

COMPTRAIN | GYM

SEP 16- SEP 22

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

SEP 16 - SEP 22

MONDAY

SEP 16

Strict Press
In a 12:00 Window
5-7 Sets [Climbing]:
1 Strict Press

"Taskmaster"
AMRAP 12:
15/12 Calorie Bike Erg
9 Power Cleans
15/12 Calorie Bike Erg
9 Push Jerks

Barbell: (135/95)

KG | (61/43)

TUESDAY

SEP 17

"Parti Time"
For Time [40 Minute Cap]:
300 Double Unders
2 Mile Run
100 Toes to Bar

* Partition However You'd Like

REPEAT FROM 9/5/23

WEDNESDAY

SEP 18

Deadlift
In a 12:00 Window
5-7 Sets [Climbing]:
1 Deadlift

"Thumb War"
4 Rounds:
12 Deadlifts @weight(225/155)
6 Dumbbell Front Squats @dumbbell(50/35)'s

Directly Into...

200 Meter Farmers Carry*
[Every Break During Carry]:
6 Dumbbell Front Squats

Time Cap: 12 Minutes
KG | (102/70)

THURSDAY

SEP 19

"Roaring Twenties"
On the 2:00 x 10 Rounds:
15 AbMat Sit-ups
10-1 Lateral Rower Burpees
Max Calorie Row

* Score Total Calories

FRIDAY

SEP 20

"Onesies"
Back Squat
In a 12:00 Window
5-7 Sets [Climbing]:
1 Back Squat

Weighted Strict Pull-up
Heavy Single

Mile Run
For Time:
1 Mile Run

SATURDAY

SEP 21

"Team Jack" [TEAMS OF 2]
AMRAP 20:
10 Push Press @weight(115/85)
10 Kettlebell Swings @kettlebell(53/35)
10 Box Jumps (24"/20")

* Alternate stations with partner

KG | (52/38)

SUNDAY

SEP 22

"Nic-knack"
10 Rounds For Total Reps:
400 Meter Run
Max Unbroken Strict Pull-ups

Time Cap: 35 Minutes

"Sunday Runday"
Run 2-3 Miles

NEWS & INFO

LINKS - Click to Access

- [Weekly Gym Overview Video](#)
- [Weekly Training Overview Video](#)
- [Call & Connect Opportunities](#)
- [Resource Drive](#)

WEEKLY MINDSET

WEEKLY

SEP 16 - SEP 22

MONDAY

SEP 16

Louise Hay

"The thoughts we choose to think are the tools we use to paint the canvas of our lives."

Your mindset shapes your reality; choose positive and empowering thoughts to create a life you love.

TUESDAY

SEP 17

"W. Clement Stone

"No matter how carefully you plan your goals they will never be more than pipe dreams unless you pursue them with gusto."

Planning is essential, but it's your passion and energy in pursuing goals that turn them into reality.

WEDNESDAY

SEP 18

Robert McKain

"The reason most goals are not achieved is that we spend our time doing second things first."

Prioritize what truly matters; focusing on less important tasks can delay or derail your progress toward meaningful goals.

THURSDAY

SEP 19

John Quincy Adams

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

Leadership is about motivating and uplifting others, not just achieving personal success.

FRIDAY

SEP 20

Thomas Jefferson

"I'm a great believer in luck and I find the harder I work, the more I have of it."

Hard work creates opportunities that others might call "luck"; success often comes to those who put in consistent effort.

SATURDAY

SEP 21

Ralph Emerson

"Do not waste yourself in rejection, nor bark against the bad, but chant the beauty of the good."

Focus on positivity and what's working well rather than dwelling on negativity or setbacks.

SUNDAY

SEP 22

Johann Wolfgang von Goethe

"The person born with a talent they are meant to use will find their greatest happiness in using it."

Fulfillment comes from using your natural talents and pursuing your true passions.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

SEP 16 - SEP 22

- Test week is finally here for the first lifts in our tempo strength cycle. Athletes would have had an opportunity to test a 3 rep max last time through and this time we're testing a heavy single. Keep in mind, we want these reps to be technically sound. Athletes should build upon the mechanics and position quality they've developed throughout the tempo cycle and maintain those points of performance in testing a 1 rep max. Remember, strength cycles don't always line up with life cycles - so success here is a great quality heavy rep. If that happens to be a PR, then that's awesome.
- Tuesday is a fun repeat workout with "Parti Time." Give your members a heads up that this one is on the way.
- Friday is "Onsies" which is one of our benchmarks and, for the purposes of the tempo strength cycle, also encompasses our back squat 1RM. This is an amazing broad test of what we consider "fitness." Great chance to flex your strengths and identify your weaknesses.
- Keep in mind that age group "Rx" considerations have been added to lesson plans and will be included moving forward.
- Be sure to check out the video for a daily breakdown!



