

COMPTRAIN GYM

LESSON PLANS | 06.03-06.09

MONDAY | 06.03 PERFECT TEN

Bench Press

Max Repetitions of Bench Press @
85%

"Perfect Ten"

10 Rounds For Time:
10 Dumbbell Snatches (50/35)
10 Box Jumps (24"/20")
10 Push-ups

Time Cap: 18 Minutes

TUESDAY | 06.04 POP QUIZ

"Pop Quiz"

3 x AMRAP 4
3 rounds
Push Press
Front Squat
Pull Ups

With Time Remaining: Max Calorie
Row

Round 1: 7 Reps of Each
Round 2: 5 Reps of Each
Round 3: 3 Reps of Each

WEDNESDAY | 06.05 RUNNING ON EMPTY

Power Clean

Max Repetitions of Power Cleans @
85%

"Running on Empty"

8 Rounds For Time:
5 Power Cleans (155/105)
30 Double Unders
100 Meter Run

Time Cap: 18 Minutes

THURSDAY | 06.06 FLOOR & DECOR

"Floor & Decor"

5 Rounds For Time:
30/24 Calorie Bike Erg
10 Burpees
30 AbMat Sit-ups
10 Burpees

Time Cap: 25 Minutes

FRIDAY | 06.07 DEAD BALL

Front Squat

Max Repetitions of Front Squats @
85%

"Dead Ball"

For Time:
10-9-8-7-6-5-4-3-2-1:
Deadlifts (225/155)

After Each Set:
15 Wallballs (20/14)

Time Cap: 18 Minutes

SATURDAY | 06.08 BLISTERING PACE

"Blistering Pace"

[TEAMS OF 3]

9 Rounds x AMRAP 3:
P1: 25 Kettlebell Swings (53/35)
P2: 200 Meter Run
P3: 15 Toes to Bar

Time Remaining In Window:
Max Calorie Row

SUNDAY | 06.08 STEAM SESSION

"Steam Session"

EMOM 36:00 [9 Rounds]
Minute 1 | :45 Calorie Row
Minute 2 | :45 Shuttle Run
Minute 3 | :45 Calorie Bike
Minute 4 | Rest

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 | 06.03 PERFECT TEN

Bench Press

Max Repetitions of Bench Press @
85%

* To Technical Failure

* Add 5# To Each Set From Last
Attempt (4/15/24)

"Perfect Ten"

10 Rounds For Time:
10 Dumbbell Snatches (50/35)
10 Box Jumps (24"/20")
10 Push-ups

Time Cap: 18 Minutes

OPEN - GAMES

10 Rounds For Time:
10 Dumbbell Snatches,
@dumbbell(50/35)
10 Single-Arm Dumbbell
Overhead Squats,
@dumbbell(50/35)
3 Ring Muscle-ups

Time Cap: 18 Minutes

MINDSET MINUTE

"The only thing that is different about me, is that I'm not afraid
to die on a treadmill." - Will Smith

It's not about the treadmill. It's what the treadmill stands for.

Will Smith is not a competitive athlete. If he runs 2, 3, 10 miles...
he's still probably going to be highly successful in his career.

Probably.

But that's not why he is who he is. He's not defined by what he's
doing, but how he is doing it.

Full heart, full commitment, full effort. Wherever we go.

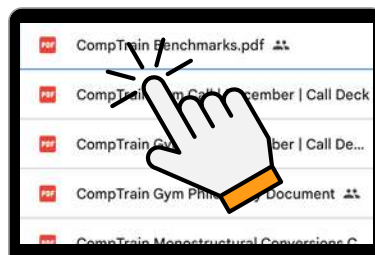
HOME WORKOUT

10 Rounds For Time:
10 Dumbbell Snatches (50/35)
20 Air Squats
10 Push-ups

Time Cap: 18 Minutes

AFTER PARTY

5 sets:
3-5 Weighted Pull-ups as heavy as
you can
*Rest 1-2 Minutes Between Sets



**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 back with our second time through Bench Press. Athletes should be targeting 4-8 reps at #5 heavier than the load they used the first time we performed bench press during this cycle. If athletes didn't complete bench press the first time, they'll target 85%. In part 2, we are aiming to keep moving through all 10 rounds without getting stopped up anywhere. We need to be hitting 1:30 each round in order to complete 10 rounds under the cap. Encourage athletes find a steady pace to hold, and if we have to break up the push ups it needs to be quick small breaks.
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Scoring	Time to complete work. If capped, add 1 second per rep not completed.
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ELEMENT	STIMULUS	MODIFICATIONS
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Dumbbell Snatches	About :30 of work or less	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Hang Power Snatches• Kettlebell Swings• Empty Barbell Hang Power Snatches
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Box Jump	About :30 of work or less	<ul style="list-style-type: none">• Reduce Reps• Reduce Box Height• Box Step-Ups• 15 Squat Jumps• Reverse Lunges
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Push ups	1-3 sets completed in about :30	<ul style="list-style-type: none">• Reduce Reps• Hand Release Push-Ups• Box/Bench Push-Ups• Dumbbell Bench Press• Dumbbell Floor Press
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The One Teaching Focus | Leg Drive

