

COMPTRAIN | GYM

DEC 23 - DEC 29

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

DEC 23 - DEC 29

MONDAY

DEC 23

Bench Press

3 Sets:
2 Bench Press

* Same Weight Across
* Aim For 86% 1RM

“Shining Armor”

10 Rounds For Time:
9 Dumbbell Bench Press
30' Dumbbell Front Rack Lunge

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes

TUESDAY

DEC 24

Sumo Deadlift

3 Sets:
2 Sumo Deadlifts

* Same Weight Across
* Aim For 86% 1RM

“12 Days of CompTrain”

For Time:
100 Meter Row
2 Dumbbell Reverse Lunges
3 Dumbbell Push Press
4 Dumbbell Front Squats
5 Dumbbell Hang Power Cleans
6 Dumbbell Deadlifts
7 Dumbbell Floor Press
8 Pull-ups
9 Burpees
10 Toes to Bar
110 Double Unders
1,200 Meter Bike Erg

WEDNESDAY

DEC 25

“Ho-Ho-Home”

[36 Minute Clock]:
4 Minute Bike Erg
Tabata Side Plank
4 Minute Bike Erg
Tabata Air Squats
4 Minute Bike Erg
Tabata Air Squats
4 Minute Bike Erg
Tabata Side Plank
4 Minute Bike Erg

THURSDAY

DEC 26

“Dasher”

For Time:
1,000 Meter Run
50 Sit-ups, 25 Push-ups
800 Meter Run
40 Sit-ups, 20 Push-ups
600 Meter Run
30 Sit-ups, 15 Push-ups
400 Meter Run
20 Sit-ups, 10 Push-ups
200 Meter Run
10 Sit-ups, 5 Push-ups

Time Cap: 35 Minutes

FRIDAY

DEC 27

Front Squat

3 Sets:
2 Front Squats

* Same Weight Across
* Aim For 86% 1RM

“Outkast”

For Time:
30-24-18-12-6 Calorie Row
15-12-9-6-3 Hang Squat Cleans (135/95)

Time Cap: 18 Minutes

Women's Calories: 24-18-14-10-4

SATURDAY

DEC 28

“Marco Polo”

[TEAMS OF 3]
AMRAP 30:
45/36 Calorie Bike Erg
60 Dumbbell Push Press (50/35)'s
45/36 Calorie Bike Erg
60 Pull-ups

SUNDAY

DEC 29

"ShamWow"

8 Rounds For Time:
200 Meter Run
10 Double Kettlebell Deadlifts

Kettlebells: (70/53)'s

Time Cap: 20 Minutes

KG | 32/24's

"Sunday Runday"

Run 2-3 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

DEC 23 - DEC 29

MONDAY

DEC 23

"A good teacher is like a candle, it consumes itself to light the way for others."

Great teachers give selflessly, often sacrificing their own comfort to illuminate the path for others.

TUESDAY

DEC 24

"It is better to take many small steps in the right direction than to make a great leap forward only to stumble backward."

Progress is often more sustainable when made gradually; small, consistent steps are better than one big, risky leap.

WEDNESDAY

DEC 25

Honore de Balzac

"The smallest flower is a thought, a life answering to some feature of the Great Whole, of whom they have a persistent intuition."

Every small thought or action is part of a greater whole, contributing to the universe's intricate design.

THURSDAY

DEC 26

"Why compare yourself with others? No one in the entire world can do a better job of being you than you."

Embrace your unique qualities instead of comparing yourself to others; focus on being the best version of yourself.

FRIDAY

DEC 27

Bruce Lee

"Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind."

Flexibility and adaptability are more sustainable and resilient than rigid strength.

SATURDAY

DEC 28

Lloyd Jones

"Those who try to do something and fail are infinitely better than those who try nothing and succeed."

Attempting and failing is more admirable than never trying at all; effort and courage are more valuable than complacency.

SUNDAY

DEC 29

Dalai Lama

"Happiness is not something ready made. It comes from your own actions."

True happiness is a result of your deeds and choices, not something you can find externally.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

DEC 23 - DEC 29

- Christmas Week! Programming will be somewhat unique this week due to the Holiday. Feel free to utilize the provided training and resources in whatever way best suits your operational needs this week.
- We're in our second to last week of the final strength cycle of the year. We're focusing on 3 sets of 2 reps for each lift at around 86%



DAILY VIEW

DAILY VIEW

MONDAY DEC 23

CLASS

Bench Press

3 Sets:
2 Bench Press

- * Same Weight Across
- * Aim For 86% 1RM

“Shining Armor”

10 Rounds For Time:
9 Dumbbell Bench Press
30' Dumbbell Front Rack Lunge

Double Dumbbells: (50/35)'s

Time Cap: 18 Minutes

KG | 22.5/15's

OPEN | GAMES

For Time:
10-9-8-7-6-5-4-3-2-1 Bench Press
30' Kettlebell Front Rack Lunge

Barbell: (Bodyweight)
Kettlebells:(53/35)'s

Time Cap: 18 Minutes

ACCESSORY WORK

(formerly 'After Party')