DAILY VIEW

DAILY VIEW

MONDAY SEP 16

CLASS

Strict Press
In a 12:00 Window
5-7 Sets [Climbing]:
1 Strict Press

"Taskmaster"
AMRAP 12:
15/12 Calorie Bike Erg
9 Power Cleans
15/12 Calorie Bike Erg
9 Push Jerks

Barbell: (135/95)

KG | (61/43)

OPEN | GAMES

AMRAP 18:
12/9 Calorie Echo Bike
9 Power Cleans
12 Burpees Over Bar
9 Push Jerks

Barbell: @weight(165/115)

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs
[PART A]
3x10 Suticase Bulgarian Split Squats (Each Side)

[PART B]
3x1 Minute Backwards Walking Sled Drag

Rest 1 Minute Between All Sets

AGE GROUP

55+ / 13-15

(115/85)

COACHING RESOURCES

- [Strict press general warm up](#)
- [Power clean](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

I

This is our final week of the cycle for these two lifts! Today is our opportunity to see how staying consistent through this cycle has paid off. In part 2, Two bikes each round with some low volume barbell in between to break it up, means we'll be spending more time on our bikes today than at the bar. Finding a pace that lets us transition smoothing between the bar and bike will be key today.

SCORE

Rounds plus reps completed.

ELEMENT	STIMULUS	MODIFICATIONS	
Bike Erg	<ul style="list-style-type: none">1:15 or less of work each time. Paced to allow for quick moves to the barbell.	<ul style="list-style-type: none">Reduce Reps1:00 Time Cap15/12 Calorie Row12/10 Calorie Ski	<ul style="list-style-type: none">200m Run1:00 Efforts on Air Runner/Treadmill
Power Cleans	<ul style="list-style-type: none">Small cycled sets or fast singles today, whatever allows us to keep the bar moving.	<ul style="list-style-type: none">Reduce Loading/RepsSub Hang Power Cleans	<ul style="list-style-type: none">Sub Dumbbell/Kettlebell Hang Power CleansSub Deadlifts (Light to Moderate)
Push Jerks	<ul style="list-style-type: none">1-2 sets, no more than 2 today. This will be the limiting factor for our barbell weight today.	<ul style="list-style-type: none">Reduce Reps/LoadingSub Dumbbells/Kettlebells	<ul style="list-style-type: none">Sub Push Press/Strict PressPush-UpsHSPU

The One Teaching Focus | **Hip Extension**

- Encourage athletes to focus on a strong ‘pop’ of the hips in each rep, which will help propel the bar upward in a clean or support the drive overhead in the jerk. This not only improves performance but also helps in maintaining energy over the 18-minute AMRAP by relying on larger muscle groups to do the heavy lifting, reducing the fatigue on smaller muscles.

Logistics

- Today's flow will work better if athletes can have their own barbell and machine. If needed, you can have athletes' sub machines, or alternate between two machines.

LESSON PLAN

LESSON PLAN

MONDAY SEP 16

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow 0:20 each
 - Easy Bike Erg
 - Arm Circles
 - Knuckle Draggers
 - Active Spidermans
 - Bootstraps
 - Moderate Bike Erg
 - Plank-to-Push-Up
 - Mountain Climbers
 - Inchworms
 - Hard Bike Erg
 - Air Squats
 - Burpees
- CT Barbell Flow :15 - :20 each
 - Goodmornings
 - Back squat
 - Elbow rotations
 - Press & reach
 - Stiff leg deadlifts
 - Front squats

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- Power Clean | tell, show, do, check
 - Establish stance & grip
 - Feet hip width stance
 - Butt Back
 - Knees out
 - Elbows high
 - 3 Hang hang power cleans
 - Look for a strong hip extension, before the arms pull
 - Check for athletes to have all performance points of the catch position
 - 3 Power cleans
 - Look for athletes to keep the bar against the legs as they pull
 - Still look for a strong hip extension + catch position
 - 3 Push press
 - Look for athletes to have a strong hip extension before they press
 - 3 Push jerks
 - Look for athletes to have a sound catch position, we want to catch the bar with locked out solid arms.

- Strict 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 reps
 - Count down the tempo each rep so that athletes are able to understand how it should feel
 - Focus on “cylinder of strength”
 - Squeezed legs, butt, & stomach
 - 3 Cued reps
 - Focus on chin back first

3

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

- 5 Building Sets of 3 Reps
- Building to a heavy single
- Transition to part 2

4

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

- Practice Round
 - 5/4 Calorie Bike Erg
 - 3 Power Cleans
 - 5/4 Calorie Bike Erg
 - 3 Push Jerks
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 39:00 - 51:00

- Look For
 - Bike | The bike can be pushed some, but we dont want athletes to push the bike to where they cannot get straight to the bar and pick it up. So look for athletes to be holding a smart effort to be able to get right to work on the barbell lifts.
 - Push jerk | We want to see a strong hip pop before we move under the bar. If athletes have a “muted” hip, cue them to jump then punch.
 - Power clean | We want to look for hip extension here too. The bigger the hip extension the easier it will be to hold onto the bar longer.