- There is a lot of volume in today's workout, and it can be easy to burn the shoulders early. Cue athletes to squeeze the legs first to initiate the DB snatch today.
- Encourage athletes to use the box jump as their "rest" to recover from the other two movements. Utilize a smooth pace to catch their breath and allow for minimal breaks on the push ups.

Logistics

- Alternating hands on each rep of the dumbbell today. Be sure both heads of the DB are touching the ground each rep.
- Try to set up the room so that it makes for quick transitions between movements.

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
8 MINUTES | 3:00 - 11:00

- General Flow 0:20-0:30 each
- Grab workout DB
 - Arm swings
 - Arm wraps
 - Trunk twists
 - Quad pulls
 - Scorpions
 - Box step ups
 - Tall plank hold
 - Downward dog
 - Box step downs
 - High to low plank transitions
 - DB crush grip floor press
 - Vertical jumps
 - Tempo push ups
 - Single arm DB floor press (right)
 - Single arm DB floor press (left)
 - Box jumps
 - Push ups

SPECIFIC WARM-UP
12 MINUTES | 11:00 - 23:00

- DB Snatch | tell, show, do, check
 - Establish set up with DB between the feet
 - 0:20 of each
 - Alternating DB deadlift + shrug
 - Focus on timing of squeezing legs and glutes then shrugging
 - Alternating DB high pull
 - Focus on timing of full extension before pull the the elbow high and outside
 - Alternating DB push press
 - Focus on timing of fully extending the legs and hips before driving the DB overhead
 - Pause in OH position to check DB position
 - Alternating DB snatch
 - Focus on timing and DB position
- Bench Press | tell, show, do, check
 - Establish stance, grip, & set up
 - Shoulder blades & butt on bench
 - Feet on the floor
 - Hands outside shoulders with full grip on bar
 - Eyes under barbell
 - Visible arch in lower back
 - 5 Tempo empty bar bench press
 - 3 second negative, 2 second hold
 - Focus on 45 degree angle with elbows
 - 3 Tempo empty bar bench press
 - 3 second negative, 2 second hold
 - Focus on “breaking” or “snapping” the bar throughout the movement.

STRENGTH
12 MINUTES | 23:00 - 35:00

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

PRIMER
6 MINUTES | 35:00 - 41:00

- Practice Round
 - 4 Dumbbell Alternating Snatches
 - 4 Box Jumps
 - 4 Push-ups
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 41:00 - 59:00

- Look For
 - DB Snatch | Look for athletes squeezing the legs and extending the hips before they pull the DB with their arms.
 - Box jump | Looks for athletes reaching full extension in their jump to try and land high, rather than low.
 - Push ups | Look for Body Position. Maintain a straight line from head to heels. Avoid sagging or piking at the hips. Engage the core to keep the body stable.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 06.04 POP QUIZ

AMRAP 4:
3 Rounds:
7 Push Press (95/65)
7 Front Squats (95/65)
7 Pull-ups
Time Remaining:
Max Calorie Row
[Rest 4 Minutes]
AMRAP 4:
3 Rounds:
5 Push Press (115/85)
5 Front Squats (115/85)
5 Pull-ups
Time Remaining:
Max Calorie Row
[Rest 4 Minutes]
AMRAP 4:
3 Rounds:
3 Push Press (135/95)
3 Front Squats (135/95)
3 Pull-ups
Time Remaining:
Max Calorie Row

HOME WORKOUT

AMRAP 4x 3
3 Rounds:
5DB Push Press
5 DB Front Squats
5 Devils Press

Time Remaining:
Max Burpees

Rest 4:00 between rounds

OPEN - GAMES

AMRAP 4:
3 Rounds:
7 Handstand Push-ups
7 Front Squats @weight(135/95)
7 Pull-ups
Time Remaining:
Max Calorie Row
[Rest 4 Minutes]
AMRAP 4:
3 Rounds:
5 Strict Handstand Push-ups
5 Front Squats @weight(155/105)
5 Chest To Bar Pull-ups
Time Remaining:
Max Calorie Row
[Rest 4 Minutes]
AMRAP 4:
3 Rounds:
3 Deficit Kipping Handstand Push-ups (4/3")
3 Front Squats @weight(185/125)
3 Bar Muscle-ups
Time Remaining:
Max Calorie Row

AFTER PARTY

3 Sets
12 Back Rack Lunge

MINDSET MINUTE

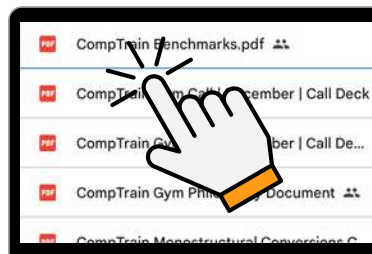
"Excitement comes from achievement. Fulfillment comes from the journey."

