



CLASS PLAN 03.16.26 - 03.22.26



WARM-UPS

Warm-Up: Warm-ups this week stick to the template: easy machine or monostructural work first, into joint and midline activation (cossacks, lunges, bridges, deadbugs, planks), then barbell/gymnastics prep that flows straight into squats, presses, pulls, and the day's metcon. Early minutes are about raising temperature and opening hips/shoulders; the final prep sets are where you dial in HSPU progressions, TTB/pull-up scaling, overhead and lunge positions, and realistic workout pacing. With strength percentages up this week, use warm-ups to groove positions before athletes touch their working sets.

PDF DOWNLOADS

We email out a PDF version of the programming each week. Here are the previous two weeks, for reference:

03/09/2026: [HERE](#)

03/02/2026: [HERE](#)

STRENGTH & GYMNASTICS

Strength: This part of the cycle is designed to help athletes get back into a strong, consistent rhythm after the holidays, while building confidence and setting them up well for the CrossFit Open. Click [HERE](#) for full cycle details.

We are currently in week 11 of this cycle:

Week 11: POST-OPEN REBUILD --> Moderate lifting (78-82%)

Why: Final heavy exposures before retesting. No misses allowed.

If you are just starting with us in the middle of this cycle and would like advice on how best to catch up, email info@mayhemgyms.com for help.

Gymnastics: We are currently in week 5 of a 6 week cycle. Over the six weeks, training will focus on developing the ring and bar muscle-up, along with strict pull-up strength for those working towards their first strict pull-up.

Level 1: For athletes who do not yet have the skill, the focus will be on building the foundational requirements—upper-body pulling strength, scapular control, and shoulder stability. These athletes should follow the Level 1 option each week.

Level 2: For athletes working toward their first ring or bar muscle-up, or those who currently have only one or two reps, the focus will be on developing both the necessary strength and technical efficiency. These athletes should follow the Level 2 option.

Level 3: For athletes who already have consistent ring and/or bar muscle-ups, the focus will be on improving efficiency and building endurance within the skill. This will be addressed through the Level 3 option.

This week's workouts: It's a strength + conditioning week with a big engine and shoulder bias. Back squat, shoulder press, and deadlift all hit doubles in the 78-82% range, and snatch cycling shows up in a power snatch + snatch balance complex. Conditioning swings between tight interval formats and longer grindy pieces—Emerald pairs squat cleans with HSPU, Forest Green is a nasty bike/KB/TTB triplet, Pistachio alternates row and run, and Turquoise stacks lunges with burpees over DB. The back half of the week adds high-skill overhead/rig work in Lime Green, a long partner carry-burpee box get-over piece in Spearmint, and a Sunday EMOM (Olive Green) that hammers core and TTB/ring work. Overall, expect accumulating fatigue in shoulders, midline, and posterior chain.

THIS WEEK'S WORKOUTS

Coaching Highlights:

Grip & Pulling: Hits across Emerald's squat cleans and HSPU support work, Forest Green's combo of KB swings and TTB/HKR, Lime Green's pull-ups, Spearmint's farmer carries and burpee box get-overs, and Olive Green's GHD + toes-to-ring/TTB. High-frequency athletes may need trimmed bar/rig volume on one or two days (especially Tue, Fri, Sun) or a shift toward Independence/Liberty options to protect hands and elbows.

Shoulders / Overhead: Loaded nearly every day. HSPU & modifications Monday, BMU prep Tuesday, pressing and DB/row positions Wednesday, Burpee-over-DB Thursday, Snatch complex and wall walk/OHS/pull-up triplet Friday, overhead demands in burpee box get-overs Saturday, and GHD + TTR/TTB tension Sunday. Scale HSPU, wall walks, BMU progressions, and pull-up volume aggressively for newer or beat-up athletes. Watch for cumulative fatigue in those training 5-7 days.

Squat / Lower Body: Steady but not reckless. Back squats Monday, bike and KB swings Tuesday, row/run repeats Wednesday, deadlifts and DB lunges Thursday, OHS Friday, Box step-overs/get-overs and carries Saturday, plus optional Mayhem Racing work Sunday. Monitor knees/hips: scale lunge and box heights, shorten runs, or pull loading back when athletes are stacking heavy strength with hard conditioning.

Core / Midline: Trained daily. Deadbugs, hollow holds, pike push-ups, KB swings, rowing/running, OHS, wall walks, farmer carries, and especially Sunday's GHD + toes-to-ring/TTB EMOM all demand trunk control. Treat midline drills in warm-ups and the Sunday EMOM as primary training, not filler—coach brace, rib position, and hollow/arch shapes, and cut GHD/TTB volume early for anyone with back history.

Global Fatigue / Attendance: For athletes training 5-7 days, suggest at least 1-2 lower-intent or Liberty/Independence days—good candidates are Pistachio (row/run repeats), Turquoise (lunge/burpee piece), or Olive Green (core EMOM) depending on individual weaknesses. Encourage them to pick 2-3 "push" days (e.g., Emerald + Forest Green + Lime Green or Spearmint) and keep the others at conversational pace with conservative loads and gymnastics volume so they stay fresh for the remainder of the strength and gymnastics cycles.

MONTHLY AFFILIATE CALLS

Our monthly Affiliate calls are in Google Meet. Calls take place on the last Tuesday of each month from 12:00 - 1:00pm EST

Video call link: meet.google.com/iyt-wbue-gfd

Or dial: (US) +1 505-738-1618 PIN: 675 731 725#

Feedback or questions? Email christi@mayhemnation.com.

QUESTIONS?

You can book a support call with Christi Novak, our Mayhem Affiliate Business Coordinator. Chat about your gym, ask questions, and receive feedback and advice. To book a call, visit [here](#).

If those times don't work, please email christi@mayhemnation.com to get scheduled.



[Weekly Overview Video Breakdown Here](#)

EXTRA WEEKLY FITNESS

MONDAY

SKI OR ROW WORKOUT

WEDNESDAY

MINI PUMP - UPPER PUSH

FRIDAY

AIR BIKE WORKOUT

Full details can be found on the second to last page in this document.

MONDAY // 03.16

STRENGTH

BACK SQUAT

Every 3:00 x 3 sets
2 Back Squats @78-82%

WORKOUT - EMERALD

FREEDOM (RX'D)

2 sets
9-6-3
Squat Cleans (135/95)
15-12-9
Handstand Push Ups
-rest 3:00 between sets-
(Scored by Time each set)
(KG conv: 60/42.5)

TUESDAY // 03.17

GYMNASTICS

BAR MUSCLE-UPS/STRICT PULLUPS:

Full details in Tuesday's notes below

WORKOUT - FOREST GREEN

FREEDOM (RX'D)

21-15-9
Calorie Air Bike
Kettlebell Swings (53/35)
-rest till 7:00-
21-15-9
Calorie Air Bike
Toes to Bar
-rest till 14:00-
21-15-9
Toes to Bar
Kettlebell Swings (53/35)
(Women's Calories: 16-12-8)
(Scored by Time each set)
(KG conv: 24/16)

WEDNESDAY // 03.18

STRENGTH

SHOULDER PRESS

Every 3:00 x 3 sets
2 Shoulder Press @78-82%

WORKOUT - PISTACHIO

FREEDOM (RX'D)

Every 2:00 (16:00)
15/12 Calorie Row
100m Run or 5x50ft Shuttle Run
(Scored by Time each set)

THURSDAY // 03.19

STRENGTH

DEADLIFT

Every 3:00 x 3 sets
2 Deadlifts @78-82%

WORKOUT - TURQUOISE

FREEDOM (RX'D)

3 sets
3:00 AMRAP
100ft Single Dumbbell Walking
Lunge (50/35)
Max Burpee Over Dumbbell
-rest 2:00 between sets-
(Scored by Total Reps)
(KG conv: 22.5/15)

FRIDAY // 03.20

STRENGTH

CYCLING (SNATCH)

