

COMPTRAIN GYM

LESSON PLANS | 04.15-04.21

MONDAY | 04.15 SHAKE A LEG

Bench Press
Max Repetitions of Bench Press @
85%

"Shake a Leg"

For Time:

30 Toes to Bar
30 Front Squats (135/95)
30 Toes to Bar

On the Minute [Starting at 0:00]:
6 Lateral Barbell Burpees

Time Cap: 18 Minutes

TUESDAY | 04.16 JERRY [HERO]

For Time:
1 Mile Run
2,000 Meter Row
1 Mile Run

REPEAT FROM 5/9/23

Time Cap: 30 Minutes

WEDNESDAY | 04.17 SWEEP THE LEG

Power Clean
Max Repetitions of Power Cleans @
85%

"Sweep The Leg"

[For Time]

3-6-9-12-15:
Power Cleans
Bike Calories
Push Jerks
Bike Calories

Barbell: (115/85)
Time Cap: 18 Minutes

THURSDAY | 04.18 BY ANNIE MEANS

50-40-30-20-10:
AbMat Sit-ups
Double Unders

Directly Into....

5 Rounds:
30 Push-ups
10 Strict Pull-ups

Time Cap: 25 Minutes

FRIDAY | 04.19 COMMON GROUND

Front Squat
Max Repetitions of Front Squats @
85%

"Common Ground"

AMRAP 15:

30/24 Calorie Row
20 Hang Dumbbell Snatches
(50/35)

10 Dumbbell Box Step-ups
(24"/20")

SATURDAY | 04.20 TOGETHER APART

AMRAP 30 w/ a partner
12/9 Calorie Bike Erg
9 Deadlifts (185/125)
1 Rope Climbs (15')
* Relay Style

SUNDAY | 04.21 WATCH YOUR STEP

"Watch your step"
20-18-16-14-12-10-8-6-4-2
Medball cleans
Burpees
Medball alternating step back
lunges (20/14)

Time Cap 35:00

"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 | 04.15 SHAKE A LEG

Bench Press
Max Repetitions of Bench Press @ 85%
* To Technical Failure

"Shake a Leg"

For Time:
30 Toes to Bar
30 Front Squats (135/95)
30 Toes to Bar

On the Minute [Starting at 0:00]:
6 Lateral Barbell Burpees

Time Cap: 18 Minutes

KG | (61/43)

OPEN - GAMES

For Time:
40 Toes to Bar
30 Front Squats (135/95)
20 Bar muscle ups

On the Minute [Starting at 0:00]:
6 Bar Facing Burpees

Time Cap: 18 Minutes
KG | (61/43)

MINDSET MINUTE

"I would rather die of passion than boredom." - Vincent Van Gogh

There are times in our lives, whether it be during training, at work, or at home, where we question the choices we've made. They tend to arrive shortly after we make an important decision. A form of "buyers remorse", where we wonder if we're on the right path.

It is a human condition to seek certainty. We simply want to know we're clearly on the right path.

But... do we really?

Think back to a moment of *uncertainty*. The first day we first talked to our significant other. The first time we went on a roller coaster ride. The first time we walked into a CrossFit gym.

Uncertainty makes us feel alive. Those moments are etched into our lives, and are some of our fondest memories. If everything was known, expected, and pre-determined... life would be so horribly boring. It wouldn't be a life at all.

Where others may run from uncertainty, let's embrace it for what it is, and create the life of memories we'll look back on.

HOME WORKOUT

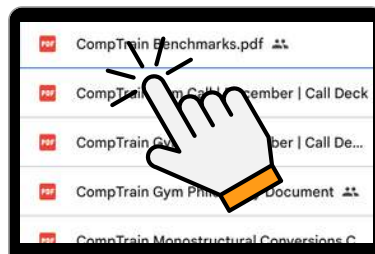
For Time:
30 V-ups
30 DB Front Squats
30 V-ups

