

COMPTRAIN | GYM

SEP 23- SEP 29

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

SEP 23 - SEP 29

MONDAY

SEP 23

Bench Press
5-7 Sets [Climbing]:
3 Bench Press

* 5 Second Negative
* Aim to Increase Weight From 8/12/24

"Over When It's Over"
For Time:
60 Power Cleans (135/95)
120 Push-ups
180 Air Squats

* Partition However You'd Like

Time cap: 18 minutes

KG | (61/43)

TUESDAY

SEP 24

"One On One Time"
For Total Time:
500/450 Meter Bike Erg
200 Meter Run
250/225 Meter Row

Rest 3:00

1,000/900 Meter Bike Erg
400 Meter Run
500/450 Meter Row

Rest 6:00

2,000/1,800 Meter Bike Erg
800 Meter Run
1,000/900 Meter Row

Time Cap: 40 Minutes

WEDNESDAY

SEP 25

Sumo Deadlift
5-7 Sets [Climbing]:
3 Sumo Deadlifts

* 5 Second Negative
* Aim to Increase Weight From 8/14/24

"120 Boxes"
Every 2 Minutes [Until 120 Box Jumps]:
20 Dumbbell Snatches (50/35)
AMRAP Box Jumps (24/20)

Time Cap: 16 Minutes

THURSDAY

SEP 26

"Birds Of A Feather"
On the 1:30 x 6 Rounds:
5 Strict Pull-ups
Max Calorie Bike Erg

Rest 3 Minutes

On the 1:30 x 6 Rounds:
7 Pull-ups
Max Calorie Bike Erg

Rest 3 Minutes

On the 1:30 x 6 Rounds:
9 Toes to Bar
Max Calorie Bike Erg

FRIDAY

SEP 27

Front Squat
5-7 Sets [Climbing]:
3 Front Squats

* 5 Second Negative
* Aim to Increase Weight From 8/16/24

"Toasted Buns"
5 Rounds:
10 Dumbbell Front Squats
15 Burpees

Directly Into....

150' Dumbbell Walking Lunge

Dumbbells:(50/35)'s

Time Cap: 18 Minutes

SATURDAY

SEP 28

"TEAM ABBATTE" [TEAMS OF 2]
For Time:
1 Mile Team Run
21 Clean & Jerks (Each)
800 Meter Team Run
21 Clean & Jerks (Each)
1 Mile Team Run

Barbell: (155/105)

Time Cap: 40 Minutes

* Run together
* Can't start clean & jerks until both partners at barbell

SEE NOTE FOR INDY VERSION

KG | (70/47)

SUNDAY

SEP 29

"Don't You Cry No More"
5 Rounds For Time:
30 AbMat Sit-ups
300' Farmers Carry
60 Double Unders
300' Farmers Carry

Dumbbells: (50/35)'s

"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 23 - SEP 29

MONDAY

SEP 23

William Saroyan

"Good people are good because they've come to wisdom through failure. We get very little wisdom from success, you know."

Wisdom is often born from overcoming failures; each setback is a lesson that shapes a wiser, stronger person.

TUESDAY

SEP 24

Byron Pulsifer

"Your destiny isn't just fate; it is how you use your own developed abilities to get what you want."

You have the power to shape your future through your actions and the skills you cultivate.

WEDNESDAY

SEP 25

Leonardo da Vinci

"Iron rusts from disuse; water loses its purity from stagnation... even so does inaction sap the vigour of the mind."

Staying active and engaged is vital to maintaining mental sharpness and vitality; inactivity leads to stagnation.

THURSDAY

SEP 26

Isaac Asimov

"A subtle thought that is in error may yet give rise to fruitful inquiry that can establish truths of great value."

Even mistaken ideas can lead to valuable discoveries if they prompt deeper questioning and exploration.

FRIDAY

SEP 27

Henry Van Dyke

"Be glad of life because it gives you the chance to love, to work, to play, and to look up at the stars."

Appreciate life for the opportunities it offers to experience love, purpose, joy, and wonder.

SATURDAY

SEP 28

Yogi Berra

"You got to be careful if you don't know where you're going, because you might not get there."

Without clear direction, you risk wandering aimlessly; set goals to ensure you reach your desired destination.

SUNDAY

SEP 29

Naguib Mahfouz

"You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions."

Intelligence is shown in answers, but wisdom is revealed through thoughtful, insightful questions.

MENTAL
FITNESS.