VO2 Max
1-2-3-4-1-2-3-4:
Minute Bike Erg [RPE 7-8]

Rest Same Amount As Work Time

AGE GROUP

55+ / 13-15

13-15 & 55+ | (35/20)

KG | 15/10's

COACHING RESOURCES

- [TTT Bench Press](#)
- [Resource Links](#)



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

MONDAY DEC 23

OVERVIEW

In part 1, - This is the third week of our bench press base progression cycle. Aim to work up to 86%, then complete all three sets at that load as long as you can maintain good form. In part 2, This workout combines bench presses with a descending rep scheme and double dumbbell front rack lunges, challenging your upper body strength, core stability, and leg endurance. Move efficiently between exercises and manage your pace early to finish within the 18-minute cap, keeping form a priority as you fatigue.

SCORE

Time

TARGET

10:00-15:00

STIMULUS

Moderate Loading

ELEMENT

STIMULUS

MODIFICATIONS

Bench Press

- These are dumbbell bench presses. Choose a weight you can complete in 2 sets maximum.

- Reduce Loading
- Sub Barbell
- Floor Press

- Strict Press
- Weighted Deficit Push-Ups
- 2x Push-Ups

Lunge

- Hold two dumbbells in the front rack position. Lunge 15 feet out and 15 feet back to the bench.

- Reduce Loading/Distance
- Dumbbell or Kettlebell Suitcase Lunge
- Single Kettlebell or Dumbbell

- Sub Kettlebells or Barbell
- Reverse Lunges

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.

Logistics

- If you don't have enough benches, go with a dumbbell floor press.
- Lunge 15 feet out and 15 feet back to the bench. You must keep hands in contact with the dumbbell handles throughout the entire lunge.

LESSON PLAN

LESSON PLAN

MONDAY DEC 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
 - 0:30 Pec Stretch (right)
 - 0:30 Pec Stretch (left)
 - 0:30 Worlds Greatest (right)
 - 0:30 Worlds Greatest (left)
 - 0:20 Inchworm + Down Dog
 - 0:20 Cossack Squats
 - 0:20 Knee Push Ups
 - 0:20 Bootstraps
 - 0:20 Push Ups
 - 0:20 Alternating reverse Lunge

2

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

- Dumbbell Bench + Lunge Specific Flow
 - Grab Workout Dumbbells
 - 10 Alternating Body Weight Lunges
 - Look for knees to track over the toes.
 - 10 Push Ups
 - Encourage athletes to keep elbows at 45 degrees to mimic the bench press.
 - 8 Goblet Lunges
 - Emphasize athletes to drive through the front foot as they stand.
 - 6 Single Arm DB Bench Press (Each Arm)
 - Look for a light core as athletes move.
 - 6 DB Power Cleans
 - Athletes should extend all the way, and turn elbows fast though.
 - 4 Double Dumbbell Bench Press
 - Look for stability through athletes movement, the DBs should still move in a straight path.
 - 15' Dumbbell Front Rack Lunge
 - Athletes drive through the front heel, and keep elbows high as they move.

- 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
 - 10 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.
 - 10 Light bench press
 - Focus on smooth movement and correct bar path.
 - Focus on Tight Grip: Reinforce the tight grip throughout the movement for better control.
 - 5 Moderate bench press

3

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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 2 at 86%
- Transition to part 2

4

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

- Practice Round
 - 2 Rounds
 - 5 DB Bench Press
 - 15' Front Rack Lunge
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 41:00-59:00

- Look For
 - Dumbbell Bench Press: Look for athletes to be in control of their movement. We want the elbows to be at a 45 degree angle as if we were using a barbell.
 - Dumbbell Front Rack Lunge: Focus on athletes tracking their knee over their toe, then driving out of the front heel as they stand.

6

COOL-DOWN // 1 MINUTE | 59:00-60:00

DAILY VIEW

DAILY VIEW

TUESDAY DEC 24

CLASS

Sumo Deadlift

3 Sets:

2 Sumo Deadlifts

* Same Weight Across

* Aim For 86% 1RM

“12 Days of CompTrain”

For Time:

100 Meter Row

2 Dumbbell Reverse Lunges

3 Dumbbell Push Press

4 Dumbbell Front Squats

5 Dumbbell Hang Power Cleans

6 Dumbbell Deadlifts

7 Dumbbell Floor Press

8 Pull-ups

9 Burpees

10 Toes to Bar

110 Double Unders

1,200 Meter Bike Erg

Dumbbells: (50/35)'s

Time Cap: 60 Minutes

KG | 22.5/15's

OPEN | GAMES

For Time:

