

COMPTRAIN | GYM

FEB 17 - FEB 23

LESSON PLAN

Elevate your programming approach.

LESSON PLAN

WEEKLY VIEW

WEEKLY

FEB 17 - FEB 23

MONDAY

FEB 17

Front Squat
3 Sets:
6 Front Squats

* Build In Weight To Technical Failure
* Rest 2-3 Minutes Between Sets

"Clean Up"
10 Rounds For Time:
3 Deadlifts (255/175)
1-10 Dumbbell Front Squats (50/35)'s

Time Cap: 18 Minutes

TUESDAY

FEB 18

Strict Press
3 Sets:
6 Strict Press

* Build In Weight To Technical Failure
* Rest 2-3 Minutes Between Sets

"One Last Breath"
For Time:
60 Toes to Bar
60 Push Jerks (135/95)

* Partition However You'd Like

Time Cap: 15 Minutes

WEDNESDAY

FEB 19

"Caitlin" [BENCHMARK]
For Time:
2,000 Meter Row
120 Calorie Bike Erg
1,600 Meter Run

Time Cap: 35 Minutes

THURSDAY

FEB 20

Sumo Deadlift
3 Sets:
6 Sumo Deadlifts

* Build In Weight To Technical Failure
* Rest 2-3 Minutes Between Sets

"Hurry Back"
For Time:
40-30-20-10 Box Jumps (24"/20")
20-15-10-5 Power Cleans (155/105)

Time Cap: 18 Minutes

FRIDAY

FEB 21

"Hilltop"
For Time
100/80 Calorie Row
50 Thrusters
50 Pull-ups
50 Thrusters
100/80 Calorie Row

Barbell: (45/35)

SATURDAY

FEB 22

"Team Dork" [HERO]
[TEAMS OF 3]
6 Rounds For Time:
60 Double Unders
30 Kettlebell Swings (53/35)
15 Burpees

* Each Partner Start @ Different Station
* Rotate Upon Completion Of All Stations

Time Cap: 30 Minutes

SUNDAY

FEB 23

"Air Guitar"
AMRAP 15:
15/12 Calorie Bike Erg
15 Air Squats
15 Dumbbell Bench Press (50/35)'s
15 Air Squats

"Sunday Runday"
Beginner: Run 2 Miles
Intermediate: Run 2.5 Miles

NEWS & INFO

LINKS - Click to Access

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

WEEKLY MINDSET

WEEKLY

FEB 17 - FEB 23

MONDAY

FEB 17

Andre Gide

"One does not discover new lands without
consenting to lose sight of the shore for a very
long time."

Exploration and discovery require letting go of
the familiar and embracing uncertainty.

TUESDAY

FEB 18

Sai Baba

"What is new in the world? Nothing. What is old
in the world? Nothing. Everything has always
been and will always be."

Life's fundamental truths remain constant, even
as they appear in different forms over time.

WEDNESDAY

FEB 19

Dalai Lama

"Genuine love should first be directed at oneself.
If we do not love ourselves, how can we love
others?"

Self-love is the foundation for loving others; you
must care for yourself before you can truly care
for others.

THURSDAY

FEB 20

Tom Lehrer

"Life is like a sewer. What you get out of it
depends on what you put into it."

The effort and attitude you bring to life
determine the quality of your experiences.

FRIDAY

FEB 21

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

FEB 22

Alfred Sheinwold

"Learn all you can from the mistakes of others.
You won't have time to make them all yourself."

Observing and learning from others' mistakes can
save you from making the same errors yourself.

SUNDAY

FEB 23

Sri Chinmoy

"Judge nothing, you will be happy. Forgive
everything, you will be happier. Love everything,
you will be happiest."

Letting go of judgment and embracing
forgiveness and love leads to greater happiness
and peace.

MENTAL FITNESS.

COACH DIGEST

WEEKLY

FEB 17 - FEB 23

- This week, we are entering the hypertrophic phase of our power-building cycle. We'll complete three working sets of six reps at 70-80% of your max. You can build within that range as needed or stay at the same weight throughout all three sets.
- On Wednesday, we have the benchmark workout "Caitlin," which also coincides with Bring A Friend Day! This workout is beginner-friendly and accessible to new athletes on their first day. We've provided a partner version in the logistics, which you can choose to implement if it fits your class dynamic.
- Friday brings a beast of a thruster workout, reminiscent of the classic Girl WOD "Jackie." This chipper starts with a long row, transitions into light-weight thrusters, and culminates with a demanding high-rep set of pull-ups in the middle. Get ready to grind!



