

COMPTRAIN | GYM

JAN 27 - FEB 02

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

JAN 27 - FEB 02

MONDAY

JAN 27

"Marston Lite" [BENCHMARK]
AMRAP 20:
1 Deadlift (315/205)
10 Toes to Bar
15 Bar-Facing Burpees

REPEAT FROM 1/10/24

TUESDAY

JAN 28

Back Squat
3 Sets:
3 Back Squats

"Abandon Ship"
AMRAP 5:
50/40 Calorie Row + Max Wallballs

AMRAP 4:
40/32 Calorie Row + Max Wallballs

AMRAP 3:
30/24 Calorie Row + Max Wallballs

AMRAP 2:
20/16 Calorie Row + Max Wallballs

AMRAP 1:
10/8 Calorie Row + Max Wallballs

WEDNESDAY

JAN 29

Weighted Strict Pull-up
3 Sets:
3 Weighted Strict Pull-ups
- Rest 20 Seconds -
3 Kneeling Medball Slams

"The Shredder"
For Time:
40/32 Calorie Bike Erg
40 Pull-ups
30/24 Calorie Bike Erg
30 Dumbbell Snatches (50/35)
20/16 Calorie Bike Erg
200 Meter Farmers Carry (50/35)'s
10/8 Calorie Bike Erg
100 Double Unders

THURSDAY

JAN 30

"Toss Up"
4 Rounds x AMRAP 4:
Buy-In: 400 Meter Run

Max Rounds...
12 Push Press (135/95)
21 Box Jumps (24"/20")

* Rest 4 Minutes Between Rounds
* Pick-up Where You Left Off Inside

FRIDAY

JAN 31

Deadlift
3 Sets:
3 Deadlifts
- Rest 20 Seconds -
2 Max Distance Broad Jumps

"Opposites Attract"
For Time:
1-10 Power Cleans
10-1 Front Squats

Barbell: (155/105)

SATURDAY

FEB 1

Bench Press
3 Sets:
3 Bench Press

"Brownie Points" [TEAM VERSION]
[TEAMS OF 3]
On the 6:00 x 3 Rounds:
50 Synchro Sit-ups
"X" Bodyweight Reps
Max Calorie Team Row

Pick One:
A) 30 Push-ups
B) 15 Burpees
C) 10 Wall Walks

SUNDAY

FEB 2

"The Beanstalk"
5 Rounds:
400 Meter Run
3 Rope Climbs (15')
20 Kettlebell Swings (53/35)

"Sunday Runday"
Beginner: Run 1.5 Miles
Intermediate: Run 2 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

JAN 27 - FEB 02

MONDAY

JAN 27

Eckhart Tolle

"You cannot find yourself by going into the past. You can find yourself by coming into the present."

True self-discovery happens in the present moment, not by dwelling on the past.

TUESDAY

JAN 28

Anne Bronte

"All our talents increase in the using, and every faculty, both good and bad, strengthens by exercise."

Skills and abilities grow stronger with practice, while neglect can cause them to atrophy.

WEDNESDAY

JAN 29

Richard Bach

"In order to live free and happily, you must sacrifice boredom. It is not always an easy sacrifice."

Embracing an adventurous and fulfilling life often means letting go of comfort and routine.

THURSDAY

JAN 30

Desiderius Erasmus

"The fox has many tricks. The hedgehog has but one. But that is the best of all."

Sometimes, mastering a single skill or strategy is more effective than trying to be proficient in many.

FRIDAY

JAN 31

Arthur Rubinstein

"Of course there is no formula for success except perhaps an unconditional acceptance of life and what it brings."

Success often requires accepting life's uncertainties and challenges with grace and resilience.

SATURDAY

FEB 1

Louis Pasteur

"Let me tell you the secret that has led me to my goal: my strength lies solely in my tenacity."

Perseverance is key to achieving your goals; staying determined in the face of obstacles is what leads to success.

SUNDAY

FEB 2

Rumi

"Something opens our wings. Something makes boredom and hurt disappear. Someone fills the cup in front of us: We taste only sacredness."

Life's meaningful moments and connections lift us beyond mundane struggles, revealing the sacredness in everyday experiences.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

JAN 27 - FEB 02

- We're headed into week 4 of our PowerBuilding training cycle.
- Check out our new protocol, Contrast Training, which shows up in the B week of the PowerBuilding cycle. Check out the cycle resources and linked videos for more details.
- Monday we are tackling a Benchmark "Marston Lite", this is a repeat from January 10th in 2024. If you guys have been following along since then have your members look back at their score so they have a target for the day!