1 Rope Climb (15')

200 Meter Row

30 Double Unders

4 Push Jerks

5 Hang Power Cleans

6 Deadlifts

7 Burpees

8 Toes to Bar

9 Box Jumps (30"/24")

100 Meter Farmers Carry

@dumbbell(50/35)'s

11 Power Snatches

12 Wall Walks

Barbell: (115/85)

Time Cap: 60:00

KG | 52/38, 22.5/15's

AGE GROUP

55+ / 13-15

13-15 & 55+: (35/20)'s

KG | 15/10's

ACCESSORY WORK

(formerly 'After Party')

N/A

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

This WOD is a Christmas Eve tradition for CompTrain. This is likely best completed in an open gym-style format. Though, if you are completing this in a class format, we suggest that you take out the Sumo Deadlift and only focus the warm up on 12 days. The lesson plan will solely focus on the 12 days of comptrain, and will flow in a 90 min class time frame. There will be an optional Sumo Deadlift warm up if you choose to apply that to your class. The workout flows in the same order as the song "12 Days of Christmas".

SCORE	Time	TARGET	35:00-60:00	STIMULUS	actate Threshold [RPE 6-8]
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ELEMENT	STIMULUS	MODIFICATIONS
Dumbbell Movements	<ul style="list-style-type: none">One Dumbbell weight for all movements. Choose a light to moderate weight that allows for unbroken sets.	<div><ul style="list-style-type: none">DUMBBELL MOVEMENTS<ul style="list-style-type: none">Reduce LoadSub Kettlebells(s)100M ROW<ul style="list-style-type: none">Reduce DistanceTime Cap80m Ski200m Bike80m Run60m Air RunDOUBLE UNDERS<ul style="list-style-type: none">45 Single UndersPlate Hops0:30 Effort On Any Machine</div> <div><ul style="list-style-type: none">BURPEES<ul style="list-style-type: none">No Push-Up BurpeePush-Ups14 Mountain Climbers14 Air SquatsTOES TO BAR<ul style="list-style-type: none">V-UpsToes To As High As PossibleKnees To ChestHanging Knee RaisesGHD Sit-UpsSit-UpsPULL-UPS<ul style="list-style-type: none">Reduce RepsBandedStrictRing RowsAlternating Dumbbell Plank Rows</div>
Row	<ul style="list-style-type: none">Men and women row the same distance today. Should be completed in 1:00 or less.	
Toes to Bar & Pull Ups	<ul style="list-style-type: none">Should be completed in 1-3 sets.	
Burpees	<ul style="list-style-type: none">Open hips to full extension at the top of each rep.	
Double Unders	<ul style="list-style-type: none">2:00-2:30	
Bike Erg	<ul style="list-style-type: none">Around 2:30 to complete.	

The One Teaching Focus | **Class Management**

- There is a lot happening today, for today's teaching focus we want to be sure athletes are choosing their loading and variations correctly. Athletes should be able to move unbroken throughout the sets to stay on pace.

Logistics

- 100m Row
- 2 DB Reverse Lunge, 100m Row
- 3 DB Push Press, 2 DB Reverse Lunge, 100m Row
- 4 Dumbbell Front Squats, 3 DB Push Press, 2 DB Reverse Lunge, 100m Row
- ...Follow Pattern Until All Movements Are Completed

LESSON PLAN

LESSON PLAN

TUESDAY DEC 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 // 15 MINUTES | 3:00-18:00

- Get out all Equipment Needed
 - 1 Minute Row
 - 10 Quick Ups
 - 30 Single Unders
 - 5 Burpees
 - 20 Double Unders
- With Light Dumbbells:
 - 4 Reverse Lunges
 - 4 Push Press
 - 4 Front Squats
 - 4 Hang Power Cleans
 - 4 Deadlifts
 - 4 Floor Press
- Rig Prep
 - :10 Deadhang
 - :10 Strict Knee Raise
 - 3 Strict Pull Ups
 - 5 Kip Swings
 - 3 Toes To Bar

2

SPECIFIC WARMUP // 6 MINUTES

- [OPTIONAL] 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 at light load

3

[OPTIONAL] STRENGTH // 12 MINUTES

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 2 at 86%
- Transition to part 2

WORKOUT // 60 MINUTES | 25:00-85:00

- Look For
 - All Movements | Athletes should choose loads + variations that will allow for nearly unbroken reps throughout the whole workout.