DAILY VIEW

DAILY VIEW

MONDAY FEB 17

CLASS

Front Squat
3 Sets:
6 Front Squats

- * Build In Weight To Technical Failure
- * Rest 2-3 Minutes Between Sets

"Clean Up"
10 Rounds For Time:
3 Deadlifts (255/175)
1-10 Dumbbell Front Squats (50/35)'s

Time Cap: 18 Minutes

KG | (115/79), (22.5/15)'s

OPEN | GAMES

Deadlift: (315/225)

ACCESSORY WORK

(formerly 'After Party')

Posterior Pump
[PART A]
3 Sets:
16 Deficit Back Rack Lunges (8 Each Side)
* Same Weight Across
* Step Off 45# Plates

[PART B]
3 Sets:
20 Jumping Lunges
30 Second Wall Sit
*Rest 1-2 Minutes Between All Sets

AGE GROUP

55+ / 13-15

(185/135), (35/25)'s

KG | (83/61), (15/11)'s

COACHING RESOURCES

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



FOR THE COACH

OVERVIEW

In part 1, This is the seventh 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's workout becomes challenging quickly, demanding muscular endurance on the back end of the workout. Move at a moderate intensity from the beginning, as the workout becomes progressively more challenging and intensity naturally increases as the volume of dumbbell front squats increases.

SCORE		Total Time	TARGET		6-12 Minutes	TARGET LOAD		Moderate-Heavy	STIMULUS		Lactate Threshold [RPE 6-7]
ELEMENT			STIMULUS					MODIFICATIONS			
Deadlifts			<ul style="list-style-type: none">• These are ideally performed unbroken or as quick singles to maintain good form.					<ul style="list-style-type: none">• Reduce Loading/Reps• Sub Dumbbells (100/70)s• Good Mornings		<ul style="list-style-type: none">• Barbell Sumo Deadlift• Kettlebell Sumo Deadlift	
Dumbbell Front Squats			<ul style="list-style-type: none">• These should be heavy enough to challenge athletes but manageable with smart pacing, particularly during the higher rep rounds.					<ul style="list-style-type: none">• Reduce Loading• Single Dumbbell Squats		<ul style="list-style-type: none">• Barbell Front Squats (115/85)• 2x Air Squats	

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.
- Strategy
 - Deadlifts: Keep your form tight and controlled. If possible, perform touch-and-go reps to minimize rest periods or do quick, efficient singles to keep good form.
 - Dumbbell Front Squats: Maintain an upright torso and core engagement throughout. In the lower rep rounds, attempt to go unbroken. In the higher rep rounds, break sets as needed but minimize rest between sets. Focus on breathing efficiently to maintain stamina.
 - Transitions: Keep transitions between movements smooth and deliberate. Aim to keep rest minimal and intentional.
- Logistics
 - Sharing equipment will be difficult to manage because the ascending ladder is squats. Sub out DBs for KBs if needed.

LESSON PLAN

LESSON PLAN

MONDAY FEB 17

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 0:30 Couch Stretch (right)
 - 0:30 Couch Stretch (left)
 - 0:30 Childs Pose
 - 0:30 Glute Bridges
 - 0:30 Scorpions
 - 0:30 Bootstraps
 - 0:30 Cossak Squats
 - 0:30 Bodyweight Goodmornings
 - 0:30 Air Squats

2

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

- General Deadlift Warm Up
 - 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

- 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 ¾ Squat & hold
 - Focus on hip initiated squat while maintaining high elbows
 - 3 cued Squat & hold
 - Focus on high elbows throughout the rep and in the bottom position
 - 2 Cued Squat & Hold
 - Focus on leading with the elbows as the athlete stands
 - 5 Empty Barbell Front Squats
 - Look for athletes to lead with the elbows, and keep weight in the heels.

3

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

- Build In Weight To Technical Failure
- Aim for ~70-80% of 1RM
- Rest 2-3 Minutes Between Sets

4

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

- Practice Round
 - 2 Rounds:
 - 1 Deadlift
 - 3 DB Front Squats
- Break
- Workout adjustments if needed

5

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

- Look For
 - Deadlift: Be sure athletes maintain a flat back as the workout intensity starts to increase. Ideally we maintain unbroken sets or quick singles. Reps shouldn't take longer than 0:20-0:30 each round.
 - DB Front Squat: Look for athletes to maintain a neutral spine throughout the later sets of the front squats. We want to see athletes avoid rounding in the upper back.

6

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

DAILY VIEW

DAILY VIEW

TUESDAY FEB 18

CLASS

Strict Press

3 Sets:
6 Strict Press

- * Build In Weight To Technical Failure
- * Rest 2-3 Minutes Between Sets

"One Last Breath"

For Time:
60 Toes to Bar
60 Push Jerks (135/95)

- * Partition However You'd Like

Time Cap: 15 Minutes

KG | (61/43)

OPEN | GAMES

Push Jerk: (155/105)

AGE GROUP

55+ / 13-15

(95/65)

KG | (43/29)

ACCESSORY WORK

(formerly 'After Party')

Gun Show

[PART A]

4 Sets:
10 Close Grip Bench Press
* Building In Weight

[PART B]

2 Sets:
Max Unbroken Close Grip Push-ups
* Rest 2-3 Minutes Between All Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

In part 1, This is the seventh 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,Partition reps however you like in this 120 rep workout. Choose a barbell weight and toes to bar variation that allows you to complete at least 6 reps unbroken at a time.