Every 2:00 (10:00)
2 Touch-and-Go Power Snatch + 1
Snatch Balance @ RPE 7

WORKOUT - LIME GREEN

FREEDOM (RX'D)

6 Rounds
3 Wall Walks
9 Overhead Squats (95/65)
12 Pull Ups
(Scored by Time)
(KG conv: 42.5/30)

SATURDAY // 03.21

WORKOUT - SPEARMINT

FREEDOM (RX'D)

Teams of 3
25:00 AMRAP

Partner 1: 400m Run (or 1000m
Bike Erg or 16x50ft Shuttle Run)

Partner 2: AMRAP
50ft DB Farmer Carry (70s/50s)
5 Burpee Box Get Overs (48/42) (or
8 Burpee Box Get Overs @ 30/24)

Partner 3: Rest

-Rotate when partner finishes the
400m run. Partner picks up where
the AMRAP was left off.
(Scored by Total Rounds + Reps)
(KG conv: 32.5/22.5 DBs)

MINI PUMP: CORE

3 SETS

20 Stick Sit Ups
-rest 30 seconds-
10 KB Side Bends (each side)
-rest 30 seconds-
10 Side Star Plank Reach Throughs
-Rest 2:00 between sets-

SUNDAY // 03.22

WORKOUT - OPTION 1

FREEDOM - Olive Green

Every 1:00 (10:00)
Minute 1: 15 GHDs (or V-ups)
Minute 2: 10 Toes to Ring (or 8 Toes
to Bar)
(Scored by Completion)

WORKOUT - OPTION 2

ACTIVE RECOVERY

30-45 Minute Row @Zone 2 Pace
* Every 5 minutes, stop and do 50ft
Dual Kettlebell Overhead Carry
(53/35) + 30 sec Hollow Hold

WORKOUT - OPTION 3

MAYHEM RACING

Teams of 2
P1: 400m Run, P2: 50m Sled Pull
-Switch when both complete-

P1: 500m Row, P2: 50m Sandbag
Lunges
-Switch when both complete-

P1: 400m Run, P2: 50m Sled Push
-Switch when both complete-

P1 500m Ski, P2: 30 Wall Balls
-Switch when both complete-

Sled Push: 275/165 (KG: 125/75)
Sled Pull: 165/110 (KG: 75/50)
Sandbag: 66/44 (KG: 30/20)
Wall Ball: 20/14 (KG: 9/6)



The Essentials:
Everything you need to run your class

STRENGTH

BACK SQUAT

Every 3:00 × 3 sets
2 Back Squats @78-82%

Approach: These should feel heavy but controlled — no grinding. Athletes should move with confidence and maintain posture across all sets. Athletes may adjust weights within the prescribed percentage range (78-82%) from set to set based on how each set feels.

Cue Focus: Watch for hips rising faster than the chest. Cue “stay tall,” “brace first,” and “drive straight up.”

Scaling Options: Reduce load if athletes lose depth, posture, or bar speed. Position overrides percentage today.

WORKOUT RPE: 8-9

EMERALD

FREEDOM (RX)

2 sets
9-6-3 Squat Cleans (135/95)
15-12-9 Handstand Push Ups
-rest 3:00 between sets-
(Scored by Time each set)
(KG conv: 60/42.5)

TARGET TIMES / SCORES

Top Performers: 2:30-3:00 each set
Most Athletes: 3:00-4:30 (Cap 5:00)
Best Mayhem Score: Sub 2:30 each set
Large Class: 3:00-4:30 (Cap 5:00/set)

STIMULUS = “CHALLENGE”

Athletes should move aggressively through cleans while staying composed on handstand push ups so intensity remains high without forcing long breaks.

MODIFICATIONS

COMPETE (RX+)

2 sets
9-6-3 Squat Cleans (155/105)
15-12-9 Strict Handstand Push Ups
-rest 3:00 between sets-
(KG conv: 70/47.5)

INDEPENDENCE (INTERMED)

2 sets
9-6-3 Squat Cleans (115/85)
12-9-6 Handstand Push Ups
-rest 3:00 between sets-
(KG conv: 52.5/37.5)

LIBERTY (BEGINNER)

2 sets
9-6-3
Dumbbell Power Cleans (light)
Dumbbell Front Squats (light)
15-12-9 Dumbbell Push Press
-rest 3:00 between sets-

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-10:00	WARM-UP	(7:00)
10:00-20:00	TEACHING: BACK SQUAT	(10:00)
20:00-29:00	STRENGTH	(9:00)
29:00-31:00	QUICK BREAK	(2:00)
31:00-41:00	WORKOUT-PREP	(10:00)
31:00-54:00	WORKOUT	(13:00)
54:00-60:00	COOL DOWN & CLEAN UP	(6:00)

FOCUS & GOALS

THEME OF THE DAY: Leg Strength --> Inverted Pressure

- Athletes build heavier squat strength first, then rely on the same leg drive to stand up cleans while managing shoulder fatigue during handstand push ups

TEACHING PRIORITY: Reinforce strong squat mechanics and bracing so athletes maintain posture when loads rise and shoulders fatigue.

LOGISTICS: Set racks first, then transition barbells to floor lanes for cleans. Assign wall spaces early for handstand push ups to prevent congestion between sets.

WORKOUT STRATEGY TIPS:

- Squat Cleans (135/95 -65% 1RM): Weight should be moderate where athletes could complete touch-and-go reps or quick singles. Regardless of strategy, the weight should not be an issue.
- Handstand Push Ups: Aim for 1-2 sets across descending rep scheme, and break before they make you break. If athletes approach failure early, scale immediately to preserve intensity.
- Rest Strategy: Use the full 3:00 to recover breathing — athletes should start set 2 feeling ready to push again.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

Leg drive should carry the day.

The strength work primes the exact pattern needed to stand up heavy cleans, so athletes who stay vertical will move far more efficiently.

Manage your shoulders before they manage you.

Rushing into handstand push ups often leads to early failure, while controlled sets allow athletes to keep attacking the barbell.

Know your checkpoints.

The middle set (6+12) is the make or break set. Athletes need to be cautious here and know when to back off if things are starting to go downhill. Aim to finish the middle round before the 3:00 mark.

Quick injury & capacity check.

Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 10:00 // WARM-UP // (7:00)

FULL WARM-UP

7:00 AMRAP
30-second Easy Bike
10 [Cossack Squats](#)
5 Tempo [Air Squats](#) (3 seconds down)
10 [Deadbugs](#)
6 [Pike Push Ups](#)

QUICK WARM-UP

2 Rounds
20-second Moderate Bike
6 Goblet Squats
5 Empty Bar Push Press
4 Box Pike Handstand Push Ups

10:00 - 20:00 // TEACHING // (10:00) 20:00 - 29:00 // STRENGTH // (9:00)

Today we are teaching the back squat. Emphasize bracing, knee tracking, and vertical drive so athletes can confidently stand up heavier cleans without collapsing forward.

BACK SQUAT: PRIMARY FOCUS

Bracing --> Knee Tracking --> Vertical Drive

DEMO POINTS: Side view. Show taking a deep stomach, ribs stacked over hips, knees tracking out, and driving straight up through the mid-foot.

TEACHING REPS / PROGRESSION

The goal is to reinforce strong squat positions so athletes don't leak power when the bar gets heavy.

3 x Empty Bar Back Squats

- Controlled descent with tension maintained throughout
- Emphasize pushing through the mid-foot and finishing tall.

3 x Back Squats @ 40%

- Pause 1 second in the bottom to reinforce balance.
- Cue athletes to stay braced and drive straight up.

3 x Back Squats @ 50-60%

- Coach cues a controlled descent with an aggressive stand.
- Emphasize pushing through the mid-foot with ribs stacked.

Finish by explaining how strong vertical drive allows athletes to recover cleans efficiently even as shoulder fatigue builds.

29:00 - 31:00 // QUICK BREAK // (2:00)

31:00 - 41:00 // WORKOUT PREP // (10:00)

Squat Cleans (135/95 -65-75% 1RM):

- Demo strong hip extension with fast elbows. Athletes watch the coach to see the bar stay close.
- Demo receiving tall with knees tracking. Athletes watch the coach to see balance maintained.