Winning the award is exciting. Fulfillment is looking back at the hard work put in.

There's irony when we think about defining moments. We build up in our minds that accomplishing that "thing" will be the ultimate. And when we get there, hell yeah will it be exciting. But the podium does not change who we are.

The real defining moments were the experiences that led up to those big achievements. The trials, the tribulations, the lessons learned. The early mornings. The late nights. The deep and unforgettable relationships we build through the blood, sweat, and tears.

The dopamine hit comes when we win; when we reach the goal, when we get the promotion. The everlasting fulfillment comes from the journey. And it's a hell of a drug.



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Today we have intervals with big rest between today, we know what that means! Hard efforts during our working clock and lots of focus on our recovery during the rest periods. The three rounds of work are meant to be fast and furious, with little to no rest, in order to get us to the rower with enough time to get the fan moving and go hard until the rest begins.	
Scoring	Total calories for all three rounds.	
ELEMENT	STIMULUS	MODIFICATIONS
Push press	Unbroken sets today on all rounds.	<ul style="list-style-type: none">• Reduce Loading• Sub Kettlebells or Dumbbells• Sub Barbell• Kipping HSPU
Front squat	Unbroken sets today on all rounds.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells• Sub Kettlebells• 14/10/6 Air Squats
Pull up	Ideally 1 set for all three rounds	<ul style="list-style-type: none">• Reduce Reps• Banded• Strict (Lower Reps- Ex. 5/4/3)• Ring Rows• Alternating Dumbbell Plank Rows
Row	at least 1 minute of work	<ul style="list-style-type: none">• Sub Ski/Bike Erg/Assault/Echo/Air Run

The One Teaching Focus | Rack position

- In the launching position of the push press we want the barbell truly resting on the athlete’s “shoulder shelf”.
- In the front squat we want the elbows to be high through the whole squat driving the chest up.

Logistics

- Athletes should be able to move at a fast pace today, even as our barbell weight increases. The reps decrease, so we may be a little "slower" but taking about the same amount of time during each working interval as we progress.
- Have athletes get all the weight out and ready to change during their rest intervals.
- For bigger classes, run two groups and start the second group during the four min rest.

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

8 MINUTES | 3:00 - 11:00

- General Flow 0:20-0:30 each
 - Grab PVC and barbell
 - 0:30 PVC passthrough
 - 0:30 PVC Front rack stretch (right)
 - 0:30 PVC Front rack stretch (left)
 - 0:30 pigeon (right)
 - 0:30 pigeon (left)
 - 0:20 alternating spiderman
 - 0:20 downward dog
 - 0:20 bootstraps
 - 1:00 row
 - 0:20 knee push ups
 - 0:20 air squats
 - 1:00 row
 - 0:20 push ups
 - 0:20 cossak squats
- CT Barbell Flow :15 - :20
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts

SPECIFIC WARM-UP

14 MINUTES | 11:00 - 25:00

- Pull Up | tell, show, do, check
 - :10 dead hang
 - 10 hollow hang scapular retractions
 - 10 kips
 - Focus hollow position and tight, controlled kip
 - 3 Strict pull ups
 - Modify to 5 more kips
 - Demo & explain modifications
 - 3 Workout reps
- Push Press | tell, show, do, check
 - Establish stance & grip
 - Feet hip width apart
 - Hands just outside shoulders with full grip
 - Bar in contact with shoulders
 - Elbows slightly in front in bar
 - 3 Cued dip and hold
 - Focus on upright torso
 - 3 Cued dip hold fast stand
 - Focus on hard extension of knees and hips
- 3 Cued push press
 - Focus on extending the hips and knees before pressing
 - Hold top position, look for stacked position overhead
- 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 knees out
 - Bring attention to the bar remaining over the midfoot
 - 3 cued Squat & hold
 - Focus on knees tracking toes throughout the rep and in the bottom position
 - 2 Cued Squat & Hold
 - Focus on driving the knees out as the stand is initiated

PRIMER

6 MINUTES | 25:00 - 31:00

- Practice Round
 - 3 Push Press
 - 3 Front Squats
 - 3 Pull-ups
 - 6/4 Calorie Row
- Break
- Workout adjustments if needed