SCORE	Time	TARGET	6-10 Minutes	TARGET LOAD	Light-Moderate Loading	STIMULUS	VO2 Max [RPE 7-8]
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ELEMENT	STIMULUS	MODIFICATIONS	
Toes To Bar	<ul style="list-style-type: none">6 Unbroken at a time.	<ul style="list-style-type: none">Reduce RepsV-UpsToes To As High As PossibleKnees To Chest	<ul style="list-style-type: none">Hanging Knee RaisesGHD Sit-UpsSit-Ups
Push Jerk	<ul style="list-style-type: none">6 Unbroken at a time.	<ul style="list-style-type: none">Reduce Reps/LoadingSub Dumbbells (50/35)sSub Kettlebells (53/35)sSplit Jerk	<ul style="list-style-type: none">Push PressPush-UpsHandstand Push-ups

The One Teaching Focus | **Cylinder of strength**

- For today’s strict press we want to teach our athletes how to maintain a “cylinder of strength” throughout the strict press movement. By gripping the ground, squeezing the butt, squeezing the legs, and squeezing the abs the athletes will be in a strong and rigid position to execute the lift. By design, the lower back contains a lot of muscles (called erectors). We can both protect and train those muscles by maintaining an upright torso and keeping the midline engaged
- Strategy
 - We believe the best approach is to work on each movement until you feel like a rep becomes noticeably more challenging or you notice the speed of a rep slow. This is a good indication that your muscles are fatiguing and could use a break.
 - Partition Options Include:
 - 10 Rounds: 6 Toes to Bar + 6 Push Jerks
 - 6 Rounds: 10 Toes to Bar + 10 Push Jerks
 - 10-9-8-7-6-5-5-5-5: Toes to Bar + Push Jerks
 - 18-15-12-9-6: Toes to Bar + Push Jerks
 - 10-10-8-8-6-6-4-4-2-2: Toes to Bar + Push Jerks

LESSON PLAN

LESSON PLAN

TUESDAY FEB 18

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 0:30 Big Arm Circles
 - 0:30 Crossbody Arm Swings
 - 0:30 Downward Upward Dogs
 - 0:30 Inchworm + Push Up
 - 0:30 Band Pull Aparts
 - 0:30 Band Shoulder Press (right)
 - 0:30 Band Shoulder Press (left)
 - 0:30 Lying Leg Raises

2

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

- Toes to Bar Prep
 - 0:20 Hollow Hold (on floor)
 - 0:10 Hollow Hang
 - Look for athletes to have feet slightly in front of the body and remain engaged in the core.
 - 0:20 Tight Kip Swings
 - Emphasize the pull down on the bar with the lats, rather than swinging the legs.
 - 0:20 Kipping Knees To Chest
 - Look for athletes to press down on the bar as they tuck the knees to the chest.
 - 0:20 Leg Swings
 - Encourage athletes to get the legs as high as they can while maintaining rhythm.
 - 0:20 Toes to Bar

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

- Strict Press | tell, show, do, check
 - 3 Press to Eye Level
 - Look for athletes to push the head back, not move the barbell around the head.
 - 3 Press From Eye Level to Overhead
 - Look for athletes to press their head through as soon as possible, and bar to finish over the middle of the body.
 - 3 Strict Press
 - Encourage athletes to brace their core and create a "cylinder of strenth"

3

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

- Build In Weight To Technical Failure
- Aim for ~70-80% of 1RM
- Rest 2-3 Minutes Between Sets

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

- Practice Round
 - 2 Rounds:
 - 6 Toes To Bar
 - 6 Push Jerks
- Break
- Workout adjustments if needed

4

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

- Look For
 - Toes to Bar: Ensure athletes have picked a rep count that allows them to maintain quick, possible unbroken sets on the toes to bar. If athletes are having to break a lot of these, they should choose smaller sets.
 - Push Jerks: Look for a strong dip and drive throughout reps. Hips are the initiator of the movement here.

5

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

DAILY VIEW

DAILY VIEW

WEDNESDAY FEB 19

CLASS

"Caitlin" [BENCHMARK]

For Time:
2,000 Meter Row
120 Calorie Bike Erg
1,600 Meter Run

Time Cap: 35 Minutes

OPEN | GAMES

Same as class

ACCESSORY WORK

(formerly 'After Party')

Lethal Legs

[PART A]

3 Sets Each Side:

10 Goblet Lateral Box Step Downs (20")

* Rest 1-2 Minutes Between Sides

[PART B]

Accumulate 2:00 on Each Side:

Bulgarian Split Squat Hold at Parallel

*Rest As Needed Between Holds

*No Rest Between Legs

AGE GROUP

55+ / 13-15

Same as class

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

WEDNESDAY FEB 19

OVERVIEW

- Today we have our second BRING A FRIEND DAY option! This is a great day to encourage members to invite a friend or two to the gym! The team option for the workout is in the logistics section.
- All athletes row and bike the same distance in this memorial workout. Choose distances for each movement that take 10 minutes or less to complete.