DAILY VIEW

DAILY VIEW

MONDAY JAN 27

CLASS

"Marston Lite" [BENCHMARK]

AMRAP 20:

1 Deadlift (315/205)

10 Toes to Bar

15 Bar-Facing Burpees

REPEAT FROM 1/10/24

KG | (142/93)

OPEN | GAMES

AMRAP 20:

1 Deadlift (405/285)

10 Toes to Bar

15 Bar-Facing Burpees

ACCESSORY WORK

(formerly 'After Party')

Bike Conditioning

1-2-3-4-5-4-3-2-1 Minute Bike Erg

* Rest 30 Seconds After Each Set

* Performed At RPE 5-6

AGE GROUP

55+ / 13-15

(205/145)

KG | (93/65)

COACHING RESOURCES

- [The Deadlift: Points of Performance](#)
- [Resource Links](#)



KEEP IT SIMPLE. COACH WITH CONFIDENCE.

FOR THE COACH

COACH TOOLS

MONDAY JAN 27

OVERVIEW	Pacing will be an important factor in today's hero workout. Let's be mindful of this right from the start, as we're aiming to complete upwards of 10 rounds (about 2:00 per round).		
SCORE	Rounds + Reps	TARGET	7-12 Rounds
		STIMULUS	Heavy Loading
ELEMENT	NOTES		MODIFICATIONS
Deadlifts	<ul style="list-style-type: none">The barbell should be heavy but not cause you to compromise form. Loading should not exceed 80% of your 1RM deadlift.		<ul style="list-style-type: none">Reduce LoadingBarbell Sumo DeadliftSub Dumbbells or Kettlebells
Toes To Bar	<ul style="list-style-type: none">Should be completed in under 1:00 and in 1-2 sets each round.		<ul style="list-style-type: none">Good MorningsKettlebell Sumo Deadlift
Bar-Facing Burpees	<ul style="list-style-type: none">A two-foot take-off is not required, but you are required to jump over the bar (rather than step over). Both feet should be in the air at the same time. Reps should take 1:30 or less to complete.		<ul style="list-style-type: none">Reduce RepsV-UpsToes To As High As PossibleKnees To Chest
			<ul style="list-style-type: none">Regular Burpees15/12 Calorie Row, Ski, or Bike Erg

- The One Teaching Focus |Flat back
- Emphasize a neutral spine throughout the lift. The back should maintain its natural curvature, and athletes should avoid rounding or hyperextending the spine.
 - Strategy
 - On big unbroken sets, it helps to complete the first 2-3 reps as quickly as possible to try to outpace fatigue. Then if you need to pause in the overhead position, you can.
 - Logistics
 - If your space does not allow athletes to have enough room for bar facing burpees, have athletes do lateral burpees over bar.

LESSON PLAN

LESSON PLAN

MONDAY JAN 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
 - 2:00 On Any Machine
 - 0:30 Downward Upward Dogs
 - 0:30 Spidermans
 - 0:20 Tall Plank
 - 0:20 Plank Toe Taps
 - 0:20 Quick Ups
 - 0:20 Inchworms
 - 0:20 Burpees

2

SPECIFIC WARMUP // 15 MINUTES | 9:00-24:00

- Toes to Bar | tell, show, do, check
 - :10 dead hang
 - :10 scap pull ups
 - 5 Jump to hollow
 - 5 Jump to hollow and arch
 - 5 Press away kip swings
 - 5 Hanging knee tuck
 - 5 Full TTB or modification

- Silent Deadlift Warm Up
 - 3 Cued reps hips to above knee
 - Hips back first in the descent
 - Bar close
 - 3 Cued reps above knee to mid shin
 - Knees out of the way
 - 3 Cued reps mid shin to standing
 - Driving with the legs
 - Shoulders and hips rise together until bar passes knee
 - Add lightweight
 - 5 tempo, touch and go deadlifts
 - Focus: maintaining an active position throughout the entire rep. Move as slow as possible and be as silent as possible as you touch and go the reps.
 - Build to workout weight

3

STRENGTH //

4

PRIMER // 6 MINUTES | 24:00-30:00

- Practice Round
 - 1 Deadlift (Workout Weight)
 - 2 Toes to Bar
 - 2 Bar-Facing Burpees
- Break
- Workout adjustments if needed

5

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

- Look For
 - Deadlift: This should be a challenging load today, though we are still looking for all athletes to move soundly. Encourage athletes to drive through their legs as they stand.
 - Toes to Bar: Look for athletes to engage their lats and push down on the bar.
 - Bar-Facing Burpees: Today's workout will feel like a lot of time is spent doing burpees, encouraging athletes to start out at a steady pace, with a step up from the burpee to avoid major fatigue.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY JAN 28

CLASS

Back Squat
3 Sets:
3 Back Squats

* Build In Weight To Technical Failure

"Abandon Ship"
AMRAP 5:
50/40 Calorie Row
Max Wallballs

AMRAP 4:
40/32 Calorie Row
Max Wallballs

AMRAP 3:
30/24 Calorie Row
Max Wallballs

AMRAP 2:
20/16 Calorie Row
Max Wallballs

AMRAP 1:
10/8 Calorie Row
Max Wallballs

Medicine Ball: (20/14)
KG | (9/6)

OPEN | GAMES

Medball: (30/20)