WORKOUT

20 MINUTES | 31:00 - 51:00

- Push press | Bar on shoulders. Elbows locked and bar over middle of the foot at the top.
- Front squat | Watch for an upright torso throughout the squat. Athletes should avoid excessive forward lean, which can stress the lower back and compromise form.
- Pull up | Controlled kip swings. Cue athletes to push and pull the rig rather than swing with the hip. Focus on full range of motion with athletes getting their chin over the bar and reaching lock out each rep.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 06.05 RUNNING ON EMPTY

Power Clean
Max Repetitions of Power Cleans @
85%

* To Technical Failure
* Add 10# To Each Set From Last
Attempt (4/17/24)

"Running on Empty"
8 Rounds For Time:
5 Power Cleans (155/105)
30 Double Unders
100 Meter Run

Time Cap: 18 Minutes

OPEN - GAMES

8 Rounds For Time:
5 Power Cleans (185/125)
1 Legless Rope Climb
30 Double Unders

Time Cap: 18 Minutes

MINDSET MINUTE

"Everyone makes mistakes. Not everyone owns them."

It can be tempting to blame a failure on an external factor. But when we do, we gain nothing. When we shirk responsibility, we also shirk a learning opportunity.

Learning starts with ownership. Recognizing that we can do this better. No one is infallible. We will all make mistakes. Sometimes we will be part of larger mistakes that involve a host of other people. But, even when it's easy to allow ourselves to blame the situation, look inward.

Ask yourself a simple question: "What could I have done better?"

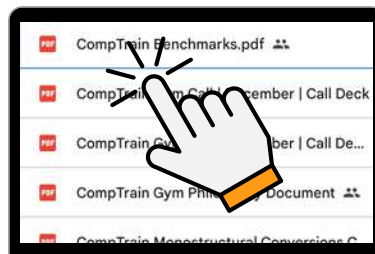
HOME WORKOUT

8 Rounds For Time:
8 DB Power Cleans
30 Double Unders
100 Meter Run

Time Cap: 18 Minutes

AFTER PARTY

3 Sets For Quality
Max Unbroken Dumbbell Bench
Press
Max Ring Support Hold



**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 back with our second time through Power Clean. Athletes should be targeting 4-8 reps at #10 heavier than the load they used the first time we performed power clean during this cycle. If athletes didn't complete power clean the first time, they'll target 85%. In part two we have a Very classic triplet today with some barbell, gymnastics and monostructural movements. While the weight is meant to be a little heavier today, we are also not supposed to get stopped up at the barbell. Constant movement with little transition time is the goal today and if we have some gas toward the end, empty that tank with a push!
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Scoring	Time to complete work. Add 1s per rep not completed if time capped.
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ELEMENT	STIMULUS	MODIFICATIONS
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Power clean	fast singles.	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells• Heavy Russian Kettlebell Swing
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Double under	:30 or less at the rope	<ul style="list-style-type: none">• Reduce Reps• :30 Time Cap• 45 Single Unders• Plate Hops• 30 Reps of Singles & Doubles (Mix of Both)• :30 Time On Any Machine
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Run	About :40 or less	<ul style="list-style-type: none">• Reduce Distance• :30 Time Cap• 125m Row• 100/80m Ski• 200/175m Bike• 75m Air Run
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The One Teaching Focus | Power clean catch

- Teach the receiving position of the power clean as
 - Butt back
 - Feet flat
 - Knees out
 - Elbows up

Logistics

- Be sure to have an efficient run route for todays workout, so that athletes can easily transition from one movement to next.

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
7 MINUTES | 3:00 - 10:00

- General Flow
 - 100m run
 - 0:20 Bend and reach
 - 0:20 Alternating worlds greatest
 - 0:20 Downward upward dogs
 - 0:20 Jumping jacks
 - 0:20 Quad pulls
 - 0:20 Knee pulls
 - 0:20 Downward dog + foot pedal
 - 0:20 Line hops
 - 0:20 Alternating lunge + reach
 - 0:20 Soldier kicks
 - 0:20 Penguin tap jumps
 - 0:20 100m run

SPECIFIC WARM-UP
12 MINUTES | 10:00 - 22:00

- Double Unders | tell, show, do, check
 - Establish position
 - Hold the handles of the jump rope with a relaxed grip.
 - The grip should be towards the end of the handles, allowing for better control and wrist movement.
 - Keep the elbows close to the body, pointing downward.
 - Hands should be slightly in front of the body so that you can see them in your peripheral vision while looking forward.
 - :20 High Singles
 - Focus on timing
 - :20 Fast Singles
 - Focus on wrist rotation and quicken the pace of the jump rope
 - :20 Alternating Feet
 - Focus on enhancing footwork and coordination.
 - :20 Single-Single-High Single
 - Focus on controlling the cadence and wrist speed
 - :20 Single-Single-Double
 - Focus on speeding up the wrist for the double
 - 2:00 Practice
- 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 | 22:00 - 34:00