5

PRIMER // 6 MINUTES | 18:00-25:00

- Practice Round
 - 100-Meter Row
 - 2 Dumbbell Reverse Lunges
 - 2 Dumbbell Push Press
 - 2 Dumbbell Front Squats
 - 2 Dumbbell Hang Power Cleans
 - 2 Dumbbell Deadlifts
 - 2 Dumbbell Floor Press
 - 4 Pull-ups
 - 5 Burpees
 - 6 Toes to Bar
 - 30 Double Unders
 - 200 Meter Bike Erg
- Break
- Workout adjustments if needed

4

COOL-DOWN // 5 MINUTES | 85:00-90:00

DAILY VIEW

DAILY VIEW

WEDNESDAY DEC 25

CLASS

“Ho-Ho-Home”
[36 Minute Clock]:
4 Minute Bike Erg
Tabata Side Plank
4 Minute Bike Erg
Tabata Air Squats
4 Minute Bike Erg
Tabata Air Squats
4 Minute Bike Erg
Tabata Side Plank
4 Minute Bike Erg

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

N/A

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

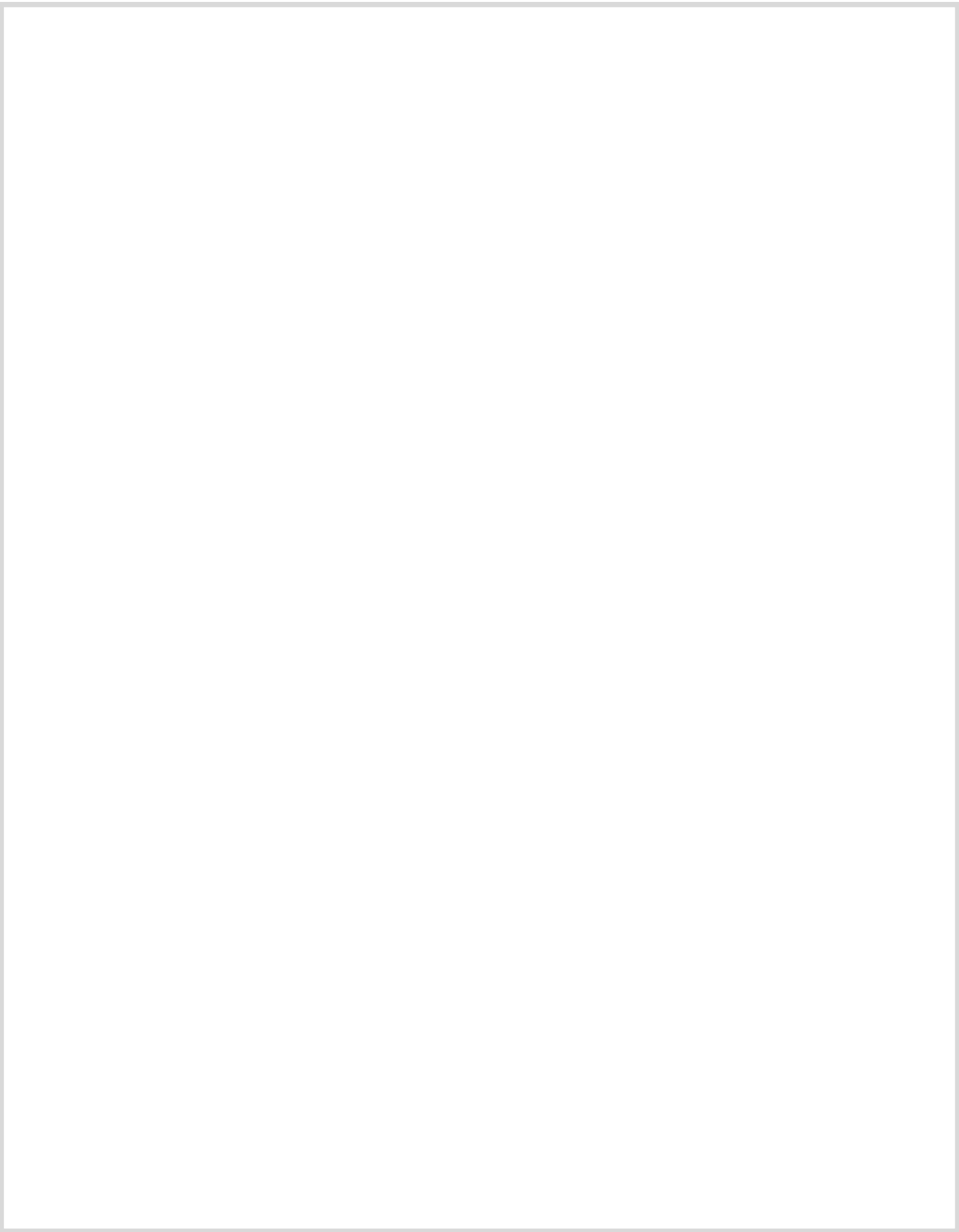
We've got an at-home bodyweight workout for Christmas Day. One tabata = 8 rounds of 20 seconds of work and 10 seconds of rest (4 minutes total). If you do not have a C2 bike available, you can use any other machine or complete shuttle runs. Today's workout is written to provide athletes an at home workout, as most gyms will choose to close today. You can provide your athletes with this warm up + primer.