SCORE

Time

TARGET

20-30 Minutes

TARGET LOAD

STIMULUS

Lactate Treshold [RPE 6-7]

ELEMENT	STIMULUS	MODIFICATIONS	
All Movements	<ul style="list-style-type: none">• 10:00 or less to complete.	<ul style="list-style-type: none">• 2,000 METER ROW<ul style="list-style-type: none">◦ 10:00 Time Cap◦ 1,600m Ski◦ 100 Calorie Echo Bike◦ 4,000m Bike Erg◦ 1,600m Run◦ 8:00 Moderate Effort on Treadmill/Runner	<ul style="list-style-type: none">• 120 CALORIE BIKE<ul style="list-style-type: none">◦ 12:00 Time Cap◦ 120 Calorie Row◦ 95 Calorie Ski◦ 95 Calorie Bike Erg◦ 2,400m Run◦ 10:00 Moderate Effort on Treadmill/Runner
		<ul style="list-style-type: none">• 1,600 METER RUN<ul style="list-style-type: none">◦ 10:00 Time Cap◦ 2,000m Row◦ 1,600m Ski◦ 100 Calorie Echo Bike◦ 4,000m Bike Erg◦ 8:00 Moderate Effort on Treadmill/Runner	<ul style="list-style-type: none">• COLD WEATHER SUB<ul style="list-style-type: none">◦ Use any Of the Run Modifications◦ 96 Shuttle Runs (1 rep 10m)◦ 120 Box Step-ups◦ 90 Burpees◦ 450 Double Unders / 600 Single Unders◦ 300 Mountain Climbers (Per Side)

- The One Teaching Focus | **Look for these things**
- Row: Leg Drive - Emphasize the initiation of the rowing stroke with a powerful leg drive. Athletes should push through their legs before engaging their back and arms.
 - Bike: Posture and Alignment: Check that athletes maintain a neutral spine and proper posture while riding. The back should be straight, and the shoulders should be relaxed.
 - Run: Posture: Check for an upright posture with a slight forward lean from the ankles. Avoid excessive forward bending at the waist or leaning back.
 - Strategy
 - The best way to optimize this workout is to work at a moderate intensity that requires focus but at which you know you can hold for the movements that are hardest for you. Then push hard on the movement(s) you are best at.
 - Logistics
 - [TEAMS OF 2]
 - For Time:
 - 2,000 Meter Row
 - 120 Calorie Bike Erg
 - 1,600 Meter Run
 -
 - * Partner 1 Starts On Rower
 - * Partner 2 Starts On Bike
 - * Switch Row/Bike Upon Completion
 - * After Each Partner Has Completed 1 Row & 1 Bike, Run The Mile Together
 - * Clock Stops Upon Both Partners Completing The Mile
 -
 - Time Cap: 35 Minutes

LESSON PLAN

LESSON PLAN

WEDNESDAY FEB 19

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 2:00 Easy Bike
 - 0:30 Calf Stretch (right)
 - 0:30 Calf Stretch (left)
 - 0:20 Knuckle Draggers
 - 0:20 Quad Pulls
 - 0:20 Side Lunges
 - 0:20 Leg Swings (right)
 - 0:20 Leg Swings (left)
 - 0:20 Pogo Hops
 - 200m Run

2

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

- Row | tell, show, do, check
 - Establish catch and finish positions
 - Catch with flat back, heels down, and vertical shins.
 - Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500m split and tell athletes where to look on the screen
 - :20 @ SPM of 32-35
 - Focus on 500m/split
 - :20 @ SPM of 27-30
 - Maintain same 500m/split
 - :20 @ SPM of 23-26
 - Maintain same 500m/split
 - Help athletes understand that this is the most efficient way to complete the row today

3

STRENGTH //

4

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

- Practice Round
 - On The Minute x 3:
 - Min 1: 100m Row Sprint
 - Min 2: 7/5 Calorie Echo Bike Sprint
 - Min 3: 100m Hard Run
- Break
- Workout adjustments if needed

5

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

- Look For
 - All Movements: These distances should be completed in 10:00 or less. Encourage athletes to maintain a pace that allows them to hold a steady heart rate the whole workout. There shouldn't be a point where we are redlining in the workout.