6

COOL-DOWN // 9 MINUTES | 51:00 - 60:00

DAILY VIEW

DAILY VIEW

TUESDAY SEP 17

CLASS

"Parti Time"

For Time [40 Minute Cap]:

300 Double Unders

2 Mile Run

100 Toes to Bar

* Partition However You'd Like

REPEAT FROM 9/5/23

OPEN | GAMES

Same as class.

ACCESSORY WORK

(formerly 'After Party')

"Papa Bear" (Durability)

For Quality:

400 Meter Bear Hug Double Plate Carry

Weight: @weight(90/70)

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Teaching double under](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

TUESDAY SEP 17

OVERVIEW

Get ready to tackle a true test of endurance and skill with today’s workout! You’ll be jumping, running, and swinging through a high-volume mix of double-unders, a two-mile run, and toes to bar. The beauty of this workout lies in your ability to partition the movements as you see fit, so strategize wisely to maintain a steady pace throughout. Aim for consistency across all parts to make the most of the 40-minute cap. This is your chance to push your limits and refine your pacing strategy in a multifaceted challenge!

SCORE

Total time. If you get time capped, enter 1 second for every missed rep. Every 100m of running will equal 1 rep.

ELEMENT	STIMULUS	MODIFICATIONS	
Double Unders	<ul style="list-style-type: none">Reps should take less than 5:00 total.	<ul style="list-style-type: none">Reduce Reps450 Single UndersPlate Hops	<ul style="list-style-type: none">300 Reps of Singles & Doubles900 Total Meters on Ski Erg4:00 Accumulated On Any Machine
Run	<ul style="list-style-type: none">The total distance should take less than 20:00 total.	<ul style="list-style-type: none">3200/2400m Ski4000/3200m Row8000/6400m Bike	<ul style="list-style-type: none">200/160 Calorie Echo/Assault16:00 Time Accumulated on Air Runner/Treadmill
Toes To Bar	<ul style="list-style-type: none">Reps should take less than 5:00 total.	<ul style="list-style-type: none">Reduce RepsKipping Toes To As High As PossibleKipping Knees To Chest	<ul style="list-style-type: none">Sit-Ups/Hollow RocksV-Ups/Alternating V-Ups

The One Teaching Focus |

- Today we want to be sure we help athletes find the best workout for them. It may look different for everyone. If any of these movements tend to break down easy for someone they should consider smaller sets. The overall goal today is to stay moving for the 40 min. We shouldn't get too hung up anywhere.

Logistics

- A few option to partition today:
 - Divide the work into consistent rounds (4 Rounds, 10 Rounds, etc.)
 - Alternate between sets of double unders and toes to bar until all of that work is done and finish with the 2 mile run
 - Alternate between double unders and toes to bar until your toes to bar start to break down, complete a 1 mile run, then come back to the double unders and toes to bar until the work is done, then complete the second mile.
 - Start with a run and finish with a run

LESSON PLAN

LESSON PLAN

TUESDAY SEP 17

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow 0:20 each
 - Jump Rope (Single Unders)
 - Dynamic Leg Swings (Front and Side)
 - Active Spidermans
 - High Knees
 - Butt Kicks
 - 200m Jog
 - Scapular Pull-Ups
 - Hollow Holds
 - Kipping Swings
 - Air Squats
 - Plank Shoulder Taps
 - Jump Rope (Double Under Practice)
 - 100m Run

2

SPECIFIC WARMUP // 5 MINUTES | 9:00 - 14:00

- Toes-to-Bar Warm-Up | Tell, Show, Do, Check
 - 0:20 Active Hang
 - Athletes should hang from the bar while engaging their shoulders, pulling them down and away from the ears.
 - Emphasize maintaining a hollow body position with the core tight and feet slightly in front.
 - 0:20 Hanging Knee Raises
 - Focus on bringing the knees up towards the chest while keeping the upper body stable.
 - Watch for athletes maintaining control and avoiding excessive swinging.
 - 0:20 Kip Swings
 - Athletes should practice the kipping motion by transitioning smoothly between the hollow and arch positions.
 - Encourage athletes to keep the core tight and control their rhythm, using the shoulders and lats to drive the swing.
 - 0:20 Kipping Leg Raises
 - Move to leg raises with straight legs, aiming to lift the feet as high as possible while maintaining core tension.
 - Look for athletes to maintain a strong grip and avoid bending the knees or losing control on the descent.
 - 0:20 Toes-to-Bar (Scaled as Needed)
 - Transition to toes-to-bar, focusing on a smooth kip, consistent rhythm, and controlled contact of the feet to the bar.
 - Watch for athletes engaging the core, using the lats, and avoiding excessive swinging after each rep.