SCORECompleted

TARGET

STIMULUSRecovery [RPE 2-3]

ELEMENT	STIMULUS	MODIFICATIONS	
Side Plank	<ul style="list-style-type: none">Alternate sides every round on the tabata side planks. During each tabata, you will complete 4 plank holds per side.	<ul style="list-style-type: none">Side Plank Hold on Hand (Straight Arm)Side-Lying Hollow Hold	<ul style="list-style-type: none">Side-Lying Crunch HoldHanging Knee Raise Hold to Side
Air Squats	<ul style="list-style-type: none">Full rand of motion.	<ul style="list-style-type: none">Squat to a BoxLunges	<ul style="list-style-type: none">Wall Sit Hold
Bike	<ul style="list-style-type: none">Steady effort.	<ul style="list-style-type: none">Echo BikeRow	<ul style="list-style-type: none">SkiRun



LESSON PLAN

LESSON PLAN

WEDNESDAY DEC 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
 - 4:00 Easy Bike
 - 0:20 Downward + Upward dogs
 - 0:20 Deep Squat Hold
 - 0:20 Boot straps
 - 0:20 Tall Plank
 - 0:20 Mountain Climbers
 - 0:20 Air Squats

2

SPECIFIC WARMUP //

3

STRENGTH //

4

PRIMER // 6 MINUTES | 9:00-15:00

- Practice Round
 - 1:00 Bike
 - 0:10 Plank (each side)
 - 0:20 Air Squats
- Break
- Workout adjustments if needed

5

WORKOUT // 36 MINUTES | 15:00-51:00

- Look For
 - Aim for quality throughout all movements here. Full range on the squats, and keeping the hips elevated on the planks.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY DEC 26

CLASS

“Dasher”
For Time:
1,000 Meter Run
50 Sit-ups, 25 Push-ups
800 Meter Run
40 Sit-ups, 20 Push-ups
600 Meter Run
30 Sit-ups, 15 Push-ups
400 Meter Run
20 Sit-ups, 10 Push-ups
200 Meter Run
10 Sit-ups, 5 Push-ups

Time Cap: 35 Minutes

OPEN | GAMES

For Time:
1,000 Meter Run
50 GHD Sit-ups, 50' Handstand Walk
800 Meter Run
40 GHD Sit-ups, 50' Handstand Walk
600 Meter Run
30 GHD Sit-ups, 50' Handstand Walk
400 Meter Run
20 GHD Sit-ups, 50' Handstand Walk
200 Meter Run
10 GHD Sit-ups, 50' Handstand Walk

AGE GROUP

55+ / 13-15

Same as Class

ACCESSORY WORK

(formerly 'After Party')

Durability
[Sled Push Intervals]:
6x15 Meters

- * Rest 1-2 Minutes Between Sets
- * Increase Weight Each Set
- * Aim To Increase Total Weight From 12/12

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

THURSDAY DEC 26

OVERVIEW

We're alternating between running and bodyweight movements in today's workout. This is a post-holiday workout that is focused on getting quality work rather than hitting extreme intensity.

SCORE

Time

TARGET

20:00-30:00

STIMULUS

Lactate Threshold [RPE 7]

ELEMENT	STIMULUS	MODIFICATIONS
Sit-ups	<ul style="list-style-type: none">Both hands must touch the ground behind your head at the bottom of the sit-up and both hands must touch your feet at the top of the sit-up.	<div><ul style="list-style-type: none">Reduce RepsHollow Rocks</div> <div><ul style="list-style-type: none">Tuck Crunches</div>
Push-ups	<ul style="list-style-type: none">Choose a variation that allows you to complete the first round in under 2:00.	<div><ul style="list-style-type: none">Reduce RepsBox Push-UpsDumbbell Bench Press</div> <div><ul style="list-style-type: none">Dumbbell Floor PressBurpees</div>
Run	<ul style="list-style-type: none">5-4-3-2-1 goal finish time for each run.	<ul style="list-style-type: none">[MEN] 1,000-800-600-400-200 METER RUN<ul style="list-style-type: none">6:15-5:00-3:45-2:30-1:15 Time Caps5:00-4:00-3:00-2:00-1:00 Efforts on Treadmill/Runner1,250-1,000-750-500-250m Row1,000-800-600-400-200m Ski60-48-36-24-12 Calorie Echo Bike2,500-2,000-1,500-1,000-500m Bike Erg[WOMEN] 1,000-800-600-400-200 METER RUN<ul style="list-style-type: none">6:15-5:00-3:45-2:30-1:15 Time Caps5:00-4:00-3:00-2:00-1:00 Efforts on Treadmill/Runner1,125-900-675-450-225m Row900-720-540-360-180m Ski50-40-30-20-10 Calorie Echo Bike2,250-1,800-1,350-900-450m Bike Erg

The One Teaching Focus | **Consistency**

- Look for a consistent form across repetitions.
- Address any deviations promptly to prevent the development of poor habits.