On the Minute [Starting at 0:00]:
6 Lateral DB Burpees

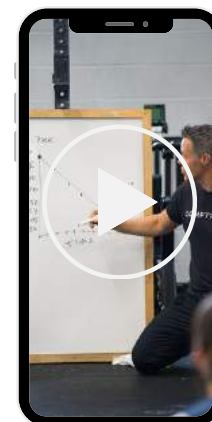
Time Cap: 18 Minutes

AFTER PARTY

2 Sets
10 Strict dips
:20 Ring support (lockout)
:20 Ring support (low/dip)



**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 moving into week 2 of our bench press. We're targeting 85% for a set of 4-8 great quality reps. If athlete's completed last week's set, they should simply aim to go heavier than they did for week 1. Technical failure on bench press can be most easily identified by the bar speed or excessive arch in the back with the athlete's butt leaving the bench. In part 2, we have a great workout that will tax and train the midline. In order to finish this workout under the time cap, athletes will need to maintain a minimum of sets of 5 reps per minute per movement, in addition to the burpees. This means they need to be able to get their burpees done with enough time to perform 5 reps of either the TTB or Front squat. Athletes should choose a variation or load that allows them to easily complete 5 reps unbroken.
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Scoring	Time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Burpees over bar	:30 or less.	<ul style="list-style-type: none">• Reduce Reps• Bar-Facing Burpees (With Step Over)• Regular Burpees• 5/4 Calories On Any Machine
Toes to Bar	Sets of 5 unbroken.	<ul style="list-style-type: none">• Reduce Reps• Toes To As High As Possible• Knees To Chest• Sit-Ups• V-Ups
Front Squats	Moderate. Sets of 5.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells• Sub Barbell• 60 Air Squats

The One Teaching Focus | Break the bar

- We're focusing on the athlete "breaking the bar" in the bench press. This technique ensures optimal muscle activation in the chest and shoulders. Breaking the bar helps to stabilize the shoulders and elbows, reducing the risk of injury and ensuring proper alignment throughout the movement. It creates tension in the upper body, providing a solid base from which to press the weight.
- Verbal Cues:
- "Imagine you're trying to bend the bar in half with your hands."
- "Push outward against the bar as if you're trying to spread it apart."
- "Squeeze the bar as hard as you can and push outward with your hands."

Logistics

- It will be very important to work with athletes to help them modify this workout in order to hit the proper stimulus. If athlete's do not design this workout appropriately for their relative ability, it's very possible that they will experience discouragement and frustration. Be clear in your workout brief and then utilize the warm ups and the practice round to dial modifications in.
- With a workout format like this, it's crucial that athletes are able to transition very quickly between movement stations. Set up your classroom so that athletes can safely and quickly transition from the barbell to the rig.

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
 - Arms swings
 - Arm wraps
 - Trunk twists
 - Scorpions
 - Childs pose
 - Boot straps
 - Air squats
 - Banded pull aparts
 - Banded pass throughs
 - Banded pass throughs
 - Knee push ups
 - Plank to toe touch
 - Eccentric push ups
 - Plank shoulder taps
 - Push ups
 - Burpees
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squats
 - Elbow rotations
 - Press & reach
 - Front squats
 - Stiff leg deadlifts

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
- 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 | 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 Lateral Barbell Burpees
 - 3 Toes to Bar
 - 3 Front Squats
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 39:00 - 57:00

- Look For
 - Burpees Over Bar | Footwork. Athletes should increase their efficiency by having their step out of the burpee be the step into their jump over the bar, avoiding unnecessary steps.
 - TTB | Controlled swing. 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.
 - Front Squat | Knee Tracking. Ensure that the knees are tracking in line with the toes throughout the movement. Avoidance of inward collapse (valgus collapse) of the knees is crucial for performance.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

TUESDAY | 04.16 JERRY [HERO]

For Time:
1 Mile Run
2,000 Meter Row
1 Mile Run

REPEAT FROM 5/9/23

Time Cap: 30 Minutes

OPEN - GAMES

Same as class workout

MINDSET MINUTE

“What you resist, persists”.

What would you think about if I told you to *not* to think of a pink giraffe?

The same effect takes place if I tell you “don’t slow down” as you start your final 400 meter run in a workout. Our minds don’t operate well when we focus on what not to do. We need to flip the script, and focus on what *to do*.

Turn “don’t slow down” into “I can hold this pace”.
Turn “don’t mess this up” into “focus on a clean jumpshot”.