3

STRENGTH //

PRIMER // 6 MINUTES | 14:00 - 20:00

- Practice Round
 - 15 Double Unders
 - 200m Run
 - 5 Toes to Bar
- Break
- Workout adjustments if needed

4

WORKOUT // 40 MINUTES | 20:00 - 60:00

- Look For
 - Run | Athletes should choose an option that keeps them running at a solid pace the whole time. If they are not good at running a longer distance like a mile, or 800 then they should choose smaller distances.
 - Double Under | Athletes should choose smart sets here, we want them to be able to stay moving without getting tripped up too much.
 - Toes to Bar | Look for athletes to push down on the bar in their kip to get the toes higher.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY SEP 18

CLASS

Deadlift

In a 12:00 Window
5-7 Sets [Climbing]:
1 Deadlift

"Thumb War"

4 Rounds:
12 Deadlifts @weight(225/155)
6 Dumbbell Front Squats
@dumbbell(50/35)'s

Directly Into...

200 Meter Farmers Carry*

[Every Break During Carry]:
6 Dumbbell Front Squats

Time Cap: 12 Minutes

KG | (102/70)

OPEN | GAMES

For Time:

40 Deadlifts, @weight(315/225)
200 Meter D-Ball Carry, @weight(100/70)

[Every Break]:

6 D-Ball Squats, @weight(100/70)

Time Cap: 12 Minutes

AGE GROUP

55+ / 13-15

Barbell: (185/135)
Dumbbells: (35/20)'s

ACCESSORY WORK

(formerly 'After Party')

Lactate Threshold

8 Rounds:

2 Minute Bike Erg (RPE 5-6)
1 Minute Rest

Rounds 1-2: Damper 5

Rounds 3-4: Damper 6

Rounds 5-6: Damper 7

Rounds 7-8: Damper 8

COACHING RESOURCES

- [Teaching the deadlift](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

This is our final week of the cycle for these two lifts! Today is our opportunity to see how staying consistent through this cycle has paid off. We've got a grippy one from start to finish today! Wrap those thumbs and be ready to hold onto a barbell and some dumbbells for an uncomfortable amount of time. While the front squats may seem unassuming, they'll be a lot spicier mixed with bigger deadlift sets and farmers carries.

SCORE

Time to complete work. Add 1s per rep not completed if time capped. (100m = 1 rep)

ELEMENT	STIMULUS	MODIFICATIONS	
Deadlifts	<ul style="list-style-type: none">Weight should allow for at least 8. reps unbroken when fresh, we may choose to break smaller in the workout.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Dumbbells or Kettlebells	<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Farmers Carry	<ul style="list-style-type: none">We should be able to complete at least 50m at a time with the weight we use.	<ul style="list-style-type: none">Reduce LoadingReduce DistanceKettlebell Farmers Carry	<ul style="list-style-type: none">Suitcase HoldShuttle Runs
Dumbbell Front Squats	<ul style="list-style-type: none">Completed in unbroken sets.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub Kettlebells	<ul style="list-style-type: none">Single Dumbbell Front SquatsSub Empty Barbell12 Air Squats

The One Teaching Focus | **Midline Stability**

- Instruct athletes to think of tightening their core as if preparing for a punch to the stomach, which creates intra-abdominal pressure and stabilizes the torso. During demonstrations, point out the difference in form and efficiency between a rep done with versus without core engagement.

Logistics

- Have your route for the carry set. If you want to keep the DBs inside, you will need to set up a shuttle system.

LESSON PLAN

LESSON PLAN

WEDNESDAY SEP 18

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

1

GENERAL WARMUP // 9 MINUTES | 3:00 - 12:00

- General flow 0:20-0:30 each or Specified distance
 - Grab Light DBs
 - Row or Bike (2 minutes)
 - Air Squats
 - Good Mornings (Bodyweight)
 - Plank Holds
 - Leg Swings (Front and Side)
 - Glute Bridges
 - Arm circles (Big, full range of motion)
 - Plank Shoulder Taps
 - Scapular Shrugs With Dumbbells (Light weight)
 - Dumbbell Deadlifts (Light weight)
 - Dumbbell Front Squats (Light weight)
 - Farmer’s Walk (Light weight, 100 meters)

2

SPECIFIC WARMUP // 7 MINUTES | 12:00 - 19:00

- Deadlift | tell, show, do, check
 - Establish stance, grip, & 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
 - Shoulders and hips rise together until bar passes knee
 - Add light load
 - 5 Cued reps with loaded barbell
 - Check for athletes to be driving though the ground, and bracing in each rep

3

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

- 5 Building Sets of 3 Reps
- Building to a heavy single
- Transition to part 2

4

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

- Practice Round
 - 5 Deadlifts
 - 25m Farmers Carry
 - 3 Dumbbell Front Squat
- Break
- Workout adjustments if needed

5

WORKOUT // 12 MINUTES | 37:00 - 50:00

- Look For
 - DB Deadlifts | Athletes will have a tendency to turn these into a stiff leg deadlift, we want to encourage them to still drop the hips and drive through the floor each rep.
 - DB Front Squat | Athletes need to fight to keep the chest up through our reps here. If the chest falls, we will be using the low back to fix it, we want to save the back as much as we can to limit extreme fatigue.
 - Farmer Carry | We are looking for athletes to roll the shoulders back and down.