LESSON PLAN

LESSON PLAN

THURSDAY DEC 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 0:20-0:30 Each
 - Arm Circles (Small to Large)
 - Leg Swings (Front and Side)
 - Air Squats
 - Tall Plank
 - Inchworms
 - Mountain Climbers
 - Plank Shoulder Taps
 - Dynamic Lunges
 - Scapular Push-Ups
 - High Knees
 - Butt Kicks

2

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

- Push-Up + Sit-Up | tell, show, do, check
 - 0:20 Elevated Push Ups
 - Look at elbow position, most athletes will want to keep their arms close for more of a tricep push up. We want athletes to have elbows at a 45 degree angle in order to engage the chest.
 - 0:20 Knee Push Ups
 - Continue to look at the elbow position as we move to the floor.
 - 0:20 Push Ups
 - Look for the body position to be tight and maintain a stable midline
 - 0:20 Hollow Body Hold
 - 0:20 Leg Lifts
 - 0:20 Sit Ups
 - Look for athletes to fully extend their abdomen as they lay back, we want a full range throughout the movement.

3

STRENGTH //

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

- Practice Round
 - 2 Rounds
 - 100m Run
 - 5 Sit Ups
 - 5 Push Ups
- Break
- Workout adjustments if needed

4

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

- Look For
 - Run | Aim for athletes to run at the fastest pace they can while being able to come in and get right to work.
 - Sit-Ups | Look for full range of motion, the abdomen fully extends at the bottom and shoulders cross the hips at the top.
 - Push-Ups | The athlete's elbow position is at 45 degrees, and the body position remains rigid.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY DEC 27

CLASS

Front Squat
3 Sets:
2 Front Squats

- * Same Weight Across
- * Aim For 86% 1RM

“Outkast”
For Time:
30-24-18-12-6 Calorie Row
15-12-9-6-3 Hang Squat Cleans (135/95)

Time Cap: 18 Minutes

Women's Calories: 24-18-14-10-4

KG | 61/43

OPEN | GAMES

For Time:
30-24-18-12-6 Calorie Row
15-12-9-6-3 Squat Cleans
@weight(155/105)

Women's Calories: 24-18-14-10-4

Time Cap: 18 Minutes

KG | 70/48

AGE GROUP

55+ / 13-15

13-15 & 55+: (95/65)

KG | 43/29

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
100 Banded Glute Bridges

[PART B]
100 Box Hamstring Curls

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

FRIDAY DEC 27

OVERVIEW

In part 1, This is the third week of our front squat base progression cycle. Aim to work up to 86%, then complete all three sets at that load as long as you can maintain good form. In part 2, Today's workout is meant to challenge musculature in the legs and back, so we want to intentionally take sets to muscular fatigue. This does not mean failure, but each working set should challenge you.

SCORE

Time

TARGET

8:00-13:00

STIMULUS

Moderate Loading

ELEMENT

STIMULUS

MODIFICATIONS

Hang Squat Cleans

- Choose a moderate weight that allows you to complete the first round of hang squat cleans in under 1:30. On the hang cleans, hold on to the largest set you can until your reps start to slow down or form starts to break down.

- Reduce Reps/Loading
- Hang Power Cleans
- Power Cleans

- Front Squats
- Sub Dumbbells

Row

- Row efforts should be at an RPE 6-7, which is 10-20 seconds slower than your 2k PR pace. The first row should be completed in under 2:00.

- [MEN] 30-24-18-12-6 CALORIE ROW
 - 2:30-2:00-1:30-1:00-0:30 Time Cap
 - 25-20-15-10-5 Calorie Ski
 - 30-24-18-12-6 Calorie Bike Erg
 - 25-20-15-10-5 Calorie Echo Bike
 - 500-400-300-200-100m Run
 - 30-24-18-12-6 Shuttle Runs (1 rep = 10m)
- [WOMEN] 25-20-15-10-5 CALORIE ROW
 - 2:30-2:00-1:30-1:00-0:30 Time Cap
 - 20-16-12-8-4 Calorie Ski
 - 25-20-15-10-5 Calorie Bike Erg
 - 20-16-12-8-4 Calorie Echo Bike
 - 500-400-300-200-100m Run
 - 30-24-18-12-6 Shuttle Runs (1 rep = 10m)

The One Teaching Focus | **Grip the ground**

- In both our squats we want to target a grip and twist the ground with the feet. This will create an arch in the midfoot and recruit the muscles of the posterior chain as athletes squat.

Logistics

- Ideally the row and hang squat cleans take about the same amount of time today, so if you need to share rowers have athletes start on the two different stations, but have a substitution option ready if it is a large class.