COACH DIGEST

WEEKLY

SEP 23-SEP 29

- This week we're headed into our final weeks of the tempo strength cycle with the Bench Press, Sumo Deadlift, and Front Squat. Week 1, as always, comes with the eccentric 5 second negative focus. At the finish of this portion, athletes will have the opportunity to test a 1RM for these 3 lifts.
- Monday we have another "partition however" workout. Athletes will get to choose their own adventure here.
- Thursday is a really great pump & sweat session. Plenty of pulling into some moderate effort work on the C2 bike for conditioning.
- Friday's workout is an awesome challenge and is a fun one for classes. Build some excitement around this one. Your athlete's buns will indeed be toasted.
- Be sure to check out the video for a daily breakdown!



DAILY VIEW

DAILY VIEW

MONDAY SEP 23

CLASS

Bench Press
5-7 Sets [Climbing]:
3 Bench Press

* 5 Second Negative

* Aim to Increase Weight From 8/12/24

"Over When It's Over"

For Time:
60 Power Cleans (135/95)
120 Push-ups
180 Air Squats

* Partition However You'd Like

Time cap: 18 minutes

KG | (61/43)

OPEN | GAMES

For Time:
30/20 Ring Muscle-ups (M/W)
60 Power Cleans, @weight(135/95)
120 Wallballs, @wallball(20/14) to 10/9 ft

* Partition However You'd Like

Time Cap: 18 Minutes

AGE GROUP

55+ / 13-15

(115/85)

ACCESSORY WORK

(formerly 'After Party')

Gun Show
[PART A]
8x8 Strict Dips

Rest 30 Seconds Between Sets

[PART B]
100 Banded Biceps Curls

COACHING RESOURCES

- [Bench Press P.O.P.](#)
- [TTT - Bench Press](#)
- [Teaching Power Clean](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, We begin our second time through the cycle this week starting with the eccentric block. It’s the most taxing of the three since you’re under a heavy load for an extended period of time. During this block, be sure to focus on quality mechanics and full range of motion. The tempo occurs as the lifer lowers the load down. Once at the bottom of the lift, drive it back up. In part 2, Dive into a flexible challenge where you can partition 60 power cleans, 120 push-ups, and 180 air squats any way you want. Plan your strategy to maximize efficiency—perhaps small sets across to keep fatigue at bay. Focus on clean execution in power cleans, steady pacing on push-ups, and maintaining rhythm in air squats. Customize your approach to keep the intensity high and the transitions smooth. Push through, mix it up, and conquer this workout on your own terms!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Power clean	<ul style="list-style-type: none">6:00 total work time	<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 up	<ul style="list-style-type: none">6:00 total work time	<ul style="list-style-type: none">Reduce RepsHand Release Push-UpsBox Push-UpsDumbbell Bench Press	
Air squat	<ul style="list-style-type: none">6:00 total work time	<ul style="list-style-type: none">Reduce RepsSquat to TargetLunges	

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
- Partitioning Options
 - 10 Rounds
 - 6 Power Cleans
 - 12 Push Ups
 - 18 Air Squats
 - 6 Rounds
 - 10 Power Cleans
 - 20 Push Ups
 - 30 Air Squats
 - 4 Rounds
 - 15 Power Cleans
 - 30 Push Ups
 - 45 Air Squats

LESSON PLAN

LESSON PLAN

MONDAY SEP 23

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
 - High Knees
 - Butt Kicks
 - Leg Swings (Front and Side)
 - Arm Circles
 - Good Mornings
 - Spiderman Lunges
 - Scorpions
 - Downward Dog
 - Plank Holds
 - Scapular Shrugs
 - Push-Ups
 - Vertical Jumps
 - Air Squats

2

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

- Power Clean | tell, show, do, check
 - Establish power clean 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
 - 3 Barbell high pulls
 - Focus on elbows high and knuckles down
 - 3 Barbell muscle cleans
 - Emphasize on barbell close and fast elbows
 - 3 High hang power cleans
 - Emphasize being quick under the bar, fast elbows
 - 3 Hang power cleans
 - Look for athletes to fully extend the hips, before being fast under the bar.
 - 3 Power cleans
 - Look for both the hip extension, and speed under the bar.
- 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
 - 3 Cued empty bar bench press
 - Cue Athletes to Drive Feet into the Floor
 - Focus on Even Push: Encourage pressing evenly with both arms to prevent the bar from tilting.
 - 3 Cued empty bar bench press
 - Focus on smooth movement and correct bar path.
 - Focus on Tight Grip: Reinforce the tight grip throughout the movement for better control.
 - 3 Empty bar bench press with tempo
 - Count out the tempo