If our thoughts become words, and those words become actions, we’re going to get what we focus on. So let’s choose wisely.

HOME WORKOUT

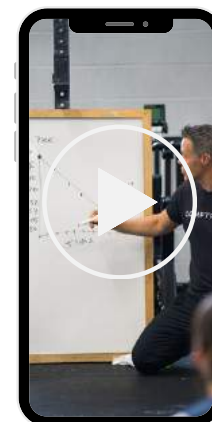
For Time:
1 Mile Run
100 Burpees
1 Mile Run

AFTER PARTY

27-21-15-9
Reverse barbell curl
Supinated barbell row
Hollow rocks



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview

Today's Hero workout is Jerry, very straightforward and simple on paper but will require very intentional pacing and paying attention to where our mind goes. As with all hero workouts, we want to get comfortable being uncomfortable and remember that we have the privilege of doing hard things every single day.

Scoring

Time to complete work

ELEMENT	STIMULUS	MODIFICATIONS
Runs	10:00 or less	<ul style="list-style-type: none">• Reduce Distance• 10:00 Time Cap• 2000m Row• 1600m Ski• 4000m Bike• 1200m Air Run
Row	10:00 or less	<ul style="list-style-type: none">• Reduce Distance• 10:00 Time Cap• 1600m Ski• 4000m Bike• 1600m Run• 1200m Air Run

The One Teaching Focus | Row reset

- Today we’re focusing on “hands to socks before bending knees” on the rower. Athletes should perform a short pause with the hands and rower handle at the chest and the legs locked out. Following the pause athletes should leave the legs locked out until their hands reach their ankles and then rebend their knees. This creates the proper sequence of movement and saves the quads on the rower.

Logistics

- Set some time aside in your workout brief to emphasis the importance of today’s workout as both a benchmark and a hero workout.
- Athletes should aim to be somewhere around their 5k Run and 5k Row paces during the first two parts, this should allow them to maintain this or push the pace on their second run.
- Long periods of time in monostructural movement can let our mind start dictating how we think we're feeling throughout, it's important to remember that your mind will check out long before your body in this piece. Do your best to stay on task.

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 :30 - :45 each
 - Row
 - Active spiders
 - Downward dog w/ foot pedal
 - Row
 - Knuckle drags
 - Quad pull
 - High knees
 - Butt kickers
 - Row

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

- Row | tell, show, do, check
 - Teach pause at back and reset
 - Legs stay straight until hands reach ankles on reset
 - :30 slow row
 - Focus on the reset sequence
 - :45 moderate row
 - Focus on smooth reset while maintaining the legs straight until the hands reach the ankles.
 - :30 workout effort row

PRIMER**6 MINUTES | 19:00 - 25:00**

- Practice Round
 - 200m Run
 - 400m Row
 - 200m Run
- Break
- Workout adjustments if needed

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

- Look For
 - Run | Posture. Check for an upright posture with a slight forward lean from the ankles. Shoulder Relaxation. Shoulders should be relaxed and not hunched.
 - Avoid excessive forward bending at the waist or leaning back.
 - Row | Reset. The athlete's legs should remain locked out until their hands reach their ankles on the reset of each stroke.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

WEDNESDAY | 04.17 SWEEP THE LEG

Power Clean
Max Repetitions of Power Cleans @
85%

* To Technical Failure

"Sweep The Leg"

[For Time]

3-6-9-12-15:

Power Cleans

Bike Calories

Push Jerks

Bike Calories

Barbell: (115/85)

Time Cap: 18 Minutes

KG | (52/38)

OPEN - GAMES

[For Time]

3-6-9-12-15:

Power Cleans

Echo Bike Calories

Push Jerks

Echo Bike Calories

Barbell: (155/105)

Time Cap: 18 Minutes

MINDSET MINUTE

"To succeed in life, you need three things: a wishbone, a backbone and a funny bone." - Reba McEntire

Three themes to take into our day.

To have a "wishbone": Nothing is too great of a task. Nothing is out of reach. Faith (or doubt) are both self-fulfilling prophecies.

To have a "backbone": The unbreakable will to give our best, regardless of the circumstances. Through the lens of the growth-mindset, every outcome is an opportunity to become better.