LESSON PLAN

LESSON PLAN

FRIDAY DEC 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 // 6 MINUTES | 3:00-9:00

- General Flow
 - Grab an Empty Barbell
 - :30 Pigeon (right + left)
 - :30 Scorpions
 - :30 Bootstraps
 - :30 Squat Hold
 - :30 Row
 - :30 Empty Barbell Elbow Rotations
 - :30 Row
 - :30 Empty Barbell Goodmornings
 - :30 Row
 - :30 Empty Barbell Bottom of Front Squat Hold

2

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

- Hang Squat Clean | tell, show, do, check
 - Establish stance & grip
 - Hip-width stance
 - Hangs right outside the shoulders
 - 3 Deadlifts
 - 3 Hang Dip + Extend
 - Cue athletes to keep the knuckles down so the bar stays close the body.
 - 3 Hang Dip + High Pull
 - Look for athletes to stand fast and pull the elbows to the ceiling.
 - 3 Hang Muscle Cleans
 - Cue athletes to turn the elbows under fast
 - 3 Front squats
 - Elbows should remain high
 - 3 Hang Squat Cleans
 - Look for athletes to extend fully before getting under the bar.

- 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 ½ cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - Focus on high elbows in set up and hold
 - 3 Cued Squat & hold
 - 3 Cued lightweight
 - Focus on elbows high throughout the rep

3

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

- 6:00 to Build to Working Weight
- 6:00 to Complete 3 Working Sets
- 3 Sets of 2 at 86%
- Transition to part 2

4

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

- Practice Round
 - 8 Cal Row
 - 4 Hang Squat Cleans
 - 6 Cal Row
 - 3 Hang Squat Cleans
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 41:00-59:00

- Look For
 - Row | Look for athletes to drive through the heels throughout their pull, we want a strong pull in our rowing.
 - Hang Squat Cleans | Look for quality today, if athletes have a hard time dropping under the barbell efficiently encourage them to catch in a power position and then complete the front squat.

6

COOL-DOWN // 1 MINUTE | 59:00-60:00

DAILY VIEW

DAILY VIEW

SATURDAY DEC 28

CLASS

“Marco Polo”
[TEAMS OF 3]
AMRAP 30:
45/36 Calorie Bike Erg
60 Dumbbell Push Press (50/35)'s
45/36 Calorie Bike Erg
60 Pull-ups

KG | 22.5/15's

OPEN | GAMES

3 Rounds:
21/15 Calorie Echo Bike
9 Bar Muscle-ups
9 Strict Handstand Push-ups
-Rest 5 Minutes-
3 Rounds:
21/15 Calorie Echo Bike
12 Chest to Bar Pull-ups
12 Handstand Push-ups

Time Cap: 25 Minutes

ACCESSORY WORK

(formerly 'After Party')

Gun Show
[PART A]
8x8 Strict Dips

Rest 30 Seconds Between Sets

[PART B]
100 Banded Biceps Curls

* Band Dips As Needed To Go Unbroken

AGE GROUP

55+ / 13-15

13-15 & 55+: (35/20)'s

KG | 15/10's

COACHING RESOURCES

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



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

SATURDAY DEC 28

OVERVIEW

Teams of three today for an AMRAP 30. Only one athlete works at a time, allowing athletes to switch out as they would like. Today is a great combo of burning the legs on the bike and then getting some push and pull on the floor.

SCORE

Rounds & Reps

TARGET

3-4 Rounds

STIMULUS

VO2 Max [RPE 8]

ELEMENT	STIMULUS	MODIFICATIONS	
Bike Erg	<ul style="list-style-type: none">3:00 total, recommend 15/12 each.	<ul style="list-style-type: none">3:30 Time Cap40/30 Calorie Echo Bike45/36 Calorie Row	<ul style="list-style-type: none">40/30 Calorie Ski600m Run
Push Press	<ul style="list-style-type: none">Sets of 10 unbroken.	<ul style="list-style-type: none">Reduce RepsBanded Pull-upsRing Rows	<ul style="list-style-type: none">Alternating Dumbbell Plank Rows (Renegade Row)
Pull-Ups	<ul style="list-style-type: none">Quick sets of 5-10.	<ul style="list-style-type: none">Reduce Loading/RepsSub Kettlebells or Barbell	<ul style="list-style-type: none">Dumbbell Strict PressesKipping Handstand Push-ups

The One Teaching Focus | **DB Push Press**

- Focus on athletes being controlled with the Dumbbells. We want efficient sound reps. Emphasize the hips extending fully before they press. Then ensure their finish position is with the DBs stacked over the shoulders at the top.