6

COOL-DOWN // 10 MINUTES | 50:00 - 60:00

DAILY VIEW

DAILY VIEW

THURSDAY SEP 19

CLASS

"Roaring Twenties"

On the 2:00 x 10 Rounds:

15 AbMat Sit-ups

10-1 Lateral Rower Burpees

Max Calorie Row

* Score Total Calories

OPEN | GAMES

On the 2:00 x 10 Rounds:

10 V-ups

10-9-8-7-6-5-4-3-2-1 Lateral Rower

Burpees

Max Calorie Row

Score: Total Calories

ACCESSORY WORK

(formerly 'After Party')

Killer Core

3 Giant Sets For Quality:

10 Barbell Rollouts

20 Medicine Ball Twists

30 Second Side Plank (Each Side)

Rest 1 Minute Between Giant Sets

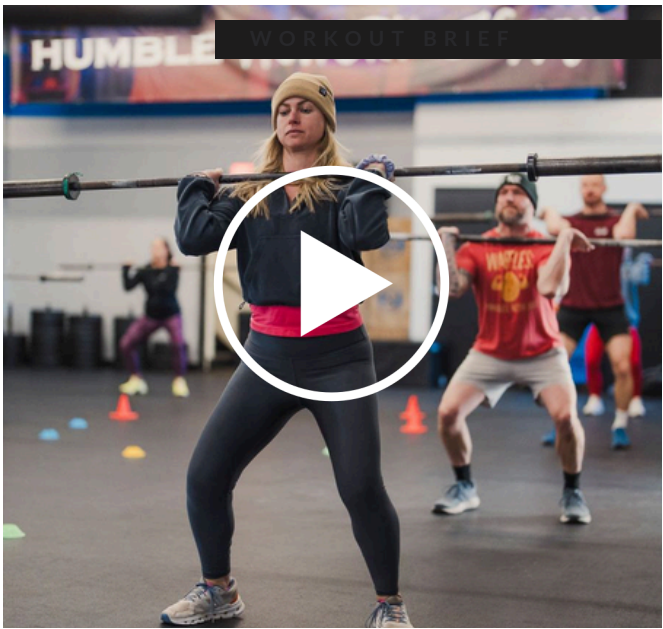
AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Teaching the row](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Short and fast intervals today aiming for accumulating calories. We will need to find our threshold for these movements and sit just under it to be able to maintain consistent intensity across the rounds. Efficiency when we transition onto the rower and how quickly we can get our rower fan up to speed in the earlier rounds will be key today.

SCORE

Total Calories accumulated.

ELEMENT	STIMULUS	MODIFICATIONS	
AbMat Sit-ups	<ul style="list-style-type: none">About :40 or less of work. Smooth and unbroken.	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Lateral Rower Burpees	<ul style="list-style-type: none">Less than 1:00 of time across each round, including the set of 10.	<ul style="list-style-type: none">Reduce RepsBurpees with Lateral HopRegular Burpees	<ul style="list-style-type: none">Calories On Any Machine (10-1)Remove Push-up
Push Ups	<ul style="list-style-type: none">Time here increases as we progress, aim to maintain a consistent cal/hr pace throughout.	<ul style="list-style-type: none">Sub Ski/Bike Erg/Air Runner/Echo/Assault	

The One Teaching Focus | **Cal/hr**

- Encourage athletes to pay attention to their Cal/hr screen on the row, and try to hold a consistent pace the whole time. The time will increase on the row, as the workout goes on, so while fatigue sets in we still want to be consistent.

Logistics

- Athletes need their own rower today for the sake of using it for burpees, and rowing. If you do not have another rowers, you can do burpees over bar and have them use a different machine for the max calories.

LESSON PLAN

LESSON PLAN

THURSDAY SEP 19

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General Flow 0:20 Each
 - General Flow 0:20 each
 - Row
 - Jumping Jacks
 - Air Squats
 - Dynamic Plank
 - Mountain Climbers
 - Row
 - Lateral Lunges
 - Quick Ups
 - High Knees
 - Butt Kicks
 - Row
 - Leg Swings (Front and Side)
 - Bear Crawl
 - Inchworms
 - Row

2

SPECIFIC WARMUP // 12 MINUTES | 9:00 - 21:00

- Burpee | Tell, show, do, check
 - 3 Step back, step up burpees
 - 3 Jump back, step up burpees
 - 3 Jump back, step up, step over the rower burpees
 - Look for athletes to step up with the outside foot each rep
 - 3 jump back, step up, jump over rower burpees
 - Look for athletes to still step up with the outside leg, and find a rhythm to jump over the rower.
 - Stepping up from the burpee will be the best strategy for our big sets today, allows us to control breathing and heart rate.
 - 3 jump back, jump up, jump over rower burpees
 - These should be used in our smaller sets of burpees today when we want to pick up the pace.