3

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

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3 -or- Aim to Increase Weight From 8/12/24
- Transition to part 2

4

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

- Practice Round
 - 5 Power Cleans
 - 7 Push-ups
 - 9 Air Squats
- Break
- Workout adjustments if needed

5

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

- Look For
 - Power cleans | We are looking to move the barbell quick today. Singles are a great option, as long as we can stay on top of our rest periods.
 - Push up | We want to see full range of motion today. Chest should touch the ground, and arms fully extend at the top. Athletes should look to start with smart sets and quick rest to avoid failure.
 - Air squat | Full range of motion here as well. Hips below knee crease in the bottom, and full extension of knees and hips at the top. Athletes should be able to move through bigger unbroken sets here.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

TUESDAY SEP 24

CLASS

"One On One Time"

For Total Time:

500/450 Meter Bike Erg

200 Meter Run

250/225 Meter Row

Rest 3:00

1,000/900 Meter Bike Erg

400 Meter Run

500/450 Meter Row

Rest 6:00

2,000/1,800 Meter Bike Erg

800 Meter Run

1,000/900 Meter Row

Time Cap: 40 Minutes

OPEN | GAMES

Same as class.

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Killer Core

3 Giant Sets For Quality

10 Pallof Press (Each Side)

10 Elevated Prone Knee to Elbows (Each Side)

50' Suitcase Farmers Carry (Each Side)

Rest 1 Minute Between Giant Sets

COACHING RESOURCES

- [Teaching the Bike Erg](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Gear up for a progressive endurance challenge: start with a quick round of biking, running, and rowing, and then increase your distances in each of the following rounds. Each effort is followed by a rest period that should be equal to the time you spent working, helping you recover and prepare for the next set. Manage your pace to maintain intensity throughout the workout, especially as the distances grow. With a 40-minute cap, use your rest wisely to stay sharp and finish strong!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Bike	<ul style="list-style-type: none">Around 1:00 - 2:00 4:00.	<ul style="list-style-type: none">Reduce distance12/10 - 25/20 - 50/40 Calories Echo/Assault Bike	<ul style="list-style-type: none">12/10 - 25/20 - 50/40 Calories Ski Erg8 - 16 -32 Shuttle Runs
Run	<ul style="list-style-type: none">Around 1:00 - 2:00 4:00.	<ul style="list-style-type: none">Reduce distance12/10 - 25/20 - 50/40 Calories Echo/Assault Bike	<ul style="list-style-type: none">12/10 - 25/20 - 50/40 Calories Ski Erg8 - 16 -32 Shuttle Runs
Row	<ul style="list-style-type: none">Around 1:00 - 2:00 4:00.	<ul style="list-style-type: none">Reduce distance12/10 - 25/20 - 50/40 Calories Echo/Assault Bike	<ul style="list-style-type: none">12/10 - 25/20 - 50/40 Calories Ski Erg8 - 16 -32 Shuttle Runs

The One Teaching Focus | **Lactate Threshold**

- Lactate threshold is the intensity at which the body starts to produce lactate faster than it can be cleared away. This is the point where fatigue starts to increase noticeably, but it's not yet an all-out effort.
- Pacing: Emphasize the importance of starting at a brisk, sustainable pace where athletes can still speak in short phrases. Encourage maintaining or slightly increasing this effort through the segments, avoiding the urge to “redline” or reach complete exhaustion.
- Effort Level: Guide athletes to target a 7-8 out of 10 in effort—challenging yet manageable. Use subjective feelings and, if available, heart rate to stay within this zone.
-

Logistics

- You can have athletes start on different pieces, if you are short on machines. For example: group 1 starts on row, group 2 runs, and group three bikes.

LESSON PLAN

LESSON PLAN

TUESDAY SEP 24

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 // 5 MINUTES | 3:00 - 9:00

- General Flow 0:20 each
 - Line drill warm up 25' each
 - Quad pulls
 - Knuckle draggers
 - Standing figure 4
 - Lunge with reach
 - Knee pulls with calf raise
 - Side lunges
 - Inch worms

2

SPECIFIC WARMUP // 6 MINUTES | 8:00 - 14:00

- Tabata Row warm up
 - 4 rounds | :20 on / :10 off
 - The goal is to build effort in our 4 rounds. Starting with a easy pace and ending with a hard effort.
 - Use this time to look for faults in the row. Focus today on keeping the heels down, and driving through the heels as we pull.