6

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

DAILY VIEW

DAILY VIEW

THURSDAY FEB 20

CLASS

Sumo Deadlift

3 Sets:
6 Sumo Deadlifts

- * Build In Weight To Technical Failure
- * Rest 2-3 Minutes Between Sets

"Hurry Back"

For Time:
40-30-20-10 Box Jumps (24"/20")
20-15-10-5 Power Cleans (155/105)

Time Cap: 18 Minutes

KG | (70/47)

OPEN | GAMES

Power Clean: (185/135)

ACCESSORY WORK

(formerly 'After Party')

Bike Conditioning

8 Sets For Calories:
1:40 Work [RPE 6-7]
0:20 Rest

AGE GROUP

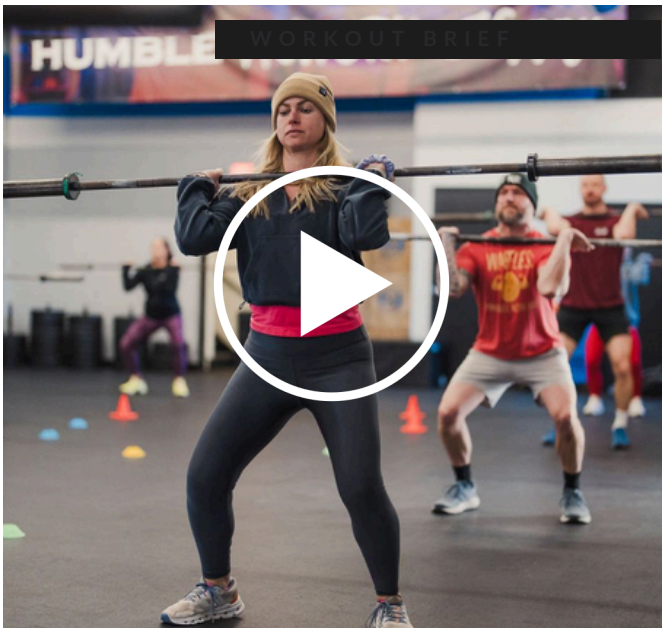
55+ / 13-15

(115/85)

KG | (52/38)

COACHING RESOURCES

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



FOR THE COACH

COACH TOOLS

THURSDAY FEB 20

OVERVIEW

In part 1, This is the seventh 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, This workout brings a fast-moving blend of explosive power and stamina. Start with smooth, steady box jumps to keep your heart rate in check, and dial in your mechanics to help mitigate fatigue during the barbell.

SCORE	Time	TARGET	8-15 Minutes	TARGET LOAD	Moderate	STIMULUS	VO2 Max [RPE 7-8]
ELEMENT	STIMULUS			MODIFICATIONS			
Box Jumps	<ul style="list-style-type: none">Around 2:00-1:30-1:00-0:30. 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.			<ul style="list-style-type: none">Reduce Box HeightBox Step-Ups2x Squat Jumps		<ul style="list-style-type: none">2x Jumping LungesAlternating Single-leg Squats (Pistols)Reverse Lunges	
Power Cleans	<ul style="list-style-type: none">Choose a barbell weight that you can complete in steady singles throughout.			<ul style="list-style-type: none">Reduce Loading/RepsSub Dumbbells (50/35)s		<ul style="list-style-type: none">Deadlifts (225/155)Hang Power Cleans (135/95)	

The One Teaching Focus | **Hips Lower Than Shoulders + Knees Out**

- Hips should stay lower than the shoulders at setup.
- Maintains balance and ensures a strong pull.
- Knees track over toes throughout the lift.
- Prevents inward collapse and protects the knees.

- Strategy
 - Box Jumps: Focus on smooth, consistent pacing. Avoid rebounding to protect the Achilles and manage fatigue more effectively. Maintain a steady rhythm and stay relaxed to control your breathing.
 - Power Cleans: Break these into quick singles or small, controlled sets to maintain efficiency and avoid fatiguing early. Focus on strong positioning and a smooth bar path.
 - Overall: Transitions should be purposeful but efficient. Gradually build intensity as reps decrease, keeping movement quality sharp throughout.
- Logistics
 - You can split the group into two and have one start on box jumps, and the other start on the power cleans for large classes.

LESSON PLAN

LESSON PLAN

THURSDAY FEB 20

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 1:30 Box Step Ups
 - 0:30 Elevated Pigeon on Box (right)
 - 0:30 Elevated Pigeon on Box (left)
 - 0:30 Air Squats
 - 5 Broad Jumps
 - 5 Low Box Jumps
 - 3 Box Jumps

2

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

- Power Clean General Warm-Up
 - 5 Power Clean Dip + Drive
 - Focus: Speed through the middle
 - Emphasize quick hip extension, with the bar moving smoothly through the middle of the lift.
 - 5 Power Clean Deadlift + Shrug
 - Focus: Timing of the shrug
 - Cue athletes to finish the deadlift, then shrug with explosive timing.
 - 5 Power Clean High Pull
 - Focus: Bar close to the body
 - Ensure athletes keep the bar close to their body throughout the pull, especially after the shrug.
 - 5 High Hang Power Cleans
 - Focus: Footwork and strong front rack position
 - Emphasize quick foot movement and a solid catch in the front rack position, elbows high.
 - 5 Hang Power Cleans
 - Focus: Footwork and fast elbows
 - Emphasize quick footwork into the receiving position and fast elbows through to a strong front rack.
 - 5 Power Cleans
 - “Jump” - Full extension of hips and knees before pulling
 - Ensure athletes reach full extension through the hips and knees before beginning the pull under the bar.