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

PRIMER
6 MINUTES | 34:00 - 40:00

- Practice Round
 - 3 Power Cleans
 - 15 Double Unders
 - 50m Run
- Break
- Workout adjustments if needed

WORKOUT
10 MINUTES | 45:00 - 55:00

- Power clean | Quick elbow turnover: Athletes should rapidly rotate their elbows around and under the bar to catch it on the shoulders.
- Double under | Encourage athletes to keep their hands down and in front of their body and to maintain straight legs as they jump.
- Run | Midfoot or forefoot strike is generally preferred over a heavy heel strike. Encourage a light, quick, and efficient foot turnover.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 06.06 FLOOR & DECOR

"Floor & Decor"

5 Rounds For Time:
30/24 Calorie Bike Erg
10 Burpees
30 AbMat Sit-ups
10 Burpees

Time Cap: 25 Minutes

OPEN - GAMES

5 Rounds For Time:
30/24 Calorie Bike Erg
10 Burpees
20 V-Ups
10 Burpees

Time Cap: 25 Minutes

MINDSET MINUTE

"Leadership is not about being in charge. Leadership is about taking care of those in your charge." - Simon Sinek

What defines a leader? Is it a promotion, titles, or status? We realize that is not the case.

We've all met others at some point in our lives that were, title wise, on an identical level. Both were students in school, teammates on a sports team, or co-workers in a job. Yet something sets them apart. We don't remember them for what they said or did, but instead, for how they made us feel.

There's a line that's been said a million times over.

"Why did you do it?"

"Because he (or she) would have done it for me".

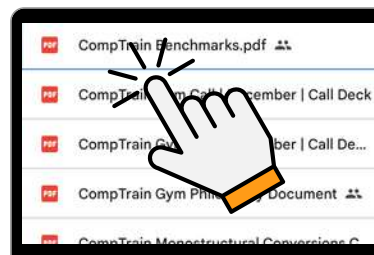
True leadership is not a title.

HOME WORKOUT

5 Rounds For Time:
50 Alternating Lunges
10 Burpees
30 AbMat Sit-ups
10 Burpees

AFTER PARTY

4 Rounds
20 Hollow Rocks
20 V-Ups



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Athletes are looking to maintain split times for each round that are 5:00 or less. Adjust the reps as needed to accomplish this.
Scoring	Time to complete work. Add 1s per rep not completed if time capped.

ELEMENT	STIMULUS	MODIFICATIONS
Bike	About 2:00 or less range today.	<ul style="list-style-type: none">• Reduce Reps• 2:30 Time Cap• 30/24 Calorie Row• 27/22 Calorie Ski• 400m Run• 300m Air Run
Burpees	About :45 or less of work throughout.	<ul style="list-style-type: none">• Reduce Reps• Remove Push-up• 20 Mountain Climbers• Box Jumps• :40 Effort on Any Machine
AbMat Sit-ups	1:15 or less.	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks

- The One Teaching Focus | Pacing
- In the bike encourage athletes to find a calorie range that allows them to hit the stimulus time frame.
- In the burpees encourage athletes to use their arms as the pacer. How slow or fast their hands reach the ground should determine their speed. Encourage them to be quick off the ground, rather than rest on the ground.
- In the sit ups encourage them to stay unbroken and fluid through their movement. If 30 is too much to hold unbroken, encourage them to scale back.

Logistics

- If you need to share bikes, have a second group start 2:00 behind the first group. The lesson plan will allow for extra time to run two groups if needed.

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**8 MINUTES | 3:00 - 11:00**

- General Flow 0:20-0:30 of each
 - Arm circles forward
 - Arm circles backward
 - Arm swings(Up & Over)
 - Arm wraps
 - Trunk twists planted
 - Trunk twists w/ rotation
 - Quad pull
 - Knuckle draggers
 - Reverse lunge w/ reach
 - Alternating spidermans
 - Downward Dog
 - Scorpions
 - Pigeon (right)
 - Pigeon (left)
 - Squat hold
 - Air squats