- Tabata Bike warm up
 - 4 rounds | :20 on / :10 off
 - The goal is to build effort in our 4 rounds. Starting with a easy pace and ending with a hard effort.
 - Use this time to look for faults in the bike. Look for athletes to have a good posture. We want the chest up as we bike, so we can breathe better.

3

STRENGTH //

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

- Practice Round
 - 200m Bike Erg
 - 100m Run
 - 150m Row
- Break
- Workout adjustments if needed

4

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

- Look For
 - On all of our movements we are looking to maintain our effort as our rounds get longer. Athletes should not seem like they are redlining at any point, we want a threshold effort throughout.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

WEDNESDAY SEP 25

CLASS

Sumo Deadlift
5-7 Sets [Climbing]:
3 Sumo Deadlifts

* 5 Second Negative
* Aim to Increase Weight From 8/14/24

"120 Boxes"
Every 2 Minutes [Until 120 Box Jumps]:
20 Dumbbell Snatches (50/35)
AMRAP Box Jumps (24/20)

Time Cap: 16 Minutes

OPEN | GAMES

Every 2 Minutes [Until 120 Burpees]:
10 Alternating Dumbbell Snatches
AMRAP Lateral Burpee Over The Dumbbell

Dumbbell: @dumbbell(50/35)

Time Cap: 16 Minutes

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
[PART A]
3 x 10 Kneeling 1-Arm DB Press (10/side)

[PART A]
3x10 Front Plate Raises

Rest 2 Minutes Between All Sets

AGE GROUP

55+ / 13-15

Dumbbell: (35/20)
Wallball: (20/10)

COACHING RESOURCES

- [Sumo Deadlift](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Set your timer and get ready for a high-intensity challenge! Every 2 minutes, you'll tackle 20 dumbbell snatches before pouring all remaining effort into as many box jumps as possible until you reach 120. To beat the 16-minute cap, aim to complete at least 15 box jumps in each interval. Focus on maintaining a strong pace through the snatches to maximize your time for the box jumps. Aim for consistency and precision in every movement to get the most out of each interval. Push hard, stay focused, and make every rep count!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
DB Snatch	<ul style="list-style-type: none">1:00 of work.	<ul style="list-style-type: none">Reduce LoadingReduce RepsHang Dumbbell Power SnatchesPlate Ground to Overhead	<ul style="list-style-type: none">Kettlebell SwingsEmpty Barbell Hang Power Snatches
Box jumps	<ul style="list-style-type: none">15+ reps each round.	<ul style="list-style-type: none">Reduce RepsReduce Box HeightBox Step-Ups	<ul style="list-style-type: none">1.5 x Squat JumpsReverse Lunges

The One Teaching Focus | **Knees Over Toes**

- The sumo deadlift will expose this fault in athletes more than most movements. Look for athletes to be actively driving the knees out to keep them tracking over the toes.

Logistics

- Athletes need to complete 15 at a minimum to complete under the Cap.

LESSON PLAN

LESSON PLAN

WEDNESDAY SEP 25

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
 - Box Step Ups
 - Jumping Jacks
 - High Knees
 - Butt Kicks
 - Spiderman
 - Bootstraps
 - Air Squats
 - Forward Lunges
 - Tuck Jumps
 - Arm Circles
 - Inchworms
 - Push-Ups
 - Mountain Climbers
 - Box Jump

2

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

- Dumbbell Snatch | tell, show, do, check
 - 0:20 Alternating DB Deadlift
 - We want the hips to drop like we set up for a barbell snatch.
 - 0:20 Alternating DB Deadlift + Shrug
 - Look to keep the dumbbell close the the body
 - 0:20 Push press (right)
 - Emphasize the finish position as bicep close the ear
 - 0:20 Push press (left)
 - Emphasize the finish position as bicep close the ear
 - 0:20 DB Hang snatch
 - Look for a strong hip drive the initiate the pull of the DB.
 - 0:20 Alternating DB snatches
 - Look for the hip drive to remain strong and aggressive
 - Look at athletes' finishing positions. Arm is locked out close to the ear.