AGE GROUP

55+ / 13-15

(20/10) to 9'
KG | (9/4.5)

ACCESSORY WORK

(formerly 'After Party')

Bulletproof Shoulders
For Quality:
100 Empty Barbell Z-Press
100 Banded Face Pulls

COACHING RESOURCES

- [Ben Coaches The Coaches - High Bar vs Low Bar Back Squats](#)
- [Resource Links](#)



FOR THE COACH

DAILY VIEW

TUESDAY JAN 28

OVERVIEW

In Part 1, This is the fourth week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development. In part 2, We've got a leg-burner today! Start each AMRAP with a row buy-in, then accumulate as many wallball reps as you can in the remaining window of time. There is a lot of interference between the wallballs and rowing, so choose your pace and sets wisely so you can keep moving deliberately. There is no rest between AMRAPs, so we're working for 15 minutes straight. There is a “Team Option” in the logistics, if you want to choose to offer a mid week team workout!

SCORE

Total Wallballs

TARGET

90-180 Wallballs

STIMULUS

Lactate Threshold [RPE 6-7]

ELEMENT

NOTES

MODIFICATIONS

Wallball

- Choose a weight that you can complete in sets of 10.

- Reduce Reps/Loading/Target Height
- Double Dumbbell Thrusters (25/15)s

- Empty Barbell Thrusters
- Wallball Thrusters
- No Squat Wallballs
- Air Squats

Row

- 4:00-3:00-2:00-1:00-0:30 Respectively.

- [MEN] 50-40-30-20-10 CALORIE ROW
 - 5:00-4:00-3:00-2:00-1:00 Time Cap
 - 40-32-24-16-8 Calorie Ski
 - 50-40-30-20-10 Calorie Bike Erg
 - 40-32-24-16-8 Calorie Echo Bike
 - 1,000-800-600-400-200m Run

- [WOMEN] 40-32-24-16-8 CALORIE ROW
 - 5:00-4:00-3:00-2:00-1:00 Time Cap
 - 30-24-18-12-6 Calorie Ski
 - 40-32-24-16-8 Calorie Bike Erg
 - 30-24-18-12-6 Calorie Echo Bike
 - 1,000-800-600-400-200m Run

The One Teaching Focus | **Drive Through the Heels**

- Instruct athletes to push through the heels when rising from the bottom of the squat.
- This engages the posterior chain (glutes and hamstrings) and ensures proper leg drive without shifting forward onto the toes.

- Strategy
 - Both of these movements interfere with each other. This means we have to be wise in our approach.
 - We think it is best to put the focus on the rows to buy yourself more time to complete wallball reps.
 - When you are working on the wallballs, accumulate reps by completing small, manageable sets that keep your heart rate and the fatigue in your legs from increasing too much. This will allow you to get back to the row and start moving at a good pace again.

- Logistics
 - [TEAMS OF 2 OPTION]
 - P1/2: 40/32 Calorie Row
 - P2/1: 40 Wallballs
 - P1/2: 30/24 Calorie Row
 - P2/1: 30 Wallballs
 - P1/2: 20/16 Calorie Row
 - P2/1: 20 Wallballs
 - P1/2: 10/8 Calorie Row
 - P2/1: 10 Wallballs
 -
 - Medicine Ball: (20/14)
 -
 - * Partner Switch Stations When They Both Finish Their Work
 - * Time Cap: 18 Minutes

LESSON PLAN

LESSON PLAN

TUESDAY JAN 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
 - 1:30 Row
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:30 Pigeon (right)
 - 0:30 Pigeon (left)
 - 0:30 Squat Hold
 - 0:30 Bodyweight Kang Squats
 - 0:30 Air Squats

2

SPECIFIC WARMUP // 15 MINUTES | 9:00-24:00

- Wallball | tell, show, do, check
 - 0:20 of each
 - Medball deadlifts
 - Medball front squat
 - Focus on chest up
 - Medball shoulder press
 - Medball thruster
 - Focus on aggressive hips out of the squat
 - Medball dip + throw
 - Focus on hips to hands to throw the medball
 - Wallballs
 - Focus on chest up in the squat
- Back Squat Warm Up
 - 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
 - 5 Back Squats @ A Light Weight
 - 3 Back Squats @ A Moderate Weight

3

STRENGTH // 12 MINUTES | 24:00-36:00

- Build In Weight To Technical Failure
- Aim for ~80-85% of 1RM
- Rest 2-3 Minutes Between Sets

PRIMER // 6 MINUTES | 36:00-42:00

- Practice Round
 - On The Minute x 3:
 - 5 Calorie Row Sprint + 3-5 Wallballs
- Break
- Workout adjustments if needed

4

WORKOUT // 15 MINUTES | 42:00-57:00

- Look For
 - Row: Look for athletes to keep their heels down and drive through the heels, so that the hamstrings get used more on the row, rather than over using their quads.
 - Wallballs: Look for athletes to try and get right to the ball and pick it up as quickly as they can, maybe start out with small controllable sets so they can stay consistent.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY JAN 29