- Sumo Deadlift | Tell, Show, Do, Check
 - Establish stance, grip, & set up
 - Wide stance with feet slightly turned out (likely 2x squat stance)
 - Bar over the middle of the foot
 - Full grip on bar with hands inside legs
 - Bar in contact with shins
 - Shoulders on top of bar
 - Chest up
 - Eyes forward
 - 5 Cued Reps - Hips to Above Knee
 - Focus: Hips back first in the descent
 - Emphasize driving the hips back while keeping the chest up and bar close to the body.
 - 5 Cued Reps - Above Knee to Mid Shin
 - Focus: Knees out of the way
 - Cue athletes to pull the knees out of the way and control the bar path as it lowers to mid-shin, maintaining tension in the hips.
 - 5 Cued Reps - Mid Shin to Standing
 - Focus: Driving with the legs
 - Ensure the shoulders and hips rise together, with the athlete pushing through the legs until the bar passes the knees.

3

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

- Build In Weight To Technical Failure
- Aim for ~70-80% of 1RM
- Rest 2-3 Minutes Between Sets

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

- Practice Round
 - 4 Box Jumps
 - 2 Power Cleans
 - 4 Box Jumps
- Break
- Workout adjustments if needed

4

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

- Look For
 - Box Jumps: Ensure athletes are not rebounding on box jumps. While starting out with big sets on these, encourage athletes to find a steady rhythm as they move, as athletes get fatigued, encourage them to jump high in order to land high!
 - Power Cleans: These power cleans should be somewhat challenging today, look for athletes to start each rep with a solid set up position each rep.

5

COOL-DOWN // 60:00

DAILY VIEW

DAILY VIEW

FRIDAY FEB 21

CLASS

"Hilltop"
For Time
100/80 Calorie Row
50 Thrusters
50 Pull-ups
50 Thrusters
100/80 Calorie Row

Barbell: (45/35)

KG | (20/15)

OPEN | GAMES

For Time
100/80 Calorie Row
50 Thrusters
30 Bar Muscle-ups
50 Thrusters
100/80 Calorie Row

Barbell: (45/35)

AGE GROUP

55+ / 13-15

Same as Class

ACCESSORY WORK

(formerly 'After Party')

Killer Core
3 Sets:
5 Strict Toes to Bar
15 Side-Lying Crunches (L)
5 Strict Toes to Bar
15 Side-Lying Crunches
*Rest 1-2 Minutes Between Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

OVERVIEW

Today is a challenging pyramid-style workout that might look simple on paper, but the volume of reps accumulates quickly and starts to impact one another. Work deliberately and at a hard, steady pace from the beginning.

SCORE

Time

TARGET

15-25 Minutes

TARGET
LOAD

Very Light

STIMULUS

Lactate Threshold
[RPE 6-7]

ELEMENT

STIMULUS

MODIFICATIONS

Row

- Choose a row distance that you can complete in 7:00 or less.

- 8:00 Time Cap
- 80/64 Calorie Ski
- 80/64 Calorie Echo Bike

- 100/80 Calorie Bike Erg
- 1,200m Run
- 6:00 Moderate Effort on Treadmill/Runner

Thruster

- Weight should be very light and something you can complete within 2-3 sets.

- Reduce Reps/Loading
- Sub Dumbbells (20/15)s

- Wallballs
- 100 Air Squats

Pull-ups

- Choose a pull-up variation/rep number that takes 5:00 or less to complete.

- Reduce Reps
- Jumping Pull-ups
- Banded Pull-ups

- Ring Rows
- Alternating Dumbbell Plank Rows (Renegade Row)

- The One Teaching Focus | **Straight Line**
- A primary fault of the press within the thruster is deviating from a straight bar path. The press is made exponentially more difficult if the athlete fails to pull the chin back in order to press straight off the shoulders. The most efficient way to get from point a to point b is a straight line, that's what we want to coach and encourage today.
 - Strategy
 - Row at a pace that is equivalent to your 5k PR pace. This should feel challenging, but you could maintain it for 30 minutes when fresh.
 - Complete your thrusters in as few sets as possible, breaking as soon as you start to feel your form break down or the speed of reps slow.
 - Pull-ups should be completed in sets that allow for crisp technique and good form. If kipping, make sure your form remains sound. If doing strict pull-ups, do not take any set to failure. Always leave reps in the tank.
 - Logistics
 - The order of the workout matters today, so if you have a large group try to work your lesson plan to run a second group starting behind the first.