- Sit up | tell, show, do, check
 - 0:20 leg raises
 - Lying on the back, keeping the legs straight
 - 0:20 russian twists
 - Athletes should be keeping the core squeezed through all reps
 - 0:20 hollow body rocks
 - Cue athletes to push the low part of the back into the ground, and feet squeezed
 - 0:20 ab mat sit ups
 - Look for full range of motion. As athletes go back they should get a full stretch in the midline, and squeeze the abs tight as they sit all the way up.

3

STRENGTH //

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

- Practice Round
 - 5 AbMat Sit-ups
 - 2 Lateral Rower Burpees
 - 5/4 Calorie Row
- Break
- Workout adjustments if needed

4

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

- Look For
 - Sit ups | Look for full range of motion. As athletes go back they should get a full stretch in the midline, and squeeze the abs tight as they sit all the way up.
 - Burpee over rower | Look for athletes to find a steady rhythm in the bigger sets, and as we get to smaller sets we want to see them pick the pace up.
 - Row | We are looking for athletes to stay consistent across rounds. We want to hold a sustainable pace throughout all rounds.

5

COOL-DOWN // 13 MINUTES | 47:00 - 60:00

DAILY VIEW

DAILY VIEW

FRIDAY SEP 20

CLASS

“Onesies”
Back Squat
In a 12:00 Window
5-7 Sets [Climbing]:
1 Back Squat

Weighted Strict Pull-up
Heavy Single

Mile Run
For Time:
1 Mile Run

OPEN | GAMES

Same as class

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

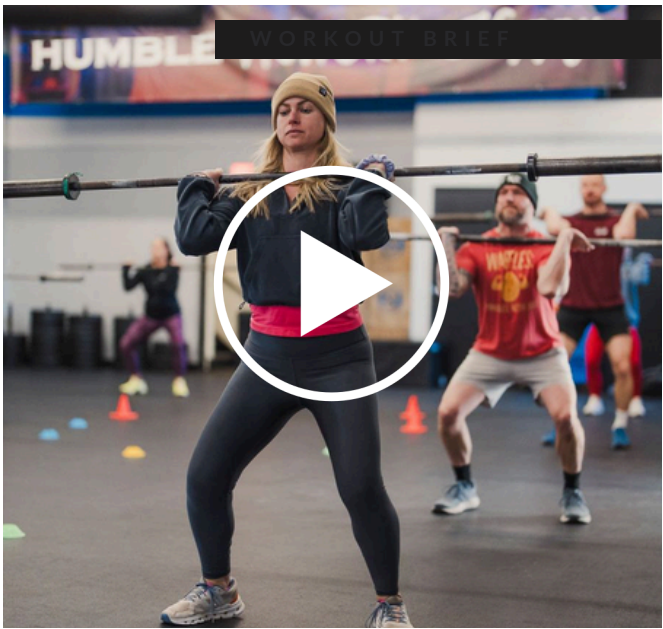
Gun Show
[PART A]
3x8 Wide Grip Strict Pull-ups

[PART B]
3x16 Alternating Dumbbell Hammer Curls (8/side)

Rest 1 Minute Between All Sets

COACHING RESOURCES

- [Back squat POP](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Today we have fun a day that we call “Onesies” because we are doing “one of three things” as Ben says. We are looking to build up to a heavy single of our back squat, going to technical failure. We then move into a 1 rep weighted strict pull up, seeing how much we can build up to for that one rep. If we don't have strict pull ups, we are trying to find what is the hardest modification we can work up to. Lastly we will do a one mile run. We are not going into this mile test fresh, so expect a little fatigue. Though this will be good to know, because we will retest this “Onesies” a year from now.

SCORE

Three separate scores. Load for Back squat, Load for Pull Up, Time for 1 mile run.

ELEMENT	STIMULUS	MODIFICATIONS	
Strict Pull Up	<ul style="list-style-type: none">We are looking for athletes to prioritize full range of motion.	<ul style="list-style-type: none">Bodyweight Strict Pull-UpsBanded Pull-UpsFeet Elevated Ring Rows	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank RowsBarbell Bent Over Rows
1 Mile Run	<ul style="list-style-type: none">No time cap today. All run the distance and log a time!	<ul style="list-style-type: none">Reduce Distance2000/1800m Row1600/1440m Ski4000/3600m Bike	<ul style="list-style-type: none">100/80 Calorie Assault/Echo9:00-11:00 Effort on Air Runner/Treadmill

The One Teaching Focus |

- We have a lot of test today, so here is a quick teaching focus for each one:
 - Back squat | Root the feet. Think about gripping the ground with our whole foot.
 - Pull Up | Have athletes try to pull their elbows toward the ground, not pull the chin over the bar. This will allow them to engage their lats, rather than just biceps.
 - Run | Athletes should run with relaxed shoulders. We want athletes to run hard today, but we don't want to see them burn out too soon. Encourage them to start a little slower and build effort as they go. We want to finish strong today.