To have a "funny bone": We do life for one reason: to enjoy it. If we aren't enjoying what we're doing, we need to find something else. As Oscar Wilde writes, "Life is too short to take things seriously." Let's enjoy the ride.

HOME WORKOUT

3-6-9-12-15:

DB Power Cleans

*30 Double unders

DB Push Jerks

2x Alternating lunges

Time Cap: 18 Minutes

AFTER PARTY

3 Sets

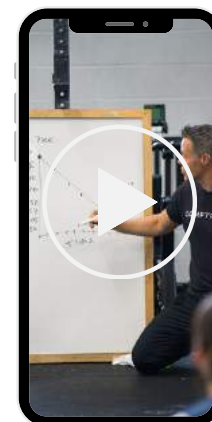
20 Barbell Bent Row + RDL

Rest 2:00 between sets

Keep sets unbroken



**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 in week 2 of our power clean cycle. Athletes should build to a heavier load than they used the previous week and should target 4-8 touch and go repetitions. In part 2, we have an appropriately named workout because you'll feel this one in the quads. Athletes will likely benefit from managing the power cleans in singles so that they can maximize unbroken sets on the push jerks. The barbell should be a light load for cycling reps.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Power Cleans	Light.	<ul style="list-style-type: none">• Reduce Loading/Reps• Hang Power Cleans• Sub Dumbbells
Bike	Round of 15 in :60 or less.	<ul style="list-style-type: none">• Reduce Reps/Loading• Sub Dumbbells/Kettlebells• Push-Ups• HSPU
Push Jerks	Moderate. 2 Sets or less on 12/15	<ul style="list-style-type: none">• Reduce Reps• Sub Row Calories• Sub Ski Calories

The One Teaching Focus | Jump first - “Hips lead the way”

- For the power clean as well as the push jerk, our teaching focus is to finish the “jump”, meaning the full extension of the legs & hips before pulling the power clean or pressing in the push jerk.

Logistics

- In part 1, ensure that athletes have a clear understanding of what “technical failure” means for the power cleans today. A couple of things to look for would be a deviation from a sound catch position or a slowing in bar speed. Guide athletes to best approach building and working sets for the assigned time frame.
- In part 2, all the movements should take a similar amount of time, so you can manage a large class by allowing some athletes to begin on the bike and others on the barbell.

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
 - Bike
 - Inchworm to spiderman
 - Scorpions
 - Down dog to push ups
 - Bunny hops to tuck jumps
 - Bike
- 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

- Push Jerk | tell, show, do, check
 - Establish stance & grip
 - Feet with hip-width apart
 - Bar on shoulders
 - Elbows slightly in front of the bar
 - Full grip on the bar
 - 5 Dip & hold
 - Focus on upright toros
 - 5 Dip & drive
 - Focus on quick turnover from dip to drive
 - 5 Jump & land w/ hands at side
 - Focus on full extension
 - 5 Jump, Punch, & land
 - Focus on timing of jumping fully before punching the hands
 - 3 Push jerks with empty bar
 - Focus on timing of jumping fully before punching the bar overhead and landing with bar locked out
- 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 | 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 Power Cleans
 - 3 Bike Calories
 - 3 Push Jerks
 - 3 Bike Calories
- Break
- Workout adjustments if needed

WORKOUT
18 MINUTES | 39:00 - 57:00

- Look For
 - Power Clean | Catch position. Feet flat, butt back, knees out, elbows high.
 - Bike | Breathing and Rhythm. Emphasize the importance of controlled breathing. Athletes should sync their breathing with their pedal strokes to maintain a steady rhythm.
 - Teach breathing techniques for different intensities, such as deep diaphragmatic breathing during high-intensity efforts.
 - Push Jerk | Stacked joints. The ears, shoulders, hips, and ankles should be in vertical alignment when the bar is overhead.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

THURSDAY | 04.18 BY ANNIE MEANS

50-40-30-20-10:
AbMat Sit-ups
Double Unders

Directly Into....