- Sumo Deadlift | tell, show, do, check
 - Establish stance, grip, & set up
 - Double shoulder width stance
 - Toes Slightly pointed out
 - Arms hang straight down (hand inside knees)
 - Shoulders directly over bar
 - Knees track over toes
 - Chest pulled up & eyes on the horizon
- 5 Cued reps Shin to knee
 - Focus on Keeping the Chest Up
 - Reinforce keeping the chest elevated throughout the lift to prevent rounding of the lower back.
- 5 Cued reps Sumo deadlifts
 - Focus on Spreading the Floor
 - Encourage athletes to imagine spreading the floor apart with their feet to engage the outer hips and glutes more effectively.
- 3 Cued Sumo Deadlifts with tempo
 - Count Out the Tempo for Each Rep

3

STRENGTH // 12 MINUTES | 23:00 - 35:00

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3 -or- Aim to Increase Weight From 8/14/24
- Transition to part 2

4

PRIMER // 6 MINUTES | 35:00 - 41:00

- Practice Round
 - 4 Dumbbell Snatches
 - 8 Box Jumps
 - 4 Dumbbell Snatches
- Break
- Workout adjustments if needed

5

WORKOUT // 16 MINUTES | 41:00 - 56:00

- Look For
 - DB Snatch | We want to emphasize the hip extension. Our hip extension is what initiates the pull of the DB.
 - Box Jump | Keeping the focus on hip extension, we want to jump high and land high on the box. To do that, we need a big hip extension as we jump.
 -

6

COOL-DOWN // 4 MINUTES | 56:00 - 60:00

DAILY VIEW

DAILY VIEW

THURSDAY SEP 26

CLASS

"Birds Of A Feather"
On the 1:30 x 6 Rounds:
5 Strict Pull-ups
Max Calorie Bike Erg

Rest 3 Minutes

On the 1:30 x 6 Rounds:
7 Pull-ups
Max Calorie Bike Erg

Rest 3 Minutes

On the 1:30 x 6 Rounds:
9 Toes to Bar
Max Calorie Bike Erg

OPEN | GAMES

On the 1:30 x 6 Rounds:
9 Strict Pull-ups
Max Calorie Echo Bike
-Rest 3 Minutes-
On the 1:30 x 6 Rounds:
9 Pull-ups
Max Calorie Echo Bike
-Rest 3 Minutes-
On the 1:30 x 6 Rounds:
9 Toes to Bar
Max Calorie Echo Bike

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Gun Show
[PART A]
3x10 Double Dumbbell Row

[PART B]
3x15 Dumbbell Curls

Rest 1 Minute Between Sets

COACHING RESOURCES

- [Teaching the Double Under](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Dive into this high-intensity interval challenge designed to push your upper body strength and cardio limits. Over three distinct phases, each consisting of six rounds on a 1:30 timer, you'll start with 5 strict pull-ups, then max out calorie efforts on the Bike Erg. After your first rest, increase the intensity with 7 pull-ups per round, followed again by max calorie biking. Rest once more before tackling the final set of 6 rounds featuring 9 toes to bar and finishing each with a burst of calorie burning on the bike. This structured format focuses on escalating upper body demands while consistently challenging your cardio capabilities. Use the rest periods wisely to recover and prepare for the next set, ensuring you maintain strong form and high energy throughout each sprint.

SCORE

Total bike calories.

ELEMENT	STIMULUS	MODIFICATIONS	
Strict Pull Up	<ul style="list-style-type: none">:45 of work, 1-2 sets.	<ul style="list-style-type: none">Sub row, echo bike, assault bike, ski, run.	
Pull Up	<ul style="list-style-type: none">:45 of work, Unbroken is the goal.	<ul style="list-style-type: none">Reduce RepsBandedStrict	<ul style="list-style-type: none">Ring RowsAlternating Dumbbell Plank Rows
Toe to Bar	<ul style="list-style-type: none">:45 of work, Unbroken is the goal.	<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
Bike	<ul style="list-style-type: none">:45 each round		

The One Teaching Focus | **Activate the Lats**

- We're focusing on the athlete "pushing down on the bar" during pull-ups and toes-to-bar exercises. This technique is crucial for activating the lats. Engaging the lats helps to stabilize the shoulder girdle and reduce strain on the arms and shoulders, making the movement more efficient and reducing the risk of injury. This engagement also aids in lifting the body more smoothly and powerfully.
- "Actively press down on the bar as if you're trying to lower it to your waist."

Logistics

- If your machines are full, you can try running two groups. Group one on the 0:00, and group two on the 0:45.