Logistics

- Lesson plan looks a little different today. For us it worked best to warm up the pull up and back squat, then let athletes work through those two things. Then hit a primer for the run, and finish with that today. If rearranging your warm up works better, do what's best for you. BUT we still want today's format to be back squat-pull up- run. It's important to do the run last.

LESSON PLAN

LESSON PLAN

FRIDAY SEP 20

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General flow 0:20 each or written distance
 - 400m Jog
 - Air Squats
 - Lunges (Forward and Lateral)
 - Dynamic Leg Swings (Front and Side)
 - Arm Circles
 - Push-Ups
 - Scapular Shrugs
 - Jumping Jacks
 - High Knees
 - Butt Kicks
 - Plank Holds
 - Bear Crawls

2

SPECIFIC WARMUP // 10 MINUTES | 9:00 - 19:00

- Strict Pull Up | tell, show, do, check
 - 0:10 Dead hang
 - 0:10 Scap pull ups
 - 0:10 Flexed arm hang
 - Hold the top position of the pull up, chin over bar
 - 5 Negative pull ups
 - As controlled as we can be on the way down
 - 3 Strict pull ups

- Back Squat | tell, show, do, check
 - Establish stance, grip, & set-up
 - Feet shoulder width apart
 - Bar on traps with full grip on bar
 - Arms pressing into bar
 - Stomach squeezed
 - 5 Goodmornings
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on gripping the ground with the foot throughout
 - 3 Cued back squats
 - "Squat and hold"
 - Focus on an upright torso in the squat
 - Cue athletes to press up into the bar with the arms to control the load
 - 3 Cued back squats
 - Move to rack & teach sound un-rack and re-rack

3

STRENGTH // 22 MINUTES | 19:00 - 41:00

- Strength (Back Squat) (12 Minutes) (19-31)
 - 5 Building Sets of 3 Reps
 - Building to a heavy single
 - Transition to part 2
- Strength (Strict Pull Up) (10 Minutes) (31-41)
 - Take 10 Min to have athletes work up to their one rep

4

PRIMER // 6 MINUTES | 41:00 - 47:00

- Practice Round
 - 100m Easy Run
 - Rest :20
 - 100m Moderate Run
 - Rest :20
 - 100m Sprint
- Break
- Workout adjustments if needed

5

WORKOUT // 13 MINUTES | 47:00 - 60:00

- Look For
 - Mile Run | There doesn't have to be a cap on this if you want to allow your athletes to go over the 13min given. Today is a great marker, if athletes have never done this before, get them excited. This will be a great metric to have for the future.

6

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SATURDAY SEP 21

CLASS

"Team Jack" [TEAMS OF 2]

AMRAP 20:

10 Push Press @weight(115/85)

10 Kettlebell Swings @kettlebell(53/35)

10 Box Jumps (24"/20")

* Alternate stations with partner

KG | (52/38)

OPEN | GAMES

"Jack" [HERO]

AMRAP 20:

10 Push Press @weight(115/85)

10 Kettlebell Swings @kettlebell(53/35)

10 Box Jumps (24"/20")

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders

[PART A]

3 x 10 Prone Snow Angles

[PART B]

3x 10 Dumbbell Reverse Flyes

Rest 1 Minutes Between All Sets

AGE GROUP

55+ / 13-15

Barbell: (95/65)

Kettlebell: (35/25)

COACHING RESOURCES

- [Push press POP](#)
- [Teaching the KB swing](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	We have a hero workout today, so we're digging deep into the discomfort and settling in for the duration of this piece. We're looking at fast, unbroken sets in a cyclical fashion. Today each partner will start on a “station” or movement, and once both partners finish their reps, then they can move on.			
SCORE	Rounds plus reps.			
ELEMENT	STIMULUS		MODIFICATIONS	
Push Press	<ul style="list-style-type: none">Weight should allow for unbroken sets each time we pick up the barbell.		<ul style="list-style-type: none">Reduce LoadingSub Kettlebells or DumbbellsSub BarbellKipping HSPU	
Kettlebell Swings	<ul style="list-style-type: none">Unbroken sets to full lockout overhead.		<ul style="list-style-type: none">Reduce LoadingReduce RepsSingle Dumbbell Hang Power Snatches	<ul style="list-style-type: none">Empty Barbell Hang Power SnatchesRussian Kettlebell Swings
Box Jumps	<ul style="list-style-type: none">Steady cadence here to catch our breath and reduce our heart rate for the other two movements.		<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-Ups	<ul style="list-style-type: none">15 Squat JumpsReverse Lunges

The One Teaching Focus | **Hip Pop**

- In both our kettlebell swings and push presses, we emphasize a forceful hip extension. For the kettlebell swing, this explosive hip movement is the driving force that propels the kettlebell overhead. Similarly, in the push press, aggressively extend your hips first to generate momentum before pressing the bar overhead. This technique ensures maximum power and efficiency in both movements.