LESSON PLAN

LESSON PLAN

SATURDAY DEC 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

- General Flow
 - 3:00 Bike
 - 0:20 Arm circles
 - 0:20 Arm wraps
 - 0:20 Downward dog
 - 0:20 Tall plank
 - 0:20 Scorpions
 - 0:20 Knee push ups
 - 0:20 Quick ups
 - 0:20 Dead hang

2

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

- Push Press | tell, show, do, check
 - 5 Crush Grip Strict Press
 - 5 Single DB Dip + hold (each arm)
 - Look for an upright chest
 - 5 Single DB Dip + drive (each arm)
 - Look for an aggressive stand, squeeze the legs.
 - 5 Single DB Push Press (each arm)
 - Look for the finish position, barbell over the middle of the body.
 - 5 DB Push Press

- Pull Up | tell, show, do, check
 - 0:20 Scapular Pull-Ups
 - Athletes should focus on engaging the shoulder blades by pulling them down and back while keeping the arms straight.
 - 0:20 Hollow & Arch Swings
 - Ensure they maintain tight, controlled movements, focusing on core engagement and smooth transitions.
 - 0:20 Kipping Swings
 - Watch for athletes generating momentum through the shoulders and core, while avoiding any excessive bending of the knees or wild swinging.
 - 0:20 Kipping Pull-Ups
 - Ensure they maintain rhythm and control, emphasizing the importance of returning to a strong hollow position after each rep.

3

STRENGTH // # MINUTES | RANGE

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

- Practice Round
 - P1: Bike
 - P2: 6 DB Push Press + 6 Pull Ups
 - P 3: Rest
- Break
- Workout adjustments if needed

4

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

- Look For
 - Bike | We recommend athletes complete 15/12 Calories at a time today.
 - Push Press | Focus on our teaching point today.
 - Pull Ups | Athletes should aim for 5-10 unbroken, if unable then encourage another scaling option. Look for control and full range of motion.

5

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

DAILY VIEW

DAILY VIEW

SUNDAY DEC 29

CLASS

"ShamWow"
8 Rounds For Time:
200 Meter Run
10 Double Kettlebell Deadlifts

Kettlebells: (70/53)'s

Time Cap: 20 Minutes

KG | 32/24's

"Sunday Runday"
Run 2-3 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Durability
[Pitstop Carry Intervals]
6 Sets:
30 Meters w/ 3 Deadlifts at 15 Meters

Rest 30 Seconds Between Sets

Double Dumbbells: 70/50)'s

KG | 32/22.5's

AGE GROUP

55+ / 13-15

13-15 & 55+: (53/35)'s

KG | 24/16's

COACHING RESOURCES

- [Resource Links](#)

FOR THE COACH

COACH TOOLS

SUNDAY DEC 29

OVERVIEW

For today choose a run distance and load that will allow for sub 2-minute rounds. Today is about recovery pace, so focus on quality of movement, and staying consistent.

SCORE

Time

TARGET

12:00-16:00

STIMULUS

Recovery [RPE 2-3]

ELEMENT	STIMULUS	MODIFICATIONS	
Kettlebell Deadlift	<ul style="list-style-type: none">Unbroken rounds.	<ul style="list-style-type: none">Sub Barbell or Dumbbells	
Run	<ul style="list-style-type: none">1:15 or less.	<ul style="list-style-type: none">1:15 Time Cap250/225m Row200/180m Ski12/10 Calorie Echo Bike	<ul style="list-style-type: none">500/450m Bike Erg1:00 Moderate Effort on Treadmill/Runner16 Shuttle Runs

The One Teaching Focus | **Double Kettlebell Deadlift**

- This is a movement we do not do super often. Focus on athletes to set up as they would in a traditional deadlift. Athletes will have a tendency to hinge dramatically here, we want them to still focus on driving the feet through the floor.

Logistics

- Sub Double DBs if your class does not have enough KBs.

LESSON PLAN

LESSON PLAN

SUNDAY DEC 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

- Line drills 25' each
 - Quad pulls
 - Knee pull + calf raise
 - Inchworm + spiderman
 - Toe walk
 - Heel walk
 - Gater openers
 - Bunny hops
 - Broad jumps
 - High knees
 - Buttkickers
 - Shuttle Run

2

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

- KB Deadfit | tell, show, do, check
 - With Light KBs:
 - 5 Single KB Goodmorning (hold against chest)
 - 5 Single KB deadlift (Between Feet)
 - Look at theltes set up position, hips should be in the same position as a traditional deadlift.
 - 5 Single KB Deadfit (per side)
 - Look for athletes to remain stable and not lean towards one side.
 - 5 Double KB Deadfits
 - Look for athletes to still drop their hips as they touch the floor.
 - Build to workout weight as needed.

3

STRENGTH //

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

- Practice Round
 - 2 Rounds:
 - 100m run
 - 5 KB Deadlifts
- Break
- Workout adjustments if needed

4

WORKOUT // 20 MINUTES | 25:00-45:00

- Look For
 - Run | Athletes are targeting about 1:00 on the run, though this is a 2-3 on the RPE scale, so they shouldn't be having to go at a max effort.
 - KB Deadlift | Athletes will have a tendency to hinge too much here, encouraging them to still drop the hips and drive the feet through the floor.

5

COOL-DOWN // # MINUTES | RANGE