CLASS

Weighted Strict Pull-up

3 Sets:

3 Weighted Strict Pull-ups

- Rest 20 Seconds -

3 Kneeling Medball Slams

* Build In Weight To Technical Failure

* Rest 2-3 Minutes Between Sets

"The Shredder"

For Time:

40/32 Calorie Bike Erg

40 Pull-ups

30/24 Calorie Bike Erg

30 Dumbbell Snatches (50/35)

20/16 Calorie Bike Erg

200 Meter Farmers Carry (50/35)'s

10/8 Calorie Bike Erg

100 Double Unders

Time Cap: 18 Minutes

KG | (22.5/15)

OPEN | GAMES

For Time:

40/32 Calorie Echo Bike

40 Chest to Bar Pull-ups

30/24 Calorie Echo Bike

30 Dumbbell Snatches (70/50)

20/16 Calorie Echo Bike

200' Handstand Walk

10/8 Calorie Echo Bike

100 Double Unders

AGE GROUP

55+ / 13-15

(35/25)'s

KG | (15/11)

ACCESSORY WORK

(formerly 'After Party')

Killer Core

4 Giant Sets:

20 Dumbbell Plank Rows (10/Side)

10 Dumbbell Side Bends (R)

10 Dumbbell Side Bends (L)

Rest 2 Minutes Between Giant Sets

COACHING RESOURCES

- [Demo | Strict Pull Up + Medball Slams](#)
- [Strict Pull Ups Progression](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	In part 1, We're contrasting heavy pull-ups with quick medball slams to stimulate power development. BE AGGRESSIVE in your medball slams. Moving with speed is what stimulates the body to become more explosive. Please watch your face as the ball bounces back up! In part 2, In this chipper-style workout, we alternate between bike and non-bike movements, each non-bike movement challenging our grip. For all of the non-bike movements, choose weights/variations/ reps that allow the work to be completed in about 2 minutes or less.					
	SCORE	Time	TARGET	10-16 Minutes	STIMULUS	Lactate Threshold [RPE 6-7]
	ELEMENT	NOTES		MODIFICATIONS		
	Pull-Ups	• 2:00 or less, 5+ unbroken at a time.		• Reduce Reps • Banded Pull-ups		• Ring Rows • Alternating Dumbbell Plank Rows
	DB Snatches	• Use a single dumbbell and alternate arms every rep. 1-2 sets, 2:00 or less.		• Reduce Loading/Reps • Dumbbell Hang Power Snatches • Plate Ground to Overhead		• Kettlebell Swings at Same Weight • Barbell Hang Power Snatches (75/55)
Farmer's Carry	• Use two dumbbells held at the sides. 2:00 or less, able to complete 100m before breaking.		• Reduce Loading/Distance • Sub Kettlebells or Plates		• 2:00 Farmer's Carry March in Place • 2:00 Farmer's Carry Hold	
Double Unders	• 2:00 or less.		• Reduce Reps • 150 Single Unders • Plate Hops		• 20 Burpees • 1:30 Effort On Any Machine	
Bike	• 3:00-2:00-1:00-0:30 respectively, These are not caps but more so goals.		• [MEN] 40-30-20-10 CALORIE BIKE <ul style="list-style-type: none">4:00-3:00-2:00-1:00 Time Cap35-25-16-8 Calorie Fan Bike40-30-20-10 Calorie Row35-25-16-8 Calorie Ski500-400-300-200m Run3:00-2:15-1:30-0:45 Moderate Effort on Treadmill/Runner40-30-20-10 Shuttle Runs (1 rep = 10m) • [WOMEN] 32-24-16-8 CALORIE BIKE <ul style="list-style-type: none">4:00-3:00-2:00-1:00 Time Cap28-20-13-6 Calorie Fan Bike32-24-16-8 Calorie Row28-20-13-6 Calorie Ski500-400-300-200m Run3:00-2:15-1:30-0:45 Moderate Effort on Treadmill/Runner40-30-20-10 Shuttle Runs (1 rep = 10m)			

The One Teaching Focus | **Scapular Engagement**

- Emphasize scapular retraction and depression before initiating the pull-up. Athletes should engage their shoulder blades by pulling them down and back.
- Strategy
 - Break the non-bike movements into manageable chunks to mitigate forearm and grip fatigue. You might think you are getting a break on the bike, but it requires more forearm and grip musculature than many realize.
 - Bike at a pace you could maintain for 30+ minutes if asked to. It should feel challenging, but should not be in question. If you are feeling good on the back half of the workout, pick the bike pace up a little.
- Logistics
 - Sharing bikes today can cause athletes having to wait on one another, it will flow better to use a different machine if needed.