LESSON PLAN

LESSON PLAN

FRIDAY FEB 21

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 2:00 Easy Row
 - 0:30 Banded Lat Stretch (right)
 - 0:30 Banded Lat Stretch (left)
 - 0:30 Ring Handcuff Stretch
 - 0:30 Alternating Spiderman
 - 0:20 Barbell Back Rack Goodmornings
 - 0:20 Barbell Back Rack Elbow Rotations
 - 0:20 Barbell Back Squats

2

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

- Pull ups | tell, show, do, check
 - :10 Deadhang
 - :10 Scap pull ups
 - :10 Kips
 - Focus on a shallow, controlled, tight kip
 - 2x :10 Kip swings
 - Focus on the swing being controlled by the shoulders/lats
 - 5 Jumping negative pull ups
 - Sub ring rows if needed
 - 3 Pull ups or workout mod

- Thruster Prep
 - 5-7 Front Squats (Cued Reps)
 - Focus: Upright torso and depth.
 - Cue: “Chest tall, elbows high.”
 - 5-7 Push Presses (Cued Reps)
 - Focus: Timing—hips and legs extend first, then arms press.
 - Cue: “Legs drive, arms follow.”
 - Athletes dip and drive on “go,” then reset their stance and bar position between each rep to refine timing.
 - 5-7 Thrusters (Cued Reps)
 - Focus: Smooth transition through squat, hip extension, and press.
 - Cue: “Squat, pop, punch.”
 - Athletes focus on driving out of the squat, fully extending at the hips, and finishing with a strong overhead press in one fluid motion.

3

STRENGTH //

4

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

- Practice Round
 - On The Minute x 4:
 - Odd: 10/8 Calorie Row + 5 Thrusters
 - Even: 5 Pull-ups + 5 Thrusters
- Break
- Workout adjustments if needed

5

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

- Look For
 - Row: 7:00 or less here, while being able to get off the rower and get right to work on the thrusters. Cue athletes to maintain a slower stroke rate in the first row.
 - Thruster: While these are light, we want to be sure athletes are still moving safely and efficiently, athletes should maintain a stable midline throughout these big sets.
 - Pull-Up: Look for athletes to maintain full range of motion. Chin should finish over the bar every rep. Encourage athletes that struggle with pull ups to break these into smaller quick sets.

6

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

DAILY VIEW

DAILY VIEW

SATURDAY FEB 22

CLASS

"Team Dork" [HERO]
[TEAMS OF 3]
6 Rounds For Time:
60 Double Unders
30 Kettlebell Swings (53/35)
15 Burpees

- * Each Partner Start @ Different Station
- * Rotate Upon Completion Of All Stations

Time Cap: 30 Minutes

KG | (24/15)

OPEN | GAMES

6 Rounds For Time:
60 Double Unders
30 Kettlebell Swings(53/35)
15 Burpees

ACCESSORY WORK

(formerly 'After Party')

Zone 2
45 Minutes [RPE 2-3]:
Bike Erg

[On the 0-10-20-30-40]:
1,000 Meter Run

AGE GROUP

55+ / 13-15

(35/25)

KG | (15/11)

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SATURDAY FEB 22

OVERVIEW	Today's partner workout is not one we get to split. All team members will complete the whole six rounds, rotating once everyone finishes their station.			
	SCORE	Time	TARGET	18-27 Minutes
			TARGET LOAD	
			STIMULUS	Lactate Threshold [RPE 6-7]
ELEMENT	STIMULUS		MODIFICATIONS	
Double Unders	• 0:90 or less, target about 0:60.		• Reduce Reps • 90 Single Unders	
Kettlebell Swings	• Aim for unbroken or two sets. 0:90 or less.		• Reduce Loading/Reps • Single Dumbbell Hang Power Snatches	
Burpees	• 0:90 or less, scale reps to meet this time frame.		• Reduce Reps • Same Calorie Row, Ski, or Bike Erg • Push-Ups • No Push-Up Burpee	

- The One Teaching Focus | **Double Under Body Position**
- Check that athletes maintain an upright and stable body position throughout the exercise. Avoid excessive leaning forward or backward.
 - Logistics
 - "Dork" [HERO]
 - 6 Rounds For Time:
 - 60 Double Unders
 - 30 Kettlebell Swings (53/35)
 - 15 Burpees
 -
 - Time Cap: 30 Minutes

LESSON PLAN

LESSON PLAN

SATURDAY FEB 22

WOD BRIEF // 3 MINUTES | 0:00 - 3:00

- Refer to coaches stimulus notes
- Provide workout overview & stimulus
- Provide mods & subs overview
- Ask for injuries & limitations

1

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

- General Flow
 - 0:30 Quad Pulls
 - 0:30 Knuckle Draggers
 - 0:30 Calf Raises
 - 0:30 Bodyweight Goodmornings
 - 0:30 Alternating Worlds Greatest
 - 0:30 Prone Supermans
 - 0:30 Inchworm (No Push Up)
 - 0:30 Step Back, Step Up Burpees
 - 0:30 Pogo Hops
 - 5 Fast Burpees

2

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

- General Double Under Warm Up
 - :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
- KB Swing Prep | tell, show, do, check
 - :20 Alternating Single Leg Deadlifts
 - Focus on hinging at the hips while maintaining a flat back.
 - :20 Kettlebell Deadlifts
 - Focus on hip hinge movement and driving through the heels to stand tall, keeping the kettlebell close to the body.
 - :20 KB Hip Hinge & Pop
 - Focus on violent hip extension, driving the hips forward forcefully to propel the kettlebell upwards.
 - :20 KB Russian Swings
 - Focus on generating power from the hips, allowing the kettlebell to swing to chest level while maintaining a tight core and straight arms.
 - :20 KB American Swings
 - Focus on locked-out elbows and the bottom of the kettlebell facing the ceiling.