5 Rounds:
30 Push-ups
10 Strict Pull-ups

Time Cap: 25 Minutes

OPEN - GAMES

Same as class workout

MINDSET MINUTE

"Trade your expectation for appreciation, and the world changes around you"
- Tony Robbins

Routines and habits become part of the norm. Morning coffee, listening to the radio, the drive to the field taking the kids to practice. We appreciate healthy habits, and let's continue to reinforce them. There is however much to be said about taking a pause to our routine, to appreciate the fortune in our lives. The absolute abundance we are so lucky to have.

In a world where comforts are the "norm", we want to consciously remind ourselves how good our lives are.

The thought of losing those precious parts of our day is a sobering one. But despite it being a morbid thought, we will. There will be a final cup of morning coffee for us. There will be the last chance for us to listen to the radio. And if we are lucky enough to have kids, there will be a last time we *get* to wait in traffic as we drive them to soccer practice.

As Tony Robbins quotes, if we can remove expectations from the norm, and replace them with a sense of gratitude, our entire world changes.

HOME WORKOUT

50-40-30-20-10:
Sit-ups
Double Unders

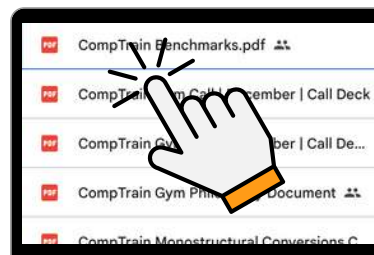
Directly Into....

5 Rounds:
30 Push-ups
10 Alternating DB plank row

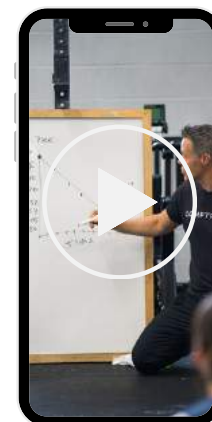
Time Cap: 25 Minutes

AFTER PARTY

2 Sets
20 DB crush grip bench press
20 DB seated shoulder press



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Today's workout is a super fun play on the classic CrossFit benchmark, "Annie", with a little bit of "Cindy" peppered in. Athletes with a strong "Annie" score shouldn't be targeting a PR in part 1. We want to move very consistently and cyclically through part 1 so that we're able to keep the effort high once getting into part 2. Athletes should target around 10:00 for part 1 so they have plenty of time in the bank to work through part 2.
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Scoring	Total time to complete work
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ELEMENT	STIMULUS	MODIFICATIONS
Double unders	2 sets or less throughout.	<ul style="list-style-type: none">• Reduce Reps• 75-60-45-30-15 Single Unders• Plate Hops• Reps of Singles & Doubles (Mix of Both)• :30-:25-:20-:15-:10 On Any Machine
Sit ups	2:00/1:30/1:15/1:00/:30	<ul style="list-style-type: none">• Reduce Reps• Hollow Rocks
Push ups	:90 or less	<ul style="list-style-type: none">• Reduce Reps• Hand Release Push-Ups• Box Push-Ups• Dumbbell Bench Press
Strict pull ups	:90 or less	<ul style="list-style-type: none">• Reduce Pull-Ups• Banded Strict Pull-Ups• Ring Rows• Alternating Dumbbell Plank Rows

The One Teaching Focus | Full range of motion

- Today's workout is an excellent opportunity to teach the value of full range of motion. Provide clear standards and expectations on full range of motion for the sit ups, push ups, and strict pull ups and hold athletes to this standard throughout the workout.

Logistics

- Today's workout shouldn't present many obstacles in regards to logistics. It's ideal to maintain the original order of the workout rather than allowing some athletes to begin with the push up / pull up couplet and then finishing with "Annie".
- Set up your class room so that athletes can transition very quickly between movements in both portions of this workout. There should be minimal transition time between the jump rope and abmat as well as the pull up station and where athletes complete their push ups.