- Logistics
- INDY VERSION
 - AMRAP 20:
 - 10 Push Press @weight(115/85)
 - 10 Kettlebell Swings @kettlebell(53/35)
 - 10 Box Jumps (24"/20")

LESSON PLAN

LESSON PLAN

SATURDAY SEP 21

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- General flow 0:20 each or written distance
 - 200m Jog
 - Jumping Jacks
 - Arm Circles
 - Step Ups
 - Air Squats
 - Push-Ups
 - Dynamic Lunges
 - Mountain Climbers
 - Squat Jumps
 - High Knees
 - Butt Kicks
 - Plank to Toe Touches
 - Box Jumps

2

SPECIFIC WARMUP // 14 MINUTES | 9:00 - 23:00

- PushPress | 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

- 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.

3

STRENGTH //

PRIMER // 6 MINUTES | 23:00 - 29:00

- Practice Round
 - 5 Push Press
 - 5 Kettlebell Swings
 - 5 Box Jumps
- Break
- Workout adjustments if needed

4

WORKOUT // 20 MINUTES | 29:00 - 49:00

- Look For
 - KB swing | Looking for the teaching focus today. Be sure athletes have also chosen a load they can go unbroken, and reach full range of motion.
 - Push press | We should be driving though our hips to get the barbell overhead today. Be sure athletes are not treating these as push jerks, we do not want to see any rebend under the bar.
 - Box jump | Athletes should reach full hip extension in their jump today. We want athletes to jump high, and land tall in each rep.

5

COOL-DOWN // 11 MINUTES | 49:00 - 60:00

DAILY VIEW

DAILY VIEW

SUNDAY SEP 22

CLASS

"Nic-knack"
10 Rounds For Total Reps:
400 Meter Run
Max Unbroken Strict Pull-ups

Time Cap: 35 Minutes

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
4-5 Sets For Quality:
10 Barbell Hip Thrusters
10 Second Hold At Top

Rest 2 Minutes Between Sets

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

This workout combines cardio and upper body strength. After each 400-meter run, you’ll immediately hit the bar for max unbroken strict pull-ups. The key is to keep a steady pace on the runs and push yourself to get as many pull-ups as you can without burning out. Focus on strong, controlled pull-ups and consistent running to keep moving through all 10 rounds!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Run	<ul style="list-style-type: none">2:15 or less today.	<ul style="list-style-type: none">Reduce Distance2:00 Time Cap500/450m Row400/360m Ski	<ul style="list-style-type: none">1000/900m Bike25/20 Calorie Assault/Echo2:00 Effort on Air Runner/Treadmill
Strict Pull Up	<ul style="list-style-type: none">5+ reps each set.	<ul style="list-style-type: none">Banded Strict Pull-UpsRing RowsJumping Pull-ups	<ul style="list-style-type: none">Alternating Dumbbell Plank Rows

The One Teaching Focus | **Elbow Drive for Stronger Pull-Ups**

- Today, we’re focusing on pulling your elbows down towards the floor when doing strict pull-ups. This method helps you use your back muscles more effectively, making your pull-ups stronger and smoother. By thinking about moving your elbows down and back, you’ll involve more of your back and less of just your arms. This not only makes the pull-up easier but also helps prevent strain on your shoulders.

- Logistics
- No logistics should be needed for flow today.
 - Athletes should approach the runs today as out recovery from the pull ups.
 - We don't want to completely burn out the pull ups in the beginning, we want to aim to stay consistent with our sets across our 10 rounds.

LESSON PLAN

LESSON PLAN

SUNDAY SEP 22

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

1

GENERAL WARMUP // 6 MINUTES | 3:00 - 9:00

- Line drill warm up 25' each
 - 100m run
 - Quad pulls
 - Knee pulls + calf raise
 - Knuckle draggers
 - Lunge + reach
 - Toe walk
 - Heel walk
 - Gate openers
 - Inchworm + spiderman
 - Bunny hops
 - Broad jumps
 - A skips
 - Butt kicks
 - High knees
 - 100m run

2

SPECIFIC WARMUP // 5 MINUTES | 9:00 - 14:00

- Strict Pull Up | tell, show, do, check
 - 0:15 Dead Hang
 - 0:15 Scap Pull Ups
 - 0:15 Top of Pull Hold
 - Scale to top of ring row hold
 - 5 Jumping Negatives
 - Scale to ring row negatives
 - 3 Strict Pull Ups
 - Find scaling modification

3

STRENGTH //

PRIMER // 6 MINUTES | 14:00 - 20:00

- Practice Round
 - 200m Run
 - 4 Strict Pull Ups
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 20:00 - 55:00

- Look For
 - Run | encourage athletes in their run to relax the arms and shoulders, this is our break from the pull ups so we want to stay loose.
 - Strict Pull Ups |Monitor the position of the elbows during the pull-up. They should point down and slightly back, not flare out to the sides.

5

COOL-DOWN // 5 MINUTES | 55:00 - 60:00