Handstand Push Ups:

- Demo controlled descent with head placement. Athletes watch the coach to see tension maintained.
- Demo small, repeatable sets. Athletes watch the coach to see how early breaks prevent failure.

Workout Prep:

2 Sets
3 Squat Cleans (building to workout weight)
3 Handstand Push Ups or modification

41:00 - 54:00 // WORKOUT // (13:00)

CUE FOCUS: Watch posture late. Cue "legs first," "stay stacked," and "breathe."

54:00 - 60:00 // COOLDOWN // (6:00)

2 Sets
1:00 [Frog Stretch](#)
1:00 [Foam Roller Angels](#)

*Rest as needed between sides, movements and sets.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

2 sets
9-6-3 Burpee Pull Ups
15-12-9 Handstand Pushups
-rest 3:00 between sets-

LARGE CLASS

Have athletes partner up and go 1:1 on sets

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)

WORKOUT VIDEO BREAKDOWN [HERE](#)

STRENGTH VIDEO BREAKDOWN [HERE](#)



The Essentials:
Everything you need to run your class

GYMNASTICS

RING MUSCLE-UPS

Level 1:

Every 1:00 (9:00)
Min 1: 8 Feet Assisted Strict Pull-ups
Min 2: 6-8 Matador Dips or Bench Dips
Min 3: Rest Minute

Level 2:

Every 1:00 (9:00)
Min 1: 2-3 [Jump to Hollow + Tight Arch + Feet Rise + Hip Extension with Straight Arms](#)
Min 2: 3-6 [Banded Low Bar Muscle Ups](#) OR 1-2 [Spotted Bar Muscle Ups](#)
Min 3: Rest Minute

Level 3:

8 Bar Muscle Ups
16/12 Cal Row
6 Bar Muscle Ups
12/8 Cal Row
4 Bar Muscle Ups
8/6 Cal Row
2 Bar Muscle Ups
(Scored by Time, 9:00 Time Cap)

WORKOUT RPE: 8-9

FOREST GREEN

FREEDOM (RX)

21-15-9 cal Air Bike & KB Swing(53/35)
-rest till 7:00-
21-15-9 cal Air Bike & Toes to Bar
-rest till 14:00-
21-15-9 Toes to Bar & KB Swing(53/35)
(Women's Calories: 16-12-8)
(Scored by Time each set)
(KG conv: 24/16)

TARGET TIMES / SCORES

Top Performers: 4:00-5:00 per interval
Most Athletes: 5:00-6:00 (Cap: 6:00)
Best Mayhem: Sub 4:00 per interval
Large Class: 14:00-17:00 (Cap: 20:00)

STIMULUS = "GRIND"

Athletes must settle into sustainable effort early, as grip and hip fatigue accumulate quickly across intervals.

MODIFICATIONS

COMPETE (RX+)

21-15-9 cal Air Bike & KB Swing(70/53)
-rest till 7:00-
21-15-9 cal Air Bike & Toes to Bar
-rest till 14:00-
21-15-9 Toes to Bar & KB Swing(70/53)
(Women's Calories: 16-12-8)
(KG conv: 32/24)

INDEPENDENCE (INTERMED)

16-12-8 Calorie Air Bike
21-15-9 Kettlebell Swings (35/26)
-rest till 7:00-
16-12-8 Calorie Air Bike & Toes to Bar
-rest till 14:00-
16-12-8 Toes to Bar
21-15-9 Kettlebell Swings (35/26)
(Women's Calories: 12-10-6)
(KG conv: 16/12)

LIBERTY (BEGINNER)

12-9-6 cal Air Bike & Russian KBS
-rest till 7:00-
12-9-6 Air Bike & Hang Knee Raises
-rest till 14:00-
12-9-6 Hang Knee Raises & RKBS
(Women's Calories: 10-8-5)

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-12:00	WARM-UP	(9:00)
12:00-20:00	TEACHING - GYMNASTICS: BAR MUSCLE UP	(8:00)
20:00-29:00	GYMNASTICS	(9:00)
29:00-31:00	QUICK BREAK	(2:00)
31:00-36:00	WORKOUT PREP	(5:00)
36:00-56:00	WORKOUT	(20:00)
56:00-60:00	COOL DOWN & CLEAN UP	(4:00)

FOCUS & GOALS

THEME OF THE DAY: Pulling Skill --> Grip & Midline Stamina

• Athletes refine bar muscle up mechanics first, then rely on grip endurance and midline control to sustain output across three aggressive intervals.

TEACHING PRIORITY: Emphasize efficient swing mechanics and shoulder engagement to avoid excessive pulling fatigue before workout.

LOGISTICS: High grip demand. Remind athletes to wear grips. If they rip or have trouble hanging on, substitute GHD sit ups or stick sit ups for TTB.

WORKOUT STRATEGY TIPS:

- Bike: Focus on using arms/legs together. Target -1:15 for the opening 21 calories and slightly faster (15+ seconds) on descending sets. Scale calories to keep intensity.
- Kettlebell Swing: Weight should allow athletes to go unbroken across sets. If needed, take one quick break to avoid grip fatigue. Relax hands at the top of the lockout to help keep the forearms loose (somewhat)
- Toes to Bar: Advanced athletes should aim for 1-2 sets, while most athletes need to break into smaller sets of (5-7) early on to avoid blowing up their grip. Scale if sets approach failure.
- Interval Strategy: Treat first piece at controlled aggression. Athletes who finish breathing hard but composed will perform best overall.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

Grip will decide your pace today: Athletes who manage their hands early will keep moving, while those who overgrip the bar or KB often stall late.

Control the first interval: Coming out too hot makes the second and third pieces dramatically harder due to accumulated hip and shoulder fatigue.

Know your checkpoints: Most athletes should have at least 60 seconds of rest between intervals. If they struggle through the first interval, the second will be significantly harder. Aim to be on the set of 9 before the 4:30 mark.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 12:00 // WARM-UP // (9:00)

FULL WARM-UP

Every 1:00 (9:00)
 Min 1: 30-second Bike + 5 [Russian Kettlebell Swings](#)
 Min 2: 3 [Jump to Pike+Arch](#)
 Min 3: 5 [Scap Circles](#) (forward) + 5 [Kip Swings](#)

QUICK WARM-UP

2 Rounds
 20-second Moderate Bike
 6 Ring Rows
 8 Light KB Swings
 6 V-Ups

12:00 - 20:00 // TEACHING // (8:00)
 20:00 - 29:00 // GYMNASTICS // (9:00)

The goal is to teach proper timing of the bar muscle-up kip swing and the correct body line when turning over the pull-up bar.

Pulling and Pressing Strength (Level 1 emphasis):

* Cue full range of motion on the pull-ups with minimal foot assistance. The foot should only help at the weakest portion of their pull-up. Cue your athlete to make these as challenging as possible while maintaining 8 reps per set.

* Emphasize full range of motion on the dip. For advanced athletes, have them perform on a matador dip bar or a box. For athletes not strong enough to support bodyweight, have them perform these on the bench.

Swing Development (Level 2 emphasis):

* Demonstrate the correct kip sequence. We want athletes first jumping into the hollow position, starting behind the pull-up bar. Then, the athlete should shift into a deep arch with their torso in front of the pull-up bar and their feet and hands in line with the pull-up bar. From there, the focus should be in an aggressive hip extension while maintaining STRAIGHT arms.

* Reinforce timing — hips fire before the pull.

Capacity Confidence (Level 3 emphasis):

* Emphasize this as an opportunity for them to test their bar muscle ups capacity after several weeks of controlled practice. Encourage aggressive transitions and for them to take risks on bigger sets today. Athletes should choose their rep scheme based on their max set of Bar muscle ups. Their first set should be 2-3 away from failure, then drop by 2 reps each remaining set.