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
 - Sit up and reach
 - Lateral rope hops
 - Forward and back rope hops
 - Shoulder taps from plank
 - Scap retractions
 - Sit up and reach
 - Single unders
 - Knee push ups
 - Full push ups to
 - Full sit ups
 - Single unders
 - Full push ups

SPECIFIC WARM-UP

12 MINUTES | 9:00 - 21:00

- 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
- Pull Up | tell, show, do, check
 - :15 Dead hang
 - :15 Scap retractions
 - Modify from rings
 - :15 Jumping eccentric
 - Eccentric from rings
 - :10 Chin over bar hold
 - Top of ring row hold
 - Demo all strict pull up options
 - Focusing on range of motion
 - 5 Reps workout movement

PRIMER

6 MINUTES | 21:00 - 27:00

- Practice Round
 - 10 Double Unders
 - 10 AbMat Sit-ups
 - 5 Push-ups
 - 2 Strict Pull-ups
- Break
- Workout adjustments if needed

WORKOUT

25 MINUTES | 27:00 - 52:00

- Look For
 - Double unders | Good positioning. Athletes' hands should be down and slightly in front of them. Cue athletes to spin quick with the wrists. Cue athletes to jump straight up and keep from tucking or piking their feet.
 - Abmat sit ups | Range of Motion Cue athletes to touch their shoulder blades to the ground and to have their shoulders pass through their hips each rip.
 - Push ups | 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

FRIDAY | 04.19 COMMON GROUND

Front Squat
Max Repetitions of Front Squats @
85%

* To Technical Failure

"Common Ground"

AMRAP 15:

30/24 Calorie Row
20 Hang Dumbbell Snatches
(50/35)

10 Dumbbell Box Step-ups
(24"/20")

KG | (22.5/15)

OPEN - GAMES

AMRAP 15:

30/24 Calorie Row

10 Double DB Clean & Jerks

10 Double DB Box Step-overs
(24"/20")

*DBs (50/35)

KG | (22.5/15)

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.

HOME WORKOUT

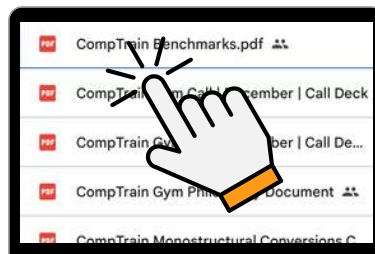
AMRAP 15:

60 Double unders
20 Hang Dumbbell Snatches
10 DB Goblet alternating lunges

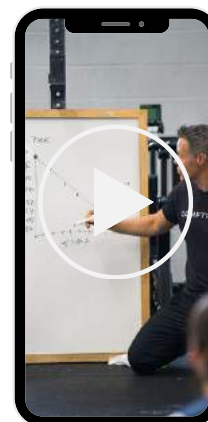
AFTER PARTY

3 Sets

12 Banded lat pull downs
20 Barbell bicep curl



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	We are onto week two of our front squat max reps cycle. Athlete’s should be targeting 4-8 repetitions, to technical failure, at 85% of their 1RM. In part 2 we have a great “grindy” piece that will target the full body, and the forearms in particular. Athletes should target a sustainable and highly cyclical pace that will allow them to increase their effort as they progress through the 15 minutes of work.
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Scoring	Rounds and reps
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ELEMENT	STIMULUS	MODIFICATIONS
Row	2:30 or less	<ul style="list-style-type: none">Decrease volumeSki/Bike2:30 time cap
DB Snatch	Moderate load. 2 sets or less.	<ul style="list-style-type: none">Reduce loadReduce volumeKB SwingDB hang clean
DB Box step ups	“Unbroken”, cyclical effort. :60 or less.	<ul style="list-style-type: none">Reduce loadReduce heightDB alternating lungeNo DB box step upsAlternating lunge

The One Teaching Focus | Row sequence

- Since athletes are spending a significant amount of this workout on the rower, we’ll focus our teaching on the sequence of movement for maximum performance and efficiency. Teach the sequence as:
 - Catch | Start with the rower’s shins vertical, arms fully extended, and the torso leaning slightly forward from the hips. Grip the handle with both hands, keeping wrists flat. Maintain a relaxed grip to avoid unnecessary tension.
 - Drive | Initiate the drive phase by pushing through the legs, engaging the legs and glutes. Simultaneously, lean the torso back, maintaining a straight back. Continue to keep the arms extended , moving the handle horizontally from the catch position. The drive phase involves a powerful, coordinated effort from the legs, hips, and arms.
 - Finish | At the end of the drive, the legs are fully extended, and the rower is leaning back slightly. The handle is pulled to the upper chest, just below the sternum. Keep the wrists flat, and the elbows should be pointing slightly behind the body.
 - Recovery | Release the arms first, allowing them to fully extend while maintaining a straight back. Once the hands have cleared the knees, begin to bend the knees, sliding the seat forward. The torso follows, leaning forward from the hips. This phase is the “recovery” and is the opposite of the drive.