LESSON PLAN

LESSON PLAN

THURSDAY SEP 26

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
 - 0:30 Easy Bike
 - 0:20 Downward and Upward Dogs
 - 0:20 Childs Pose
 - 0:20 Scorpions
 - 0:30 Moderate Bike
 - 0:20 Arm Circles
 - 0:20 Arm Wraps
 - 0:20 Scap Push Ups
 - 0:30 Hard Bike
 - 0:20 Straight Leg Sit Up
 - 0:20 Hollow Body Rocks
 - 0:20 V-Ups

2

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

- Pull Up + Toe to Bar | 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
 - 10 Kip Swings
 - Emphasize keeping the swings tight and controlled.
 - 5 Kipping Pull Ups
 - Find scaling modification
 - 3 Kipping Leg Raises
 - Get toes as high as possible
 - 3 Toes to Bar
 - Find scaling modification

3

STRENGTH //

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

- Practice Round
 - 2 Strict Pull-ups
 - :20 Bike Erg @ Hard Effort
 - 4 Pull-ups
 - :20 Bike Erg @ Hard Effort
 - 4 Toes to Bar
- Break
- Workout adjustments if needed

4

WORKOUT // 33 MINUTES | 27:00 - 60:00

- Look For
 - Strict Pull Ups | Emphasize athletes to pull the elbows to the floor, not just pull the chin over the bar.
 - Pull Ups | We are looking to control our kip today, we do not want to lose control of our swing.
 - Toes to Bar | Look for athletes to engage their lats by pushing down on the bar as they kick their toes up.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY SEP 27

CLASS

Front Squat
5-7 Sets [Climbing]:
3 Front Squats

* 5 Second Negative
* Aim to Increase Weight From 8/16/24

"Toasted Buns"
5 Rounds:
10 Dumbbell Front Squats
15 Burpees

Directly Into....

150' Dumbbell Walking Lunge

Dumbbells:(50/35)'s

Time Cap: 18 Minutes

OPEN | GAMES

5 Rounds:
10 Dumbbell Front Squats
15 Burpee Box Jumps (24"/20")

Directly Into....

50' Dumbbell Suitcase Walking Lunge
50' Dumbbell Front Rack Walking Lunge
50' Dumbbell Overhead Walking Lunge

Dumbbells: @dumbbell(50/35)'s

Time Cap: 18 Minutes

AGE GROUP

55+ / 13-15

(35/20)'s

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
On the Minute x 8:
Minute 1: 20 Banded Russian Kettlebell Swings
Minute 2: 20 Kettlebell Goblet Step Back Lunges

COACHING RESOURCES

- [Teaching the Front Squat](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

Gear up for a grueling combo of strength and cardio. You'll tackle 5 rounds of 10 dumbbell front squats and 15 burpees, followed immediately by a 150-foot dumbbell walking lunge. Keep your movements efficient and transitions quick to handle the dumbbells, rounds need to be three minutes or less to stay under the 18-minute cap. Focus on maintaining form and pushing through the burn to finish strong!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Front squat	<ul style="list-style-type: none">Unbroken Reps. About 1:00.	<ul style="list-style-type: none">Reduce LoadingReduce RepsSub KettlebellsSingle Dumbbell Front Squats	<ul style="list-style-type: none">Sub Empty Barbell2x Air Squats
Burpees	<ul style="list-style-type: none">bout 1:30.	<ul style="list-style-type: none">Reduce RepsNo Push-Up BurpeeSub Push-Ups15/12 Cals On Any Machine	<ul style="list-style-type: none">Sub Box JumpsSub Light Kettlebell Swing
Lunge	<ul style="list-style-type: none">You should have 3 min to work through these, completing 50' unbroken at a time.	<ul style="list-style-type: none">Reduce/Remove LoadingReduce DistanceSingle Dumbbell	<ul style="list-style-type: none">Sub KettlebellsReverse Lunges

The One Teaching Focus | **Elbows High**

- The teaching focus for today's workout is to maintain high elbows throughout the front squats. By doing so, athletes will improve the efficiency and safety of their movement. High elbows will serve to keep the torso upright and the bar over the frontal plane.

Logistics

- Room set up will be important today. We are using boxes, while also needs space for walking lunges.
- If walking lunges will not be possible in your space, you can do loaded lunges in place. The average number of lunges per 25' is 8. That will equal about 48 lunges.