* Enforce quality mechanics on the first rep. Our athletes should jump into the pike and finish a full arch swing before shifting into their first rep. A clean first rep each set will set them up for success later on.

Finish by explaining how efficient shoulder mechanics and rhythm reduce pulling fatigue, allowing athletes to maintain efficient bar muscle ups with minimal upper body fatigue when the kip timing is performed correctly.

29:00 - 31:00 // QUICK BREAK // (2:00)

31:00 - 36:00 // WORKOUT PREP // (5:00)

Air Bike: Demo powerful leg drive with relaxed shoulders --> preserves grip. Breathing rhythm/composure keeps output steady

Kettlebell Swings: Demo explosive hips with neutral spine --> bell floats rather than be lifted. Demo loose hands at the top.

Toes to Bar: Demo tight kip with controlled return --> rhythm maintained. Quick, repeatable sets --> early breaks protect hands.

Workout Prep:
 2 Sets
 10-second Calorie Bike (building to workout pace)
 3 Kettlebell Swings (moderate)
 3 Toes to Bar or modification

36:00 - 56:00 // WORKOUT // (20:00)

CUE FOCUS: Watch grip tension. Cue "relax the hands," "hips drive," and "stay rhythmic."

56:00 - 60:00 // COOLDOWN // (4:00)

2 Sets
 1:00 [Banded Hip Internal Rotations](#)
 1:00 [Forearm Smash](#)
 1:00 [Seal Stretch](#)
 *Rest as needed between sides, movements and sets.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

21-15-9 Burpees/Pull Ups
 -rest till 7:00-
 21-15-9 Burpee/Toes to Bar
 -rest till 14:00-
 21-15-9 Toes to Bar/Pullups

LARGE CLASS

Teams of 2
 100/80 Calorie Air Bike
 100 Kettlebell Swings (53/35)
 100 Toes to Bar (KG conv: 24/16)

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)

WORKOUT VIDEO BREAKDOWN [HERE](#)



The Essentials: Everything you need to run your class

STRENGTH

SHOULDER PRESS

Every 3:00 × 3 sets
2 Shoulder Press @78-82%

Approach: These should feel moderately heavy with excellent bar speed. Athletes should complete each set knowing another rep was available.

Cue Focus: Watch for rib flare or backward lean. Cue “ribs down,” “press tall,” and “finish strong.”

Scaling Options: Reduce load if athletes turn the press into a push press or lose vertical alignment.

WORKOUT RPE: 7-8

PISTACHIO

FREEDOM (RX)

Every 2:00 (16:00)
15/12 Calorie Row
100m Run or 5x50ft Shuttle Run
(Scored by Time each set)

TARGET TIMES / SCORES

Top Performers: 1:05-1:15 per interval
Most Athletes: 1:15-1:40 (Cap: 1:40)
Best Mayhem Score: :55-:59 each int.
Large Class: :30-:40 per station
(Cap :50)

STIMULUS = “STEADY”

Athletes should settle into a challenging but sustainable pace that allows all eight intervals to look nearly identical.

MODIFICATIONS

COMPETE (RX+)

Every 2:00 (16:00)
18/15 Calorie Row
100m Run or 5x50ft Shuttle Run

INDEPENDENCE (INTERMED)

Every 2:00 (16:00)
12/10 Calorie Row
100m Run or 5x50ft Shuttle Run

LIBERTY (BEGINNER)

Every 2:00 (16:00)
10/8 Calorie Row
50m Run or 3x50ft Shuttle Run

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-10:00	WARM-UP	(7:00)
10:00-18:00	TEACHING: SHOULDER PRESS	(8:00)
18:00-27:00	STRENGTH	(9:00)
27:00-29:00	QUICK BREAK	(2:00)
29:00-37:00	WORKOUT-PREP	(8:00)
37:00-53:00	WORKOUT	(16:00)
53:00-60:00	COOL DOWN & CLEAN UP	(7:00)

FOCUS & GOALS

THEME OF THE DAY: Upper-Body Strength --> Engine Repeatability
• Athletes build pressing strength first, then shift into repeatable cyclical output where breathing control, not muscular fatigue, determines consistency

TEACHING PRIORITY: Reinforce stacked pressing mechanics so athletes develop durable overhead strength without compensating through the rib cage or lower back. Fast transitions on off the rower and into the run.

LOGISTICS: Have athletes partner up and go 1:1 on sets, or change it to an EMOM for 16 minutes: Minute 1 - 15/12 Calorie Row, Minute 2 - 100m Run. Have partners start on opposite stations and alternate back and forth to save space and equipment. This could also be a fun day to bring the rowers outside if weather permits.

WORKOUT STRATEGY TIPS:

- Row: Target -:40-:55. If athletes open under :35 and breathing spikes, they should immediately dial it back. Transitions matter! Get off the rower quickly and get moving.
- Run: Aim for :25-:35. If athletes push past :35, scale distance.
- Pacing Strategy: The goal is less than a 10-second split drop-off from first to last interval — consistency wins this workout.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

This is an aerobic control test: Athletes who avoid sprinting the first two rounds typically maintain far tighter splits across intervals.

Your breathing is the governor today: If you finish the run gasping, the row pace is too aggressive. Make sure during the rest athletes are getting the breathing under control and set up on the rower before the start of the next interval.

Know your checkpoint: Most athletes should finish the row in -:55 and return from the run before 1:40. If athletes flirt with the cap early, reduce row calories/run distance.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 10:00 // WARM-UP // (7:00)

FULL WARM-UP

- 7:00 AMRAP
- 30-second Easy Row
- 30-second [Jump Rope](#)
- 20 [Mountain Climbers](#)
- 8 [Banded Pass Throughs](#)
- 8 [Half Kneeling Single Arm DB Press \(each/light\)](#)
- 8 [Step Back Lunges](#)

QUICK WARM-UP

- 2 Rounds
- 20-second Moderate Row
- 6 Light Shoulder Press
- 8 Air Squats
- 60m Easy Jog

10:00 - 18:00 // TEACHING // (8:00) 18:00 - 28:00 // STRENGTH // (9:00)

Today we are teaching the shoulder press. Emphasize vertical bar path, rib control, and strong lockout so athletes build true pressing strength rather than leaning back into compensation.

SHOULDER PRESS: PRIMARY FOCUS

--> Stacked Alignment --> Bar Path --> Midline Control

DEMO POINTS

--> Side view. Show ribs stacked over hips, glutes engaged, and the bar finishing directly over the shoulders.

TEACHING REPS / PROGRESSION

The goal is to reinforce strict pressing mechanics so heavier doubles remain crisp and controlled.

3 x Empty Bar Strict Press

- Coach cues glutes tight and ribs down before pressing.
- Emphasize pressing straight up — not around the face.

3 x Shoulder Press @ ~40-50%

- Smooth tempo.
- Reinforce straight bar path.

3 x Shoulder Press @ ~50-60%

- Aggressive lockout.
- Maintain tension through the midline.

Finish by explaining how stacked overhead mechanics create long-term shoulder durability.

27:00 - 29:00 // QUICK BREAK // (2:00)

29:00 - 37:00 // WORKOUT PREP // (8:00)

Row: Demo powerful leg drive followed by controlled recovery --> efficiency beats frantic strokes. Demo breathing rhythm --> composure maintained under effort.

100m Run:

- * If choosing shuttle runs, each rep is 25 feet down + 25 feet back.
- * Demo controlled acceleration --> pacing prevents early spikes.
- * Demo relaxed shoulders --> avoid unnecessary tension.

Workout Prep

- 3 Sets
- 5/4 Calorie Row (building to workout pace)
- 50m Run (building to workout speed)

37:00 - 53:00 // WORKOUT // (16:00)

CUE FOCUS: Watch early pacing. Cue "smooth effort," "breathe," and "stay repeatable."