SPECIFIC WARM-UP**10 MINUTES | 11:00 - 21:00**

- Burpee warm up
 - 3 step back, step up burpee
 - 3 step back, jump up burpee
 - Look for feet to land flat and outside of hands
 - 3 jump back, step up burpee
 - 3 jump back, jump up burpee
 - Explain pacing by how fast your hands reach get back to the ground. See Bens video for burpee warm up.
- Bike & Sit up Prep
 - :60 Bike
 - :30 Hollow rocks
 - :45 Bike
 - :30 Strict sit up
 - :30 Bike
 - :30 Full sit up
 - Demo all mods
 - Something you can do 30+ reps in a row, or bring volume down to 1-2 sets

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

- Practice Round
 - 8/6 Calorie Bike Erg
 - 3 Burpees
 - 10 AbMat Sit-ups
 - 3 Burpees
- Break
- Workout adjustments if needed

WORKOUT**25 MINUTES | 27:00 - 52:00**

- Bike Erg |Timing, if athletes are not hitting the target time encourage them to scale.
- Burpees |Pacing the burpees, but staying steady with movement.
- AbMat Sit-ups | Full range of motion. Shoulders should pass the hip crease at the top.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

FRIDAY | 06.07 DEAD BALL

Front Squat
Max Repetitions of Front Squats @
85%

* To Technical Failure
* Add 10# To Each Set From Last
Attempt (4/19/24)

"Dead Ball"
For Time:
10-9-8-7-6-5-4-3-2-1:
Deadlifts (225/155)

After Each Set:
15 Wallballs (20/14)

Time Cap: 18 Minutes

OPEN - GAMES

For Time:
10-9-8-7-6-5-4-3-2-1:
Dball Over The Shoulder
(150/100)

After Each Set:
15 Wallballs @wallball(20/14)

*If you don't have a Dball do
deadlifts (275/185)

Time Cap: 18 Minutes

MINDSET MINUTE

"True happiness is to enjoy the present, without anxious
dependence of the future" – Seneca

How often do we rush to the finish line... only to rush to find the
next?

It is in our nature to crave progress. It is also in our nature to be
wary of complacency. This is where a misconception can form,
leading to dark times. We live for the "future", a finish line that
we'll never reach.

The aim is absolutely not to ignore the future... but to instead
embrace the present. Let's move past the logic of the "pursuit of
happiness", and embrace the breath in our lungs at this moment.

Wherever we go today, let's go with everything we got.

HOME WORKOUT

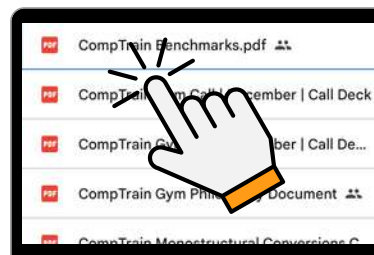
For Time:
10-9-8-7-6-5-4-3-2-1:
Devils Press

After Each Set:
15 DB Goblet Squats

Time Cap: 18 Minutes

AFTER PARTY

3 Sets
Max Reps of Strict Dips
Rest 1 Minute Between Sets



**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 back with our second time through Front Squat. Athletes should be targeting 4-8 reps at #10 heavier than the load they used the first time we performed Front squat during this cycle. If athletes didn't complete front squat the first time, they'll target 85%. In part 2, Don't be fooled by the deadlift sets in today's piece, it's truly a wallball workout. While the barbell descends our wallball sets remain the same, so we'll need to play it smart at our bar to maintain our intensity as our breaks between wallball sets get shorter and shorter.
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Scoring	Time to complete work. Add 1s per rep not completed if you are time capped.
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ELEMENT	STIMULUS	MODIFICATIONS
Deadlift	unbroken when fresh, outside of the workout. Breaks should be intentional, but still few.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Wallball	unbroken sets	<ul style="list-style-type: none">• Reduce Reps/Loading/Target• Single Dumbbell Thrusters• Empty Barbell Thrusters• 20 Air Squats

The One Teaching Focus | Core Engagement

- Coach athletes to engage their core throughout the movement. A tight core provides stability and helps maintain an upright torso position in the front squat and for the deadlift protects the lower back..

Logistics

- Athletes should try and have their own barbell today to move smooth through. Allow athletes to keep barbells closer to the wallball to allow for quicker transitions.