LESSON PLAN

LESSON PLAN

FRIDAY SEP 27

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 - 11:00

- General Flow 0:20 Each
 - Grab a set of light DBs
 - Alternating worlds greatest
 - Pigeon (right)
 - Pigeon (left)
 - Bootstraps
 - Goodmornings
 - Tempo air squats
 - Alternating lunges
 - Quick ups
 - Single DB front squats
 - Step back step up burpees
 - Double DB front squats
 - Step back jump up burpees
 - Double DB lunges
 - Jump back jump up burpees

2

SPECIFIC WARMUP // 10 MINUTES | 11:00 - 21:00

- 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
 - 3 Cued lightweight rep with tempo
 - Focus on elbows high throughout the rep

3

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

- 5-7 Building Sets of 3 Reps
- Building to 75% to 85% for final set of 3 -or- Aim to Increase Weight From 8/16/24
- Transition to part 2

4

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

- Practice Round
 - 5 Dumbbell Front Squats
 - 5 Burpees
 - 8 Dumbbell Walking Lunges
- Break
- Workout adjustments if needed

5

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

- Look For
 - DB Front Squat | Focus on athletes driving their knees out on their reps. Cue them to root the feet and try to twist the ground.
 - Burpees | Smoothe pace, arms are the pacer. The faster the hands reach the ground, the faster we move.
 - DB Lunges | We are still looking at the knee position. As athletes lunge we want them to keep the front knee over toe.

6

COOL-DOWN // 3 MINUTES | 57:00 - 60:00

DAILY VIEW

DAILY VIEW

SATURDAY SEP 28

CLASS

"TEAM ABBATTE" [TEAMS OF 2]

For Time:
1 Mile Team Run
21 Clean & Jerks (Each)
800 Meter Team Run
21 Clean & Jerks (Each)
1 Mile Team Run

Barbell: (155/105)

Time Cap: 40 Minutes

* Run together
* Can't start clean & jerks until both
partners at barbell

SEE NOTE FOR INDY VERSION

KG | (70/47)

OPEN | GAMES

For Time:
1 Mile Run
21 Clean & Jerks
800 Meter Run
21 Clean & Jerks
1 Mile Run

Barbell: @weight(155/105)

REPEAT FROM 10/21/23

Time Cap: 35 Minutes

ACCESSORY WORK

(formerly 'After Party')

Zone 2
30-60 Minute Bike Erg (RPE 2-3)

AGE GROUP

55+ / 13-15

(135/95)

COACHING RESOURCES

- [Clean & Jerk P.O.P.](#)
- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY SEP 28

OVERVIEW

Team up for “TEAM ABBATTE,” a partner challenge designed to test both your endurance and coordination. Together, you’ll start with a 1-mile run, setting the pace as a team. Following the run, each partner will tackle 21 clean & jerks, but you can’t start lifting until both of you are at the barbell. After your lifts, you’ll hit an 800-meter run, return for another set of 21 clean & jerks each, and then cap it off with a final 1-mile run. Remember, you must run together and work strategically to manage your transitions and maintain a strong pace throughout the workout. Aim to complete all segments within the 35-minute time cap, pushing each other to stay motivated and finish strong!

SCORE

Time to complete, add 1s for every rep not complete.

ELEMENT	STIMULUS	MODIFICATIONS	
Clean and Jerk	<ul style="list-style-type: none">Quick singles, 5 reps per Min	<ul style="list-style-type: none">Reduce LoadingReduce RepsPower Clean Only	<ul style="list-style-type: none">Push Jerk OnlySub DumbbellsKettlebell Swing
1 Mile Run	<ul style="list-style-type: none">9:00	<ul style="list-style-type: none">2000/1800M Row4000/3600M C2 Bike5000/4500m Echo/Assualt Bike	<ul style="list-style-type: none">100/80 Cal Echo/Assualt Bike1600/1440M Ski
800M Run	<ul style="list-style-type: none">4:30	<ul style="list-style-type: none">1000/900M Row2000/1800M C2 Bike2500/2250m Echo/Assualt Bike	<ul style="list-style-type: none">50/40 Cal Echo/Assualt Bike900/720M Ski

The One Teaching Focus | **Catch and Dip Stability**

- In this session, we’re honing in on stabilizing the “catch” in the clean and the “dip” in the jerk. Proper stabilization ensures a seamless transition between these phases, which is crucial for a successful lift. Focusing on a strong catch in the clean helps the athlete to securely receive the bar in a controlled squat position, readying them for a powerful ascent. In the jerk, emphasizing a controlled and shallow dip maintains the athlete’s center of gravity and allows for a more explosive drive upwards.