Logistics

- For the box step ups, a single dumbbell is held on the shoulder.
- If you need to manage a large class with limited rowers you can pair athletes up and have one group do the workout in reverse.

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
 - Get out DBs & barbells
 - Alternating spiderman
 - Downward dog
 - Forearm & wrist floor stretch
 - Puppy pose
 - Bootstraps
 - Alternating box step ups
 - Push ups
 - Alternating DB deadlift
 - Alternating DB swings
- 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
 - Teach sequence
 - Catch, drive, finish, recover.
 - 10 Cued, segmented pulls
 - Call each position "Catch, drive, finish, recover."
 - :20 Cued easy row
 - Call each position at a cadence of 22-24 SPM.
 - :20 easy row
 - Athletes row on their own, maintaining focus on the sequence of catch, drive, finish, recover.
 - :20 workout effort
- 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
 - 12 Cal Row
 - 8 DB Hang Snatches
 - 4 DB Box Step Ups
- Break
- Workout adjustments if needed

WORKOUT
15 MINUTES | 39:00 - 54:00

- Look For
 - Row | Sequence. Continue to cue and reinforce the sequence of catch, drive, recover, and finish on the rower.
 - DB Hang Snatch | Leg drive. Cue athletes to finish the full extension of the hips and legs before pulling the DB overhead.
 - DB Box Step Up | Upright torso. Cue athletes to keep their chest lifted throughout the movement, avoiding a rounded back with their chest facing the ground.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SATURDAY | 04.20 TOGETHER APART

AMRAP 30 w/ a partner
12/9 Calorie Bike Erg
9 Deadlifts (185/125)
1 Rope Climbs (15')
* Relay Style

KG | (83/56)

OPEN - GAMES

4 Rounds For Time:
30/24 Calorie Bike Erg
10 Sandbag OTS (150/100)
10 Deadlifts (225/165)
4/3 Legless rope Climbs (15')

MINDSET MINUTE

"Stay committed to your decisions, but stay flexible to your approach." - Tony Robbins

Is it a change of plan, or a change of vision?

We're a committed, hungry group. We don't shy away from discipline... we actually embrace it. And that dedication often shows itself when we set goals. We hard-charge them.

Yet along the way, we will have detours. Sometimes they will be by choice - and sometimes by chance. Regardless, we need the step back to assess what we are feeling. We can beat ourselves up for losing the "original plan", or we can embrace the new path ahead, well knowing the detour signs are ultimately leading us to where we seek.

Committed to the destination, while flexible on the route.

HOME WORKOUT

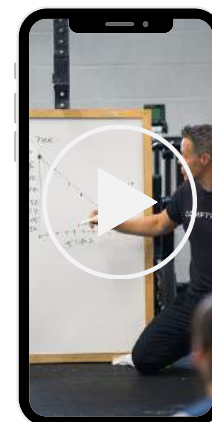
4 Rounds For Time:
30 Alternating step back lunges
10 Double DB cleans
10 Double DB deadlifts
4 Double DB devils press

AFTER PARTY

6 Sets
200m Sprints
Rest 1:1



**OWNERS & COACHES
RESOURCE DRIVE**



**WATCH
TODAY'S
WORKOUT
BRIEF**

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

Workout Overview	Hard efforts sprints on the menu today with a couple of your fit friends or solo. With rest coming after each working interval we are aiming to hold sprint paces on each of our working rounds, while trying to recover as much as possible in between.	
Scoring	Total rounds and reps completed	
ELEMENT	STIMULUS	MODIFICATIONS
Bike	:45 or less.	<ul style="list-style-type: none">• Reduce Reps• :45 Time Cap• 12/9 Calorie Row• 10/7 Calorie Ski Ski• 100m Run/Air Run
Deadlift	Unbroken sets.	<ul style="list-style-type: none">• Reduce Loading• Reduce Reps• Sub Dumbbells or Kettlebells• Good Mornings• Kettlebell Sumo Deadlift
Rope Climbs	:30 or less.	<ul style="list-style-type: none">• Reduce Height• Reduce Reps• 2 Lay to Stand Climb• 3 Strict Pull-Ups = 1 Rope• 4 Alternating Dumbbell Plank Rows = 1 Rope• 5 Ring Rows = 1 Rope• 5 Toes To Bar = 1 Rope

The One Teaching Focus | Rope Climb | Sequence.