LESSON PLAN

LESSON PLAN

WEDNESDAY JAN 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
 - 2:00 Bike
 - 0:30 Band Pass Throughs
 - 0:30 Around the Worlds
 - 0:30 Banded Lat Stretch (right)
 - 0:30 Banded Lat Stretch (left)
 - 0:10 Dead Hang
 - 0:10 Supinated Hang

2

SPECIFIC WARMUP // 15 MINUTES | 9:00-24:00

- Dumbbell Snatch Warm Up | tell, show, do, check
 - 0:20 Alternating Single DB Deadlift (Light Load)
 - Look for athletes to drop their hips throughout reps.
 - 0:20 Alternating Single DB Deadlift + High Pull (Light Load)
 - Emphasize athletes to fully extend the hips before pulling the DB.
 - 0:20 Single DB Push Press (Each Arm) (Light Load)
 - Look for the finish position: DB stacked over the body, bicep by the ear.
 - 0:20 Alternating DB Hang Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Light Load)
 - Again, emphasize the hips extending first.
 - 0:20 Alternating DB Snatch (Workout Load)

- Medball Slams Prep
 - Medball Ground to Overhead
 - Emphasize opening the hips all the way
 - Medball Slams (light)
 - Look for athletes to fully extend, then explosively hinge to “close” the hips.
 - Medball Slams (working load)
 - Encourage as much explosiveness as possible.

- Strict Pull-Ups
 - 0:20 Dead Hang on Pull-up Bar
 - 8 Slow Scap Retractions
 - Have athletes focus on keeping their head in between their arms.
 - 3 Slow Pull-up Negatives (0:03-0:05 Lower)
 - Focus on elbow position, elbows slightly in front of the body.
 - 3 Strict Pull-ups
 - Look that athletes are getting full range of motion throughout their reps.
 - 3 Light Weight Strict Pull-Ups (or heavy banded)
 - 2 Moderate Weight Strict Pull-Ups (or moderately banded)
 - Build To Starting Weight

3

STRENGTH // 12 MINUTES | 24:00-36:00

- Build In Weight To Technical Failure
- Rest 2-3 Minutes Between Sets
- Emphasize athletes rest at least 0:20 between their pull ups and slams.

4

PRIMER // 6 MINUTES | 36:00-42:00

- Practice Round
 - On The Minute x 4:
 - Min 1: 5/4 Calorie Bike + 5 Pull-ups
 - Min 2: 5/4 Calorie Bike + 4 Dumbbell Snatches
 - Min 3: 5/4 Calorie Bike + 4 Dumbbell Deadlifts
 - Min 4: 5/4 Calorie Bike + 10 Double Unders
- Break
- Workout adjustments if needed

5

WORKOUT // 18 MINUTES | 42:00-60:00

- Look For
 - Bike: Consistent pace, think of the bike as a recovery from the other movements. Encourage athletes to breathe and get the heart rate back to a steady state.
 - Pull Ups: 5-10 unbroken reps at a time, the target is 2:00 Encourage scaling if needed.
 - Snatches: Athletes alternate hands each rep, they should be able to complete these in 2-3 sets.
 - Farmers carry: Look for athletes to roll the shoulders back and down as they walk.
 - Double Unders: Athletes will need to try and focus on wrist speed here, not turning the rope with their whole arm.

6

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

THURSDAY JAN 30

CLASS

"Toss Up"

4 Rounds x AMRAP 4:
Buy-In: 400 Meter Run

Max Rounds...
12 Push Press (135/95)
21 Box Jumps (24"/20")

- * Rest 4 Minutes Between Rounds
- * Pick-up Where You Left Off Inside
- * Score: Total Rounds + Reps

KG | (61/43)

OPEN | GAMES

Same as Class

ACCESSORY WORK

(formerly 'After Party')

Gun Show
3 Sets:
Push-ups To Failure

Rest 3 Minutes Between Sets

AGE GROUP

55+ / 13-15

(95/65)
KG | (43/29)

COACHING RESOURCES

- [The Push Press: Points of Performance](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW	After an initial buy-in run, complete max rounds of push press + box jumps. Each AMRAP starts with the buy-in run, but you'll pick up where you left off on the push press + box jump couplet. So if you completed 2 rounds + 3 push press in the first AMRAP, begin your next AMRAP with the 400m run buy-in, then complete your 4th push press and so on.							
SCORE	Rounds + Reps		TARGET	4-7 Rounds		STIMULUS	Moderate Weight	
ELEMENT			NOTES			MODIFICATIONS		
Run			• Should be completed in 2:15 or less.			• 2:30 Time Cap • 500/450m Row • 400/360m Ski • 25/20 Calorie Echo Bike		• 1,000/900m Bike Erg • 2:00 Moderate Effort on Treadmill/Runner • 32 Shuttle Runs (1 rep = 10m)
Push Press			• Choose a barbell weight you can complete within 2 sets.			• Reduce Loading/Reps • Sub Kettlebells or Dumbbells (50/35)s		• Strict Press • Push Jerk • Kipping Handstand Push-ups
Box Jumps			• Must reach full lockout/extension of the hips/knees at the top of the box. Step down off the top of the box - no rebounding. Should be able to complete 21 in about a minute.			• Reduce Box Height • Box Step-Ups • 42 Squat Jumps • 42 Jumping Lunges		• Alternating Single-leg Squats (Pistols) • Reverse Lunges • Broad Jumps
						• COLD WEATHER SUB <ul style="list-style-type: none">Any of the Run Modifications40 Box Step-ups150 Double Unders / 200 Single Unders100 Mountain Climbers (Per Side)		