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 barbells & medballs
 - :20 Quad pull
 - :20 Knee pull
 - :20 Stiff leg deadlifts
 - :20 Arm swings
 - :20 Arm wraps
 - :20 Alternating spidermans
 - :20 Bootstraps
 - :20 Air squats
 - :20 Squat Jumps
 - :20 Medball squat
 - :20 Medball thruster
 - :20 Wallballs
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

SPECIFIC WARM-UP**10 MINUTES | 9:00 - 21:00**

- Deadlift | tell, show, do, check
 - Establish stance and grip
 - Establish set up
 - Bar over middle of foot
 - Bar in contact with shins
 - Shoulders over bar
 - Eyes forward
 - 5 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 5 Cued reps above knee to mid shin
 - Knees out of the way
 - 5 Cued reps mid shin to standing
 - Driving with the legs. Emphasize leg press.
 - Shoulders and hips rise together until bar passes knee
 - 3 Cued lightweight reps
 - Driving with the legs. Emphasize leg press.
 - Cue "Press the ground away through the heels"
- 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 set up and hold
 - 3 cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - 1 Cued lightweight rep
 - Focus on elbows high throughout the rep
 - 1 Cued lightweight rep
 - Focus on hips initiating the squat
 - 1 Cued lightweight rep
 - Focus on weight in the heels

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
 - 3 Deadlifts
 - 8 Wallballs
 - 3 Deadlifts
- Break
- Workout adjustments if needed

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

- Deadlift | Bracing and Core Engagement. Coach athletes to engage their core and brace their abdominal muscles before lifting. A tight core provides stability and protects the lower back.
- Wallball | Verify that athletes engage their core muscles during the squat and throw. This helps stabilize the spine and transfer power efficiently from the lower body to the upper body.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 06.08 BLISTERING PACE

"Blistering Pace"
[TEAMS OF 3]

9 Rounds x AMRAP 3:

P1: 25 Kettlebell Swings (53/35)

P2: 200 Meter Run

P3: 15 Toes to Bar

Time Remaining In Window:
Max Calorie Row

- * Complete Non-Row Reps Individually
- * One Rower, Split Calories As You'd Like
- * Rotate Stations Upon Completion of 3 Minutes
- * 3 Rounds Each Station Per Partner
- * First Partner Done Can Begin Row Calories

OPEN - GAMES

5 Rounds:

250/225 Meter Row

25-20-15-10-5 Single-Arm

Kettlebell Snatches*

@kettlebell(53/35)

Directly Into...

5 Rounds:

50ft Handstand Walk

15-12-9-6-3 Toes to Bar

*Switch The Kettlebell Every 5
Reps

MINDSET MINUTE

"Let character be your loudest statement."

The chef puts on an apron.

The accountant brings a suitcase.

The football player wears shoulder pads and a helmet.

These are all identifiables that may come to mind when thinking
of those individuals.

What are yours?

Are they materials, or is it something else?

Let character be what defines you.

Humble, Hungry, Unshakeable.

HOME WORKOUT

5 Rounds:

200m run

25-20-15-10-5

Alternating DB snatch

Directly Into...

5 Rounds:

200 Meter Run

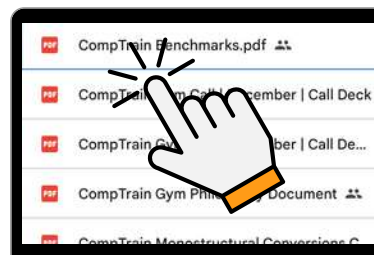
15-12-9-6-3

V-Ups

AFTER PARTY

Tabata Row for Calories

8 Rounds :20 on /:10 off



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Today we have a fun team workout, with a lot of moving parts. While its nine rounds, each partner should only do each movement three times. Whichever partner finishes their station first gets to start the calorie row. Partners then can switch out however they choose. When the new interval starts, the team changes stations.	
Scoring	Total row Calories	
ELEMENT	STIMULUS	MODIFICATIONS
Kettlebell Swing	Less then a min	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups• Alternating V-Ups
Run	Less then a min	<ul style="list-style-type: none">• Reduce Distance• 1:00 Time Cap• 250/225m Row• 200/180m Ski• 500/450m Bike• 150m Air Run
Toes to bar	Less then a min	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Single Dumbbell Hang Power Snatches• Empty Barbell Hang Power Snatches• Russian Kettlebell Swings

The One Teaching Focus | Swing with the hips, not the hands

- The arms should act as a lever, not as the primary force generators. The kettlebell should be swung by the momentum generated from the hip hinge, not lifted with the arms.

Logistics

- [Round 1-4-7 Flow]:
 - P1: 25 Kettlebell Swings (53/35)
 - P2: 200 Meter Run
 - P3: 15 Toes to Bar
 - Time Remaining:
 - Max Calorie Row
- [Round 2-5-8 Flow]:
 - P1: 15 Toes to Bar
 - P2: 25 Kettlebell Swings (53/35)
 - P3: 200 Meter Run
 - Time Remaining:
 - Max Calorie Row
- [Round 3-6-9 Flow]:
 - P1: 200 Meter Run
 - P2: 15 Toes to Bar
 - P3: 25 Kettlebell Swings (53/35)
 - Time Remaining:
 - Max Calorie Row
- INDY VERSION
 - "Blistering Pace"
 - 5 Rounds:
 - 250/225 Meter Row
 - 25-20-15-10-5 Kettlebell Swings (53/35)
 - Directly Into...
 - 5 Rounds:
 - 200 Meter Run
 - 15-12-9-6-3 Toes to Bar

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**

- “Rowling” Game
 - 3 Rounds
 - Athletes attempt to row exactly 100m.
 - Athletes place the handle of the rower back down in order to indicate they’re finished with their pulls.
 - The athlete completes the number of burpees equal to the number of meters they were above or below the 100m mark.