53:00 - 60:00 // COOLDOWN // (7:00)

2 Sets

- 1:00 [Barbell Forearm Stretch](#)
- 1:00 [Couch Stretch](#)
- 1:00 [Wall Jefferson Curl](#)

*Rest as needed between sides, movements and sets.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

- Every 2:00 (16:00)
- 15 Burpees
- 100m Run or 5x50ft Shuttle Run

LARGE CLASS

- Teams of 2
- Every 1:00 (16:00)
- Minute 1: 15/12 Calorie Row
- Minute 2: 100m Run or 5x50ft Shuttle Run
- Athletes start on opposite stations & switch every min

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)

WORKOUT VIDEO BREAKDOWN [HERE](#)

STRENGTH VIDEO BREAKDOWN [HERE](#)



The Essentials: Everything you need to run your class

STRENGTH

DEADLIFT

Every 3:00 x 3 sets
2 Deadlifts @78-82%

Approach: Should feel heavy but fast — athletes should complete reps without grinding and maintain identical mechanics across sets.

Cue Focus: Watch for hips shooting up or the bar drifting forward. Cue “stay close,” “brace first,” and “push the floor.”

Scaling Options: Reduce load immediately if spinal position changes or bar speed slows significantly.

WORKOUT RPE: 8-9

TURQUOISE

FREEDOM (RX)

3 sets
3:00 AMRAP
100ft Single DB Walking Lunge (50/35)
Max Burpee Over Dumbbell
-rest 2:00 between sets-
(Scored by Total Reps)
(KG conv: 22.5/15)

TARGET TIMES / SCORES

- Top Performers: 80+ burpees
- Most Athletes: 50-70 burpees
- Best Mayhem Score: 140 burpees (50-50-40)
- Large Class: 50-70 burpees

STIMULUS = “PAIN CAVE”

Athletes must push through rising leg fatigue while maintaining the mental toughness to keep moving on burpees.

MODIFICATIONS

COMPETE (RX+)

3 sets
3:00 AMRAP
100ft Single DB Lunge (70/50)
Max Burpee Over Dumbbell
-rest 2:00 between sets-
(KG conv: 32.5/22.5)

INDEPENDENCE (INTERMED)

3 sets
3:00 AMRAP
100ft Single DB Lunge (35/25)
Max Burpee Over Dumbbell
-rest 2:00 between sets-
(KG conv: 15/10)

LIBERTY (BEGINNER)

3 sets
3:00 AMRAP
50ft Single DB Lunge (light)
Max Up Downs
-rest 2:00 between sets-

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-10:00	WARM-UP	(7:00)
10:00-18:00	TEACHING: DEADLIFT	(8:00)
18:00-27:00	STRENGTH	(9:00)
27:00-29:00	QUICK BREAK	(2:00)
29:00-35:00	WORKOUT-PREP	(6:00)
35:00-48:00	WORKOUT	(13:00)
48:00-60:00	COOL DOWN & CLEAN UP	(12:00)

FOCUS & GOALS

THEME OF THE DAY: Posterior Strength --> Unilateral Stamina

- Build heavy hinge strength first, then rely on unilateral leg endurance and breathing control to accumulate burpees without posture breakdown.

TEACHING PRIORITY: Reinforce lat tension and bracing in the deadlift so athletes protect their spine once fatigue rises during lunges and burpees.

LOGISTICS: Create clear 25-50ft lanes for lunges with turnaround space. Have athletes choose their dumbbell early and brief standards before the workout begins to prevent mid-class confusion.

WORKOUT STRATEGY TIPS:

Lunge (50/35, -50-60% effort): Target -1:10-1:40. If exceed 1:45, reduce load or shorten the distance to preserve burpee time. Just stay moving, no matter what. Athletes may hold the dumbbell however they may choose.

Burpee: Recommend stepping up on the burpees, quick breath at the bottom, and just keeping at a smooth/consistent pace. Use the first few reps to control your breathing, and sell out on the final set (last workout).

Set Strategy: The second set should look very similar to the first. Avoid a massive opening effort that causes a 30-40% drop.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

Buy time for burpees: The faster and smoother you move through the lunges, the more opportunity you create where the score actually happens.

Expect your legs to talk back: Athletes who stay mechanically sound under fatigue will keep accumulating reps while others slow dramatically. Smooth is fast, fast is smooth.

Know your checkpoint: Most athletes should finish the lunges in -1:10-1:40, leaving at least 1:20+ for burpees. If you reach burpees with under a minute remaining, scale immediately.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 10:00 // WARM-UP // (7:00)

FULL WARM-UP

- 7:00 AMRAP
- 30-second Easy Bike
- 10 [Glute Bridges](#)
- 8 [Single Dumbbell Suitcase Deadlifts](#) (each)
- 8 [Walking Lunges](#)
- 4 [Up Downs](#)

QUICK WARM-UP

- 2 Rounds
- 20-second Moderate Bike
- 6 Romanian Deadlifts (light)
- 6 Goblet Lunges
- 4 Burpees

10:00 - 18:00 // TEACHING // (8:00) 18:00 - 27:00 // STRENGTH // (9:00)

Today we are teaching the deadlift. Focus on pulling slack from the bar, engaging the lats, and driving through the floor so heavier doubles stay crisp and safe.

DEADLIFT: PRIMARY FOCUS

--> Lat Engagement --> Neutral Spine --> Hip Drive

DEMO POINTS: Side view. Show shoulders slightly over the bar, bar staying close, and a strong vertical finish.

TEACHING REPS / PROGRESSION

The goal is to reinforce hinge mechanics so athletes don't default to the lower back when loads climb.

3 x Empty Bar Deadlifts

- Coach cues athletes to pull slack out before lifting.
- Emphasize pushing floor away instead of yanking the bar.

3 x Deadlifts @40%

- 2-second controlled lower to reinforce bar path.
- Cue athletes to keep the bar brushing the legs.

2 x Deadlift @50-60%

- Demo strong, active lats while breathing at the top.
- Reinforce staying tight before every pull.

Finish by explaining how lat tension and bracing are what protect athletes once fatigue rises later in the workout.

27:00 - 29:00 // QUICK BREAK // (2:00)

29:00 - 35:00 // WORKOUT PREP // (6:00)

Single DB Walking Lunges (50/35 light effort): Demo long, controlled steps with the back knee touching --> Hips fully extend before the next step. Demo keeping the torso tall --> posture protects the midline.

Burpee Over Dumbbell: Demo a smooth lateral jump with minimal height --> efficiency saves energy. Demo breathing while stepping up from the floor --> maintain composure under fatigue.

Workout Prep

- 2 Sets
- 10ft Single DB Walking Lunges (light-moderate)
- 4 Burpees over Dumbbell

35:00 - 48:00 // WORKOUT // (13:00)

CUE FOCUS: Watch posture late. Cue "stay tall," "step through," and "keep moving."

48:00 - 60:00 // COOLDOWN // (12:00)

- 2 Sets
- 1:00 [Seated QL Stretch](#)
- 1:00 [Pigeon Stretch](#)
- 1:00 [Band Wrist Mobilization](#)
- *Rest as needed between sides, movements and sets.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

- 3 sets
- 3:00 AMRAP
- 200ft Walking Lunge
- Max Burpees
- rest 2:00 between sets-

LARGE CLASS OPTION

Have athletes partner up and go 1:1 on sets (The rest will be 3:00 to accommodate partner 2).

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)

WORKOUT VIDEO BREAKDOWN [HERE](#)

STRENGTH VIDEO BREAKDOWN [HERE](#)



The Essentials:
Everything you need to run your class

STRENGTH

CYCLING (SNATCH)

Every 2:00 (10:00)
2 Touch-and-Go Power Snatch + 1 Snatch Balance @ RPE 7

Approach: These should feel moderately heavy but extremely crisp. Athletes should prioritize speed and precision over load. Athletes should not be heavy, focus on form and only add weight if the movement feels and looks good.

Cue Focus: Watch for looping bar paths or soft lockouts. Cue "stay close," "punch fast," and "lock it in."

Scaling Options: Scale snatch balance to Snatch Push + OVHS if needed. Reduce load if athletes press out the snatch balance or lose speed under the bar.

