIC WARM-UP****5 MINUTES | 9:00 - 14:00**

- Specific flow
  - Get out medballs
  - :10 no push up burpee
  - :20 medball deadlift
  - :10 step back, step up burpee
  - :20 medball squats
  - :10 burpee
  - :20 medball squat clean
  - :10 single unders
  - :20 Double DB deadlift
  - :20 single unders
  - :20 Push ups
  - :20 double unders

**PRIMER****4 MINUTES | 14:00 - 18:00**

- Practice Round
  - The specific warm up serves as a practice round.
- Break
- Workout adjustments if needed

**WORKOUT****40 MINUTES | 18:00 - 58:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up