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
- KB Swing Prep | tell, show, do, check
 - :20 Alternating Single Leg Deadlifts
 - Focus on hinging at the hips while maintaining a flat back.
 - :20 Kettlebell Deadlifts
 - Focus on hip hinge movement and driving through the heels to stand tall, keeping the kettlebell close to the body.
 - :20 KB Hip Hinge & Pop
 - Focus on violent hip extension, driving the hips forward forcefully to propel the kettlebell upwards.
 - :20 KB Russian Swings
 - Focus on generating power from the hips, allowing the kettlebell to swing to chest level while maintaining a tight core and straight arms.
 - :20 KB American Swings
 - Focus on locked-out elbows and the bottom of the kettlebell facing the ceiling.

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

- Practice Round
 - Each partner
 - 100m run
 - 5 KB swings
 - 5 TTB
- Break
- Workout adjustments if needed

WORKOUT**27 MINUTES | 27:00 - 54:00**

- TTB | Athletes should start with a controlled swing from the shoulders, using the momentum generated from the hips. Avoid excessive swinging or kipping that can compromise form.
- KB Swing | Look for consistency in form throughout the set. Athletes should maintain the same technique from the first to the last repetition to reduce the risk of injury and maximize effectiveness.
- Run | be sure athletes are hitting the distance in the appropriate time frame. If they are not encourage them to scale back.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 06.09 STEAM SESSION

"Steam Session"

EMOM 36:00 [9 Rounds]

Minute 1 | :45 Calorie Row

Minute 2 | :45 Shuttle Run

Minute 3 | :45 Calorie Bike

Minute 4 | Rest

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"Nothing great was ever achieved without enthusiasm." - Ralph Waldo Emerson

There is a difference between one who is "there", and one who is "being there".

Many of us here are parents. You would understand more than most how being present is everything. A parent can go to their kids' soccer game, and sit in the stands on their phone, awaiting the end. Or they can go to the game, and passionately be there. Not by yelling or cheering, but by intently wanting to be there. One is "just there". The other is "being there".

We can go on a family vacation because, "it's what families do once a year", or we can go on a family vacation because we want to spend more time with each other without the daily distractions of life. From the outside looking in, it may or may not be as visibly obvious as the effects it leaves.

The obvious application here is in our training. If we were to go through the motions in "Fran" (21-15-9 Thruster/Pull-Up), with a relaxed, 15:00 completion time... there is very little benefit.

The less obvious is our daily encounters outside the gym. Where we may be going through the motions. Is it a lack-luster goodbye to our significant other before leaving for work? Is it greeting an employee with a "How are you?" even though we don't mean it?

It's okay to discover these in our daily lives. They happen, as we become comfortable in a routine. Doesn't mean they should stay that way.

HOME WORKOUT

EMOM 36:00 [9 Rounds]

Minute 1 | :45 Burpees

Minute 2 | :45 Shuttle Run

Minute 3 | :45 Alternating Lunges

Minute 4 | Rest

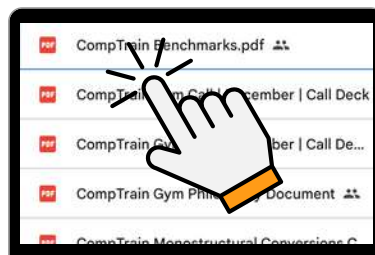
AFTER PARTY

2:00 each

Max Split Squats [right]

Max Split Squats [left]

Max Air Squats



**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 calories + shuttle runs

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
 - Jumping jacks
 - Knuckle draggers
 - Quad pulls
 - Knee pulls
 - Active spiders
 - Plank shoulder taps
 - Push ups

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

- Specific flow
 - :30 row
 - :30 Bike
 - :30 Shuttle run
 - :60 row
 - :60 Bike
 - :60 Shuttle run

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

- Practice Round
 - The specific warm up serves as a practice round. If the athletes are far from the target reps for each EMOM in their :30 round they likely need to decrease the volume.
- Break
- Workout adjustments if needed

WORKOUT**36 MINUTES | 18:00 - 54:00****COOL-DOWN**

Encouragements | Fist bumps | Stretch | Info | Clean up