WORKOUT RPE: 8

LIME GREEN

FREEDOM (RX)

6 Rounds
3 Wall Walks
9 Overhead Squats (95/65)
12 Pull Ups
(Scored by Time)
(KG conv: 42.5/30)

TARGET TIMES / SCORES

Top Performers: 7:00-9:00
Most Athletes: 9:00-12:00 (Cap: 14:00)
Best Mayhem Score: 6:50
Large Class: 9:00-12:00 (Cap: 14:00)

STIMULUS = "CHALLENGE"

CHALLENGE — Athletes should move steadily through gymnastics while staying aggressive on overhead squats so rounds remain consistent without shoulder failure.

MODIFICATIONS

COMPETE (RX+)

6 Rounds
4 Wall Walks
12 Overhead Squats (95/65)
16 Pull Ups
(KG conv: 42.5/30)

INDEPENDENCE (INTERMED)

6 Rounds
2 Wall Walks
8 Overhead Squats (75/55)
10 Pull Ups
(KG conv: 35/25)

LIBERTY (BEGINNER)

6 Rounds
25ft Bear Crawl
8 Dumbbell Squats (light)
10 Ring Rows

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-10:00	WARM-UP	(7:00)
10:00-20:00	TEACHING: SNATCH COMPLEX	(10:00)
20:00-30:00	STRENGTH	(10:00)
30:00-32:00	QUICK BREAK	(2:00)
32:00-40:00	WORKOUT-PREP	(8:00)
40:00-54:00	WORKOUT	(14:00)
54:00-60:00	COOL DOWN & CLEAN UP	(6:00)

FOCUS & GOALS

THEME OF THE DAY: Overhead Confidence --> Gymnastics Composure
• Athletes sharpen overhead speed and receiving positions in snatch complex before demanding shoulder stability and pulling stamina across rounds.

TEACHING PRIORITY: Emphasize active shoulders and confident receiving positions so athletes remain stacked overhead once fatigue builds.

LOGISTICS: Members with mobility issues or who are new may struggle with the strength work. Consider removing the Snatch Balance or substituting Snatch Push Press + Overhead Squat if needed.

WORKOUT STRATEGY TIPS:

- Wall Walk: Target :20-:35. If exceed :50, reduce range or reps.
- Overhead Squat (95/65 -50% 1RM): Should be light and unbroken. The weight will begin to feel heavier as fatigue builds. Stay braced and controlled with the intent to squat snatch into the first rep.
- Pull-up: Unbroken or small, repeatable sets. If set exceeds :50, scale.
- Pacing Strategy: First two rounds should be smooth and feel controlled. Athletes who redline early often hit a shoulder wall by round 4.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

Overhead stamina will separate athletes today: Those who stay stacked and controlled will keep rounds moving, while unstable shoulders quickly lead to missed reps and long breaks.

Break pull ups before they break you: Small, repeatable sets preserve grip and allow athletes to keep attacking overhead squats.

Goal pace per round: Most athletes should average -1:30-2:00 per round. If round 1 exceeds 2:10, scale immediately to protect stimulus.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 10:00 // WARM-UP // (7:00)

FULL WARM-UP

7:00 AMRAP
30-second Easy Machine
25ft [Lizard Crawl](#)
10 PVC [Pass Throughs](#)
5 PVC [Muscle Snatches](#)
5 PVC [Overhead Squats](#)
5 [Scap Pull Ups](#)

QUICK WARM-UP

2 Rounds
20-second Moderate Row
5 Hang Power Snatches (light)
5 Overhead Squats (light)
6 Ring Rows

10:00 - 20:00 // TEACHING // (10:00) 20:00 - 30:00 // STRENGTH // (10:00)

Snatch Complex: Focus on bar proximity, aggressive turnover, and confident receiving positions so athletes develop trust in their overhead stability. Remember, this will be difficult for most. If needed, scale to Power Snatch + Snatch Push + Overhead Squat.

SNATCH: PRIMARY FOCUS

--> Bar Path --> Speed Under --> Active Shoulders

DEMO POINTS: Side view. Show the bar staying close, fast elbows under, and pressing up into the bar on the catch.

TEACHING REPS / PROGRESSION

The goal is to refine speed and confidence without creating fatigue before the workout.

3 x Tall Muscle Snatch + Overhead Squat (empty bar)

- Coach cues pulling under rather than looping the bar.
- Emphasize fast turnover and strong active shoulders.

2 x Power Snatch + Overhead Squat (light)

- Reinforce stable receiving position.
- Cue athletes to actively press up into the bar.

2 x Snatch Balance (light)

- Demo aggressive punch under the bar. Show how the feet move from jumping stance to squat stance in a split second.
- Reinforce confident footwork and lockout. Finish the drive before dropping under.
- Slow feet don't eat! we want to be quick under the bar. Control the dip, explode underneath of the weight.

Finish by explaining how fast turnover and active shoulders create safer, more efficient overhead positions during the workout. Have athletes build up to working weight in 2-3 sets.

30:00 - 32:00 // QUICK BREAK // (2:00)

32:00 - 40:00 // WORKOUT PREP // (8:00)

Wall Walks: Demo controlled hand movement with a tight midline --> shoulders remain active. Demo descending with control --> tension protects the shoulders.

Overhead Squats (95/65 -50% 1RM): Demo pushing up into the bar throughout the squat --> stacked alignment. Demo controlled tempo with balance maintained.

Pull Ups: Demo efficient kip & relaxed grip. --> rhythm preserved. Demo quick, planned breaks --> small sets prevent burnout.

Workout Prep:

2 Sets
3 Overhead Squats (building to workout weight)
3 Pull Ups or modification
1 Wall Walk

40:00 - 54:00 // WORKOUT // (14:00)

CUE FOCUS: Watch overhead stability late. Cue "stay stacked," "active shoulders," and "smooth sets."

54:00 - 60:00 // COOLDOWN // (6:00)

2 Sets
1:00 [Rig QL Stretch](#)
1:00 [Seated External Rotations](#)
*Rest as needed between sides, movements and sets.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

6 Rounds
3 Wall Walks
18 Air Squats
12 Pull Ups

LARGE CLASS

Teams of 2
5 Rounds
Partner 1: 5 Wall Walks
Partner 2:
10 Overhead Squats (95/65)
10 Pull Ups
Switch when both completed
(KG conv: 42.5/30)

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)

WORKOUT VIDEO BREAKDOWN [HERE](#)

STRENGTH VIDEO BREAKDOWN [HERE](#)



The Essentials: Everything you need to run your class

WORKOUT RPE:8

SPEARMINT

FREEDOM (RX)

Teams of 3, 25:00 AMRAP
 Partner 1: 400m Run (or 1000m Bike Erg or 16x50ft Shuttle Run)
 Partner 2: AMRAP
 50ft Dumbbell Farmer Carry (70s/50s)
 5 Burpee Box Getovers (48/42) (or 8 @ 30/24)
 Partner 3: Rest
 -Rotate when partner finishes the run.
 Partner picks up where AMRAP was left off.
 (Scored by Total Rounds + Reps)
 (KG conv: 32.5/22.5 DBs)

TARGET TIMES / SCORES

Top Performers: 20-24+ rounds
 Most Athletes: 16-20 rounds
 Best Mayhem Score: 26+ rounds
 Individual Option: 9+ total rounds

STIMULUS = "GRIND"

This long team effort rewards smooth, repeatable movement over aggressive surges that lead to long recovery breaks.