- The One Teaching Focus | **Fast & Furious**
- This emphasis applies to multiple points of the lift. We want athletes to be quick, efficient, and even a little violent in the dip, the drive, and the press.
 - Strategy
 - Because we're starting the runs fresh each round after 4 minutes of rest, look to push the pace at the beginning of your run before settling. You still want to be able to immediately pick up the barbell at the conclusion of your run.
 - Be sure to use the rest periods between AMRAPs to record how many rounds and reps you have accumulated so you know where to pick up.
 - Logistics
 - If equipment needs to be shared, you can run a second group during the 4:00 rest of the first group.

LESSON PLAN

LESSON PLAN

THURSDAY JAN 30

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
 - 1:30 Box Step Ups
 - 0:30 Calf Stretch (right)
 - 0:30 Calf Stretch (left)
 - 0:30 Leg Swings (right)
 - 0:30 Leg Swings (left)
 - 0:20 Pogo Hops
 - 0:20 High Knees
 - 100m Run

2

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

- Box Jump Prep
 - 15 Pogo Hops [Each Leg]
 - 10 Box Step-ups
 - 10 Jumps to Short Box & Step Down
 - 4 Jumps to Workout Height & Step Down
- Push Press | tell, show, do, check
 - 5 Behind the neck shoulder press
 - 10 Elbow rotations
 - 5 Dip + hold
 - Look for an upright chest
 - 5 Dip + drive
 - Look for an aggressive stand, squeeze the legs.
 - 5 Push Press
 - Look for the finish position, barbell over the middle of the body.

3

STRENGTH //

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

- Practice Round
 - 100m Run
 - 3 Push Press
 - 3 Box Jumps
 - 3 Push Press
 - 3 Box Jumps
- Break
- Workout adjustments if needed

4

WORKOUT // 28 MINUTES | 27:00-55:00

- Look For
 - Run: Be sure athletes have chosen a distance that allows them to come in around the 2:00 mark.
 - Push Press: Look for the hips to be the mover here, we want athletes to fully extend hard each rep.
 - Box Jumps: Focus on athletes landing soft on the box, if they work to be explosive and jump high they tend to land softer on the box.

5

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

DAILY VIEW

DAILY VIEW

FRIDAY JAN 31

CLASS

Deadlift
3 Sets:
3 Deadlifts
- Rest 20 Seconds -
2 Max Distance Broad Jumps

- * Build In Weight To Technical Failure
- * Aim for ~80-85% of 1RM
- * Rest 2-3 Minutes Between Sets

"Opposites Attract"
For Time:
1-10 Power Cleans
10-1 Front Squats

Barbell: (155/105)

Time Cap: 15 Minutes

KG | (70/47)

OPEN | GAMES

"Big Bang"
For Time:
50 Power Cleans (225/155)

Time Cap: 12 Minutes

AGE GROUP

55+ / 13-15

(115/85)
KG | (52/38)

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
3-5 Sets:
40 Second Bulgarian Split Squat Hold (R)
20 Second Rest
40 Second Bulgarian Split Squat Hold (L)
20 Seconds Rest

- * Active Hold Just Below Parallel
- * Can Add Weight But Must Be Unbroken

COACHING RESOURCES

- [Demo | 3 Deadlifts + Broad Jumps](#)
- [Teaching the Deadlift](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This is the fourth week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development. We're contrasting heavy deadlifts with broad jumps to stimulate power development. BE EXPLOSIVE with your broad jumps. Moving with as much speed as you can is what stimulates the body to become more explosive. In part 2, There is a lot of interference in today's pull-push ladder workout and we don't get a break from the barbell. Pace the movement that is most challenging for you and lean into the movement you are best at. Every round adds up to 11 reps.

SCORE

Time

TARGET

8-15 Minutes

STIMULUS

Moderate Weight

ELEMENT

NOTES

MODIFICATIONS

Barbell

- Choose a barbell weight you can complete in steady singles for the power cleans and within 2 sets for the front squats. Loading should not exceed 70% of your 1RM power clean.

- Reduce Loading
- Sub Dumbbells (50/35)s
- Power Cleans + Lunges

- Push Press + Front Squats
- Deadlifts + Front Squats

The One Teaching Focus | **Shoulder Position**

- Check that the shoulders are directly over or slightly in front of the bar at the start of the lift. This helps maintain a more vertical bar path.
- Strategy
 - We recommend doing singles on the power cleans throughout the workout. Each round, go directly from your last power clean into your front squats, then drop the bar before beginning the next round of power cleans. The goal is to complete each set of front squats unbroken, but if you have to break them up into two sets, that's okay.
 - If you break up the front squats, you can squat clean the barbell to start accumulating reps again and count that as one rep.