3

STRENGTH //

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

- Practice Round
 - 15 Double Unders
 - 10 KB Swings
 - 5 Burpees
- Break
- Workout adjustments if needed

4

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

- Look For
 - Details

5

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

DAILY VIEW

DAILY VIEW

SUNDAY FEB 23

CLASS

"Air Guitar"
AMRAP 15:
15/12 Calorie Bike Erg
15 Air Squats
15 Dumbbell Bench Press (50/35)'s
15 Air Squats

KG | (22.5/15)'s

"Sunday Runday"
Beginner: Run 2 Miles
Intermediate: Run 2.5 Miles

OPEN | GAMES

N/A

AGE GROUP

55+ / 13-15

(35/25)'s

KG | (15/11)'s

ACCESSORY WORK

(formerly 'After Party')

Gun Show
[PART A]
3 Sets:
12 Single-Arm Preacher Curls [Each Side]

[PART B]
2 Sets:
Max 45° Ring Row Hold

• Rest 1-2 Minutes Between All Sets

COACHING RESOURCES

- [Resource Links](#)



FOR THE COACH

COACH TOOLS

SUNDAY FEB 23

OVERVIEW

Today we have a full body “pump” style workout. If your class is too big for the amount of benches, use a DB floor press or stagger start by a minute.

SCORE

Rounds + Reps

TARGET

4-6 Rounds

TARGET LOAD

Light-Moderate Loading

STIMULUS

Recovery [RPE 2-3]

ELEMENT	STIMULUS	MODIFICATIONS	
Bike	<ul style="list-style-type: none">About 1:00.	<ul style="list-style-type: none">1:15 Time Cap15/12 Calorie Row12/10 Calorie Ski12/10 Calorie Echo Bike200m Run	<ul style="list-style-type: none">1:00 Moderate Effort on Treadmill/Runner16 Shuttle Runs (1 rep = 10m)15 Burpees
Air Squats	<ul style="list-style-type: none">0:30-0:45.	<ul style="list-style-type: none">Squat to a BoxLunges	<ul style="list-style-type: none">Wall Sit Hold
Dumbbell Bench Press	<ul style="list-style-type: none">1-2 sets each round.	<ul style="list-style-type: none">Reduce LoadingSub Barbell (135/95)Hand-Release Push-ups	<ul style="list-style-type: none">Floor PressWeighted Deficit Push-Ups2x Push-Ups

The One Teaching Focus | **Full Range of Motion In Dumbbell Bench Press**

- Dumbbells should touch the chest and be pressed to full lockout.
- Ensures proper muscle activation and full range of motion.

LESSON PLAN

LESSON PLAN

SUNDAY FEB 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
 - 3:00 Easy Bike
 - 0:30 Pec Stretch (right) (on wall or rig)
 - 0:30 Pec Stretch (left) (on wall or rig)
 - 0:30 Tempo Push Ups
 - 0:30 Alternating Reverse Lunges
 - 0:30 Air Squats

2

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

- Dumbbell Bench Press Warm Up
 - 10 Crush Grip Bench Press
 - 5 Single Arm DB Bench Press (right)
 - Look for athletes to keep a light core as they are loaded on one side.
 - 5 Single Arm DB Bench Press (left)
 - Look for athletes to keep a light core as they are loaded on one side.
 - 3 Tempo DB Bench Press
 - Look for athletes to get full range of motion throughout the rep.
 - 3 DB Bench Press
 - Look for athletes to keep their elbows at a 45 degree angle from the body.

3

STRENGTH //

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

- Practice Round
 - 5 Cal Bike
 - 10 Air Squats
 - 5 DB Bench
- Break
- Workout adjustments if needed

4

WORKOUT // 15 MINUTES | 25:00-40:00

- Look For
 - Bike: Look for athletes to keep smooth pedal strokes, use the keep for athletes to pull the pedals in the bottom of the stroke.
 - Air Squats: Look for full range of motion, emphasize athletes getting their hips below the knee crease. Use a target like a medball if needed to have athletes work on depth.
 - DB Bench Press: Look for the 45 degree angle in these reps. We want to avoid a “tricep press” and winging out the elbows too wide.

5

COOL-DOWN // 10 MINUTES | 40:00-60:00