MODIFICATIONS

COMPETE (RX+)

Teams of 3, 25:00 AMRAP
 Partner 1: 400m Run (or 1000m Bike Erg or 16x50ft Shuttle Run)
 Partner 2: AMRAP
 50ft Dumbbell Farmer Carry (100s/70s)
 5 Burpee Box Getovers (48/42) (or 8 @ 30/24)
 Partner 3: Rest
 (KG conv: 45/32.5 DBs)

INDEPENDENCE (INTERMED)

Teams of 3, 25:00 AMRAP
 Partner 1: 400m Run (or 1000m Bike Erg or 16x50ft Shuttle Run)
 Partner 2: AMRAP
 50ft Dumbbell Farmer Carry (50s/35s)
 5 Burpee Box Getovers (40/36) (or 8 @ 24/20)
 Partner 3: Rest
 (KG conv: 22.5/15 DBs)

LIBERTY (BEGINNER)

Teams of 3, 25:00 AMRAP
 Partner 1: 200m Run or 500m Bike or 8 Shuttle
 Partner 2: AMRAP
 50ft Dumbbell Farmer Carry (light)
 5 Up Down + Box Step Up (20/16)
 Partner 3: Rest

ACCESSORY

MINI PUMP - CORE (OPTIONAL)

3 sets:
 20 [Stick Sit Ups](#)
 -rest 30 seconds-
 10 [KB Side Bends](#) (each side)
 -rest 30 seconds-
 10 [Side Star Plank Reach Throughs](#)
 -Rest 2:00 between sets-

* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

TIMELINE

0:00-4:00	INTRO	(4:00)
4:00-12:00	WARM-UP	(8:00)
12:00-20:00	TEACHING: BURPEE BOX GET OVER	(8:00)
20:00-22:00	QUICK BREAK	(2:00)
22:00-27:00	WORKOUT-PREP	(5:00)
27:00-52:00	WORKOUT	(25:00)
52:00-60:00	COOL DOWN & CLEAN UP	(8:00)

Accessory is an optional piece for gyms who have extended class times on Saturdays. It is meant to be completed after the workout

FOCUS & GOALS

THEME OF THE DAY: Sustainable Transitions --> Burpee Efficiency

- Teams must manage pacing so the burpee box get overs remain smooth and repeatable, preventing movement breakdown that stalls round accumulation over 25 minutes.

TEACHING PRIORITY: Prepare athletes to move efficiently over the box so breathing and leg fatigue don't dramatically slow the team station.

LOGISTICS: Build teams before class and assign wide carry lanes with clear box space. Ensure box heights are set and reviewed early to avoid mid-workout adjustments.

WORKOUT STRATEGY TIPS:

- Run: Target -1:45-2:30. Faster rarely improves team output over 25 minutes. Scale distance or to a machine to help keep athletes moving.
- Farmer Carry (70s/50s -60-70% effort): Target :20-:35 unbroken. If drops occur early, reduce load immediately. Advanced should go heavier.
- Burpee Box Get Over: Target :05-:08 per rep, keeping this station around :30-:50. If reps slow beyond :10 each, scale height or reps.
- Team Strategy: Keep transitions under 5 seconds. The next athlete should be ready before the runner finishes. Remember, it's scored by total Rounds + Reps. Make sure someone is keeping track at all times.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 4:00 // WHITEBOARD // (4:00)

The burpees determine your score: If this movement becomes slow or sloppy, rounds stall quickly and the team loses momentum.

The run should feel controlled: Sprint efforts on the 400m usually hurt the next athlete more than they help the team.

Know your checkpoint: Most teams should complete a round every -1:00-1:30. If rounds exceed 2:00 early, adjust the weight/reps or box height immediately.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

4:00 - 12:00 // WARM-UP // (8:00)

FULL WARM-UP

8:00 AMRAP
100m Easy Jog
5 Light [Dumbbell Deadlifts](#)
5 [Up Downs](#)
5 [Box Step Overs](#)
10-second [Plank Hold](#)

QUICK WARM-UP

2 Rounds
150m Jog
40ft Light Farmer Carry
6 Box Step Overs
4 Burpees

12:00 - 20:00 // TEACHING // (8:00) INTO QUICK BREAK (2:00) 22:00 - 27:00 // WORKOUT PREP (5:00)

Today we are teaching the burpee box get over. Emphasize smooth floor mechanics and efficient box transitions so athletes maintain steady output across 25 minutes.

BURPEE BOX GET OVER: PRIMARY FOCUS

Smooth Floor Pattern -> Low Jump Path -> Controlled step down

DEMO POINTS: Show chest-to-floor control, feet landing under hips, and minimal height over the box.

Use this time to show and have athletes practice different techniques of getting up and over the box. Have some fun with it.

WORKOUT MOVEMENT PREP

400m Run:

- * If doing shuttle run, each rep is 25 feet down + 25 feet back.
- * Demo relaxed opening 100m --> pacing preserves team output.
- * Demo breathing rhythm returning to the station --> composure before rotating.

Dumbbell Farmer Carry (70s/50s -60-70% effort):

- * Demo tall posture with shoulders down --> grip efficiency.
- * Demo quick foot turnover --> cadence over stride length.

Burpee Box Get Over:

* Demo stepping up smoothly from the burpee --> minimal pause preserves momentum.

* Demo hand/leg placement on the box and getting over --> efficiency and smoothness getting up and down.

Workout Prep:

With Team:

2 sets

100m Run (building to workout pace)

25ft Farmer Carry @ workout feel

2 Burpee Box Get Overs

27:00 - 52:00 // WORKOUT // (25:00)

CUE FOCUS: Watch movement smoothness. Cue "stay low," "smooth steps," and "breathe through it."

52:00 - 60:00 // COOLDOWN // (8:00)

Note: Accessory is an optional piece for gyms with extended class times on Saturdays. It is meant to be completed after the workout.

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

Teams of 3
25:00 AMRAP
Partner 1: 400m Run (or 1000m Bike Erg or 16x50ft Shuttle Run)

Partner 2: AMRAP
25ft Handstand Walk
5 Burpee Box Get Overs (48/42) (or 8 @ 30/24)

Partner 3: Rest

-Rotate when partner finishes the 400m run. Partner picks up where the AMRAP was left off.

INDIVIDUAL OPTION

25:00 AMRAP
400m Run (or 1000m Bike Erg or 16x50ft Shuttle Run)
-into-
3 Rounds
50ft Dumbbell Farmer Carry (70s/50s)
5 Burpee Box Get Overs (48/42) (or 8 @ 30/24) (KG conv: 32.5/22.5 DBs)

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WHITEBOARD VIDEO BREAKDOWN [HERE](#)



The Essentials:
Everything you need to run your class

HOW SUNDAYS WORK

Sundays have 3 workout options:

Option 1: Monostructural Workout

Can be used in a class or Open Gym setting

Option 2: Active Recovery Workout

This will generally be an Erg/Running workout.

Option 3: Mayhem Racing Workout

A fast, gritty, fitness race-style. It blends functional fitness with serious endurance and is built to test your engine. Great for athletes training for fitness races. Offer it on Sundays or plug it into the week. Mayhem Affiliate Programming builds a strong base. Add extra running during the week for peak race performance.

OPTION 1 RPE: 7-8

OLIVE GREEN

FREEDOM (RX)

Every 1:00 (10:00)
Minute 1: 15 GHDs (or V-ups)
Minute 2: 10 Toes to Ring (or 8 Toes to Bar)
(Scored by Completion)

TARGET TIMES / SCORES

Top Performers: Finish each in :30--:40
Most Athletes: Finish each in :40--:50
Best Mayhem Score: Consistently under :35

STIMULUS = "QUALITY"

The goal is clean, controlled reps that are repeatable for all 10 minutes rather than racing early and losing position.

MODIFICATIONS

COMPETE (RX+)

Every 1:00 (10:00)
Minute 1: 20 GHDs (or V-ups)
Minute 2: 15 Toes to Ring (or 12 Toes to Bar)

INDEPENDENCE (INTERMED)

Every 1:00 (10:00)
Minute 1: 12 GHDs (or V-ups)
Minute 2: 8 Toes to Ring (or 6 Toes to Bar)

LIBERTY (BEGINNER)

Every 1:00 (10:00)
Minute 1: 12 Sit Ups
Minute 2: 10 Hanging Knee Raises

TIMELINE

0:00-3:00	INTRO	(3:00)
3:00-9:00	WARM-UP	(6:00)
9:00-19:00	TEACHING: TOES TO RING	(10:00)
19:00-24:00	WORKOUT-PREP	(5:00)
24:00-34:00	WORKOUT	(10:00)
34:00-60:00	COOL DOWN & CLEAN UP	(26:00)

FOCUS & GOALS

THEME OF THE DAY: Midline Control --> Gymnastics Consistency

- Athletes must manage trunk fatigue across alternating movements, preserving controlled mechanics so reps remain crisp rather than rushed.