- Provide plenty of cueing to encourage the proper sequence of action on the rope climb with the
- reach, tuck, clamp, stand.

Logistics

- This workout has a handful of logistics to consider. Come prepared with your lesson plan so you can be clear in instruction and stay tight to your timeline.
- Ensure that athletes understand what “relay” style means. One athlete completes a full round while the other rests.

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
10 MINUTES | 3:00 - 13:00

- General Flow
 - Round 1 Stations
 - Bike
 - Inchworm to down dog
 - Rope rows
 - Round 2 Stations
 - Bike
 - RDLs
 - Stand to stand + knee tucks
 - Round 3 Stations
 - Bike
 - Deadlifts
 - Rope foot locks

SPECIFIC WARM-UP
8 MINUTES | 13:00 - 21:00

- Rope climb | tell, show, do, check
 - Demo all rope climb options
 - Try out "one" rep each
- Deadlift
 - Build to workout weight

PRIMER
6 MINUTES | 21:00 - 27:00

- Practice Round
 - 1 Round [Each Person, Relay Style]:
 - 3 Calorie Bike Erg
 - 3 Deadlifts
 - 1 Rope Climb
- Break
- Workout adjustments if needed

WORKOUT
30 MINUTES | 27:00 - 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 high (87-95) for a workout like today.
 - Rope Climb | Sequence. Cue athletes to follow the reach, tuck, clamp, stand sequence to maximize efficiency on their rope climb.
 - Deadlift | "Think of a Leg Press". Relate the movement to a leg press exercise to help athletes understand the importance of leg drive. Encourage them to use their legs as if pushing a heavy sled away.

COOL-DOWN

Encouragements | Fist bumps | Stretch | Info | Clean up

SUNDAY | 04.21 WATCH YOUR STEP

"Watch your step"
20-18-16-14-12-10-8-6-4-2
Medball cleans
Burpees
Medball alternating step back
lunges (20/14)

Time Cap 35:00

"Sunday Run Day"
Run 2-3 Miles

OPEN - GAMES

N/A

MINDSET MINUTE

"You've got to get up every morning with determination if you're going to go to bed with satisfaction." - George Lorimer

"Win the morning, win the day" is something we've all heard a couple times.

It's less, however, about winning the morning, and more about establishing the right habits. The most successful in life routinely draw back to a core staple of set daily habits.

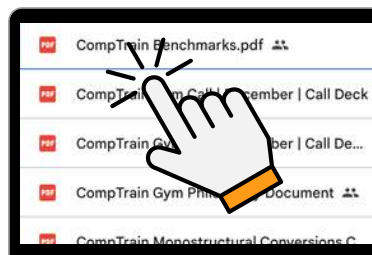
Write a short list of healthy habits you believe push you forward. It could be reading, journaling, "no phone hours", or anything in between. Where consistency is king, discipline is freedom.

HOME WORKOUT

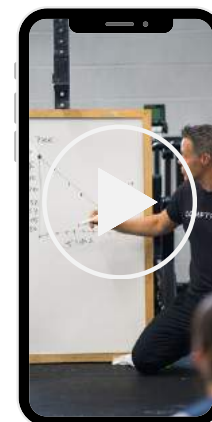
20-18-16-14-12-10-8-6-4-2
Alternating DB squat cleans
Burpees
Single DB thruster

AFTER PARTY

Tabata push ups for reps
8 Rounds of :20 on / :10 off
*Increase difficulty by holding the
:10 in a tall plank



**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 time to complete work

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 medball thrusters
 - :20 Double DB deadlift
 - :10 medball alternating step back lunges
 - :20 Push ups
 - :20 medball alternating step back lunges

PRIMER**4 MINUTES | 9:00 - 14:00**

- 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