Logistics

- INDY VERSION
 - For Time:
 - 1 Mile Run
 - 21 Clean & Jerks
 - 800 Meter Run
 - 21 Clean & Jerks
 - 1 Mile Run
 - Barbell: (155/105)

LESSON PLAN

LESSON PLAN

SATURDAY SEP 28

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

- Power Clean & Jerk | tell, show, do, check
 - Establish power clean 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
 - 3 High hang power cleans
 - Emphasize being quick under the bar, fast elbows
 - 3 Hang power cleans
 - Look for athletes to fully extend the hips, before being fast under the bar.
 - 3 Power cleans
 - Look for both the hip extension, and speed under the bar.
 - 3 Push press
 - Emphasize leg drive
 - 3 Push jerks
 - Look for sound catch position
 - 3 clean and jerks

3

STRENGTH //

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

- Practice Round
 - 200m Run
 - 5 Clean and Jerks (each)
 - 200m Run
- Break
- Workout adjustments if needed

4

WORKOUT // 35 MINUTES | 25:00 - 60:00

- Look For
 - Run | We have a lot of running today, with little break between. Athletes need to pace their runs accordingly. We want to come straight in and get to work on our barbell.
 - Clean and Jerk | We are looking for a quick transition from the clean to the jerk. The quicker the transition, the less time we are spending under tension.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SUNDAY SEP 29

CLASS

"Don't You Cry No More"
5 Rounds For Time:
30 AbMat Sit-ups
300' Farmers Carry
60 Double Unders
300' Farmers Carry

Dumbbells: (50/35)'s

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

Same as class

ACCESSORY WORK

(formerly 'After Party')

Killer Core
[PART A]
Accumulate 3 Minute Plank Hold

[PART B]
B) 3 x 15 Paloff Press (Each Side)

No rest between sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

This workout challenges your core, grip strength, and endurance. The AbMat sit-ups give your midline a solid workout, while the farmer’s carry, done twice each round, will test your grip and shoulder stability. The double unders keep the intensity high and your heart rate elevated. Focus on keeping a steady pace through each movement, especially during the farmer’s carry, and push yourself to stay unbroken on the double unders. Consistency is key to finishing strong!

SCORE

Time to complete work.

ELEMENT	STIMULUS	MODIFICATIONS	
Abmat Sit Ups	<ul style="list-style-type: none">Unbroken set, 1:00 or less.	<ul style="list-style-type: none">Reduce RepsHollow Rocks	
Farmers Carry	<ul style="list-style-type: none">2:00-3:00, one break.	<ul style="list-style-type: none">Reduce LoadingReduce DistanceKettlebell Farmers Carry	<ul style="list-style-type: none">Suitcase HoldShuttle Run
Double Unders	<ul style="list-style-type: none">1:00 or less.	<ul style="list-style-type: none">Reduce Reps1.5x Single UndersPlate Hops	<ul style="list-style-type: none">Reps of Singles & Doubles (Mix of Both)

The One Teaching Focus | **Roll the Shoulders Back**

- We’re emphasizing the importance of “rolling the shoulders back” during the farmer’s carry. This posture adjustment ensures that the shoulders are properly aligned, enhancing stability and reducing strain on the upper back and neck. Keeping the shoulders rolled back also engages the core and promotes a tall, upright posture, which is critical for carrying heavy loads efficiently and safely.

Logistics

- Be prepared for your farmers carry distance, doing an out and back will be easiest and give athletes a goal to make it to the halfway point before breaking. If needed, you can do 25’ or 50’ down and backs.

LESSON PLAN

LESSON PLAN

SUNDAY SEP 29

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
- Downward + Upward Dogs
 - Alternating Worlds Greatest
 - Scorpions
 - Mountain Climbers
 - Plank Shoulder Taps
 - Plank Toe Taps
 - Calf Stretch (right)
 - Calf Stretch (left)
 - Jumping Jacks
- Single Arm DB Suit Case Hold (each side)
- Double DB Shoulder Shrugs
- Hollow Rocks
- V Ups
- 25' Farmers Carry
- Sit Ups

2

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

- Double Unders | tell, show, do, check
 - :20 High Singles
 - Focus on timing wrist speed
 - :20 Fast Singles
 - Focus on wrist rotation and quicken the pace of the jump rope
 - :20 Alternating Feet
 - Focus on enhance 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
 - :30 Practice

3

STRENGTH //

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

- Practice Round
 - 10 Abmat sit ups
 - 25' Farmers carry
 - 10 Double unders
 - 25' Farmers carry
- Break
- Workout adjustments if needed

4

WORKOUT // 30 MINUTES | 20:00 - 50:00

- Look For
 - Ab mat sit up | Smooth pace here, athletes should remain moving and hold a pace where they can catch their breathe.
 - Farmers carry | Look for our teaching focus, we want the shoulders rolled back and down.
 - Double unders | Still focusing on the shoulders, we want to relax our shoulders in our double unders.

5

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