LESSON PLAN

LESSON PLAN

FRIDAY JAN 31

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 Samson Stretch (right)
 - 0:30 Samson Stretch (left)
 - 0:30 Bootstraps
 - 0:30 90/90 Hip Rotations
 - 0:20 Glute Bridges
 - 0:20 Bodyweight Goodmornings
 - 0:20 Tempo Air Squats
 - 0:20 Cossack Squats
 - 0:20 Reverse Lunge
 - 0:20 Air Squats

2

SPECIFIC WARMUP // 15 MINUTES | 9:00-24:00

- Barbell Flow + Prep
 - 10 Barbell Goodmornings
 - 10 Elbow Rotations
 - 5 Back Squats
 - 5 Barbell Muscle Cleans
 - 5 Hang Power Cleans
 - 3 Power Cleans
 - 3 Front Squats
- Broad Jump Prep
 - 20 Pogo Hops in place
 - 10 Forward Jumping Pogo Hops
 - 5 Vertical Jumps
 - 3 Moderate Effort Broad Jumps
 - Look for athletes to jump off two feet, and land softly
 - 3 Hard Effort Broad Jumps
 - Emphasize explosiveness, while maintaining a sound landing.
- 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 // 15 MINUTES | 24:00-39:00

- Build In Weight To Technical Failure
- Aim for ~80-85%
- Rest 2-3 Minutes Between Sets
- Emphasize athletes rest at least 0:20 between deadlifts and broad jumps.

4

PRIMER // 6 MINUTES | 39:00-45:00

- Practice Round
 - On The Minute x 3:
 - 3 Power Cleans
 - 3 Front Squats
- Break
- Workout adjustments if needed

5

WORKOUT // 15 MINUTES | 45:00-60:00

- Look For
 - Power Cleans: Be sure athletes are fully locking out the last rep of each power clean before going into their first front squat. As the reps increase athletes need to look to maintain a steady pace if completing singles.
 - Front Squats: Look for athletes to keep their back engaged, we do not want to see over rounding in the upper back as they squat.

6

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

SATURDAY FEB 1

CLASS

Bench Press
3 Sets:
3 Bench Press

* Build In Weight To Technical Failure

"Brownie Points" [TEAM VERSION]
[TEAMS OF 3]
On the 6:00 x 3 Rounds:
50 Synchro Sit-ups
"X" Bodyweight Reps
Max Calorie Team Row

Pick One:
A) 30 Push-ups
B) 15 Burpees
C) 10 Wall Walks

OPEN | GAMES

5 Rounds x AMRAP 3:
300/270 Meter Row
20 GHD Sit-ups
Max Bodyweight Reps
Rest 1 Minute Between Rounds

Round 1: Wall Walks
Round 2: Strict Handstand Push-ups
Round 3: Kipping Handstand Push-ups
Round 4: Burpees
Round 5: Push-ups

ACCESSORY WORK

(formerly 'After Party')

Banded Pull Aparts
For Quality:
200 Banded Pull Aparts

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Teaching the Bench Press](#)
- [Resource Links](#)



FOR THE COACH

OVERVIEW

In Part1, This is the fourth week of our 8-week PowerBuilding Cycle. This cycle incorporates ten lifts and alternates between hypertrophy-focused (higher rep) and absolute strength-focused (lower rep) weeks, ensuring balanced development. In part 2, Today is a fun twist on a team workout. We are looking to be synchronized at the top of our sit ups. Each teammate can choose whatever bodyweight movement they would like. They can do the same one every round, or a different one, but all are designed to take around 1:00-1:30 to complete. The first teammate done with their reps can advance to the rower.

SCORE

Total Calories

TARGET

100-300 Calories

STIMULUS

VO2 Max [RPE 7-8]

ELEMENT

NOTES

MODIFICATIONS

Sit Ups

- About 2:00, Synchro at the top of each rep.

- Reduce Reps
- Hollow Rocks

- Tuck Crunches

Row

- One team member at a time on the rower.

- Sub Bike, Ski, Run

Bodyweight reps

- 1:00-1:30, each teammate can choose their own movement.

- PUSH-UPS
 - Box Push-Ups (Hands Elevated)
 - Dumbbell Bench Press
 - Dumbbell Floor Press
- BURPEES
 - No Push-Up Burpee
 - 2x Mountain Climbers
 - 2x Air Squats
 - Box Jumps
 - Shuttle Runs (1 rep = 10m)
- WALL WALKS
 - Scaled Wall Walks (Hands Stay, Feet Walk Up Wall)
 - 3x Double Dumbbell Strict Presses
 - 3x Plank Shoulder Taps

The One Teaching Focus |**Bar Path**

- Bar should travel in a slight arc from chest to overhead.
- Ensures efficiency and protects the shoulders.

Logistics

- INDY VERSION
 - 5 Rounds x AMRAP 3:
 - 300/270 Meter Row
 - 30 AbMat Sit-ups
 - Max Bodyweight Points
 - Rest 1 Minute Between Rounds
 - Push-ups: 1 Point
 - Burpees: 3 Points
 - Wall Walks: 5 Points

LESSON PLAN

LESSON PLAN

SATURDAY FEB 1

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
 - 1:00 Row
 - 0:20 Tall Plank
 - 0:20 Downward Dog
 - 0:20 Plank Shoulder Taps
 - 0:20 Tempo Push-Ups
 - 0:20 Quick Ups
 - 0:20 Push-Ups
 - 0:20 Burpees
 - 1:00 Wall Walk Practice

2

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

- 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 Cued bench press at light load

3

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

- Build In Weight To Technical Failure
- Aim for ~80-85% of 1RM
- Rest 2-3 Minutes Between Sets

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

- Practice Round
 - 10 Sit Ups
 - 10 Push-ups, or 5 Burpees, or 2 Wall walks
 - 0:20 Row Each
- Break
- Workout adjustments if needed

4

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

- Look For
 - Sit Ups: Target here is 2:00, be sure athletes scale reps if needed to hit the target.
 - “X” Movements: This is a great day for athletes to work wall walks if they want to, in all of our movements we should remain tight in the core and engaged.
 - Row: Athletes get to switch out as they want to here, so encourage a hard effort.

5

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

DAILY VIEW

DAILY VIEW

SUNDAY FEB 2

CLASS

"The Beanstalk"
5 Rounds:
400 Meter Run
3 Rope Climbs (15')
20 Kettlebell Swings (53/35)

KG | (24/15)

"Sunday Runday"
Beginner: Run 1.5 Miles
Intermediate: Run 2 Miles

OPEN | GAMES

N/A

ACCESSORY WORK

(formerly 'After Party')

Durability
For Quality:
200 Meter Back Rack Carry (Bodyweight)
200 Meter Front Rack Carry (1/2 Bodyweight)

AGE GROUP

55+ / 13-15

(35/25)
KG | (15/11)

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY FEB 2

OVERVIEW	Look to move at a steady pace today, with this being a 5 round workout do not come out too hot in the beginning. Find a pace in the first round that you can maintain through the 5 rounds.					
	SCORE	Time	TARGET	18-25 Minutes	STIMULUS	Recovery [RPE 2-3]
	ELEMENT		NOTES		MODIFICATIONS	
	Run		• About 2:00		• 2:30 Time Cap • 500/450m Row • 400/360m Ski • 25/20 Calorie Echo Bike • 1,000/900m Bike Erg	
	Rope Climbs		• 90 seconds, 1 rep every 0:30		• Reduce Height • 9 Strict Pull-Ups • 9 Ring Rows • 9 Toes To Bar	
KB Swings		• 1:00 or less, unbroken sets are the goal		• Reduce Loading/Reps • Single Dumbbell Hang Power Snatches		
				• Empty Barbell Hang Power Snatches • Russian Kettlebell Swings		
				• COLD WEATHER SUB <ul style="list-style-type: none">◦ Use any of the Run Mods◦ 40 Box Step-ups◦ 150 Double Unders / 200 Single Unders◦ 100 Mountain Climbers (Per Side)		

- The One Teaching Focus | **Hip Extension**
- Focus on the explosive hip extension at the top of the swing. The power should come from the hips, and the movement should finish with a straight line from the head to the heels.
 - Check that the glutes are engaged at the top of the swing, with the pelvis fully pushed forward.

LESSON PLAN

LESSON PLAN

SUNDAY FEB 2

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
 - Inchworm + Spiderman
 - Knuckle Draggers
 - Hip Openers
 - Knee Pulls
 - Toe Walk
 - Heel Walk
 - Bunny Hops
 - Broad Jumps
 - High Knees
 - Butt Kickers

2

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

- Rope Climb Warm Up
 - 4 Reps jumping rope pull up with knee tuck
 - 5 rep Reach
 - Standing to reach and grasp
 - 5 rep Tuck
 - Grasp and tuck knees to chest
 - 5 rep Clamp
 - Grasp, tuck knees, clamp feet
 - 5 rep Stand
 - Grasp, tuck knees, camp feet, stand tall
 - 2 Reps workout movement

- KB Swing Prep
 - :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 | 19:00-25:00

- Practice Round
 - 100m Run
 - 1 Rope Climb
 - 5 KB Swings
- Break
- Workout adjustments if needed

4

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

- Look For
 - Run: Encourage athletes to run at a pace that will allow them to get right to work inside.
 - Rope Climbs: 1 Rope climb each 0:30 is the target, look for a big tuck before clasping so athletes use as few pulls as possible.
 - KB Swings: Encourage a full hip extension to get full power from the lower body as they swing.

5

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