TEACHING PRIORITY: Reinforce midline tension and controlled rhythm so athletes avoid spinal overextension and grip breakdown.

LOGISTICS: Assign GHDs and ring stations early. Ensure athletes understand rotation timing and scaling options so transitions stay smooth. Advanced athletes can increase the reps or add light loading to the movements to create an added training stimulus.

WORKOUT STRATEGY TIPS:

GHD Sit Ups: Target :30--:45. Goal to complete 15 reps unbroken or in one quick break (8/7). If reps exceed :50 or break into 3+ sets, reduce reps to 12 or shorten range of motion.

Toes to Ring / Toes to Bar: Aim for :20--:35. Goal is unbroken or use small planned breaks like 5/5 or 4/4. If turns into singles or exceeds :40, scale.

Consistency Standard: Splits should vary less than 5 seconds from minute 1 to minute 10. If variance grows beyond 10 seconds, volume or variation should be adjusted.



The Details:

Your class flow from minute zero to minute sixty

0:00 - 3:00 // WHITEBOARD // (3:00)

This is a midline stamina test: Athletes who control their range of motion and tempo will maintain clean mechanics across all 10 minutes.

Smooth reps beat aggressive reps: Rushing GHDs or over-kipping early often leads to grip fatigue and incomplete reps later.

Know your checkpoint: Most athletes should finish each movement in :40-:50. If reps regularly hit :55 or beyond, scale volume immediately.

Quick injury & capacity check: Check in with athletes on any current injuries or limitations before starting so appropriate modifications can be made early and class flow isn't disrupted.

3:00 - 9:00 // WARM-UP // (6:00)

FULL WARM-UP

3 Rounds
20-second [Hollow Hold](#)
8 Abmat [Sit Ups](#)
5 [Hanging Knee Raises](#)
10-second [Superman Hold](#)

QUICK WARM-UP

2 Rounds
15-second Hollow Hold
6 V-Ups
6 Hanging Knee Raises
8 Scap Pull Ups

9:00 - 19:00 // TEACHING // (10:00) 19:00 - 24:00 // WORKOUT PREP // (5:00)

Today we are teaching the toes to ring. Focus on controlled kip rhythm and midline tension so athletes avoid excessive swing and grip fatigue.

TOES TO RING: PRIMARY FOCUS

Hollow to Arch Control -> Hip Drive -> Controlled Descent

DEMO POINTS: Side view. Show tight hollow position, aggressive hip snap, and a controlled return to extension. Keep teaching concise — athletes need rhythm and position, not volume.

WORKOUT MOVEMENT PREP

GHD Sit Ups: Demo full range with hands touching the floor and both hands contacting the foot pad --> controlled extension.
• Demo bracing before starting rep --> midline engagement.

Toes to Ring/Toes to Bar: Tight hollow position before swing -> shoulders engaged. Small, repeatable sets to preserve grip

Workout Prep: 2 Sets
4 GHD Sit Ups (controlled)
4 Toes to Ring or Toes to Bar

24:00 - 34:00 // WORKOUT // (10:00)

CUE FOCUS: Watch lumbar extension late. Cue "brace first," "snap the hips," and "control the return."

34:00 - 60:00 // COOLDOWN // (26:00)

ADDITIONAL CONSIDERATIONS

LIMITED EQUIPMENT

Every 1:00 (10:00)
Minute 1: 15 V-Ups
Minute 2: 10 Toes to Bar

LARGE CLASS

Have athletes partner up and start on opposite stations

RPE REFERENCE GUIDE [HERE](#)

MOVEMENT SCALING & SUBSTITUTIONS GUIDE [HERE](#)

WORKOUT OPTION 2: ACTIVE RECOVERY

30-45 Minute Row @Zone 2 Pace
* Every 5 minutes, stop and do 50ft [Dual Kettlebell Overhead Carry](#) (53/35) + 30 sec [Hollow Hold](#)

WORKOUT OPTION 3: MAYHEM RACING

Warm-up:

2 Rounds:
200m Run or 1 minute Row/
Ski
10 Air Squats
8 Ring Rows
10 Alternating Reverse
Lunges
8 Push-ups

Quick skill review of Sled
Push and Sled Pull.

Then, 2 rounds increasing
towards workout weight.
Alternate full rounds with
partner:
12.5m Sled Pull
12.5m Sled Push

Workout:

Teams of 2
P1: 400m Run
P2 2: 50m Sled Pull
*Switch when both complete

P1: 500m Row
P2: 50m Sandbag Lunges
*Switch when both complete

P1: 400m Run
P2 2: 50m Sled Push
*Switch when both complete

P1 500m Ski
P2: 30 Wall Balls
*Switch when both complete

Sled Push 275/165 -125/75KG
Sled Pull: 165/110 (75/50 KG)
Sandbag: 66/44 (30/20 KG)
Wall Ball: 20/14 (9/6 KG)

Stimulus: Goal to maintain sustainable and consistent pacing across all stations. Teams should avoid sprinting in the early rounds and instead aim to hold similar pacing for both parts of each section.

Aim to finish each station in 4:00 to 5:00, with a 6:00 cap. That means that each person must finish their piece in under 3:00. If athletes are taking longer than 3:00, stop and move on. If they are needing repeated breaks on the weighted movements, they should decrease the weight to allow them to finish within the target time.
Overall Target Time: 16:00-20:00
Overall Time Cap: 24:00

Coaching Cues:

- Run: Encourage athletes to settle into a rhythm rather than sprinting the first run.
- Sled Push: Short, quick steps keep sled moving consistently.
- Row: Maintain a moderate stroke rate from the start instead of over-pulling early in the set.
- Lunges: Steady movement instead of rushing & needing break
- Sled Pull: Remember to engage the core.
- Ski: Establish rhythm early, then maintain consistent power.
- Wall Balls: Smart breaks (ex: 20-10-10). Focus on breathing.

EXTRA FITNESS



Optional training pieces for athletes wanting a bit more outside of class.
Programmed 3 days per week, designed to compliment the day's training.

DAY 1

MONDAY

Warm Up

Ski (or Row)
1:30 easy
:30 moderate
1:00 easy
:30 moderate/fast
:30 easy
:30 fast
:30 easy

Ski or Row Workout

2 Sets
300m at RPE5
-1 Min Rest-
500m at RPE7
-1 Min Rest-
200m at RPE5
*Rest 3 minutes between sets.

Cool Down

3min at easy "cool down" pace

DAY 2

WEDNESDAY

Mini Pump - Upper Push

4 sets

- 8 Barbell [Bench Press](#) @ RPE 8/10
- 8 [Reverse Grip Incline Dumbbell Bench Press](#) @ RPE 8/10
- 10 [Ring](#) or [Bar Dips](#) (or to RPE 7-7.5/10)
- 12 Alternating [DB Skull Crushers](#) (each side) @ RPE 8/10

-Rest 2:00-2:30 between sets-

DAY 3

FRIDAY

Warm Up

Air Bike
Arms & Legs: 40sec easy, 20sec mod, 10sec fast,
Rest 20sec,
Legs Only: 40sec easy, 20sec mod, 10sec fast,
Rest 20sec,
Arms Only: 40sec easy, 20sec mod, 10sec fast

Air Bike Workout

3 Sets
90 Sec at RPE3 (arms only)
60 Sec at RPE5
30 Sec at RPE7
10 Cal at RPE10
90 Sec at RPE3 (arms only)
60 Sec at RPE5
30 Sec at RPE7
10 Cal at RPE10
90 Sec at RPE3 (arms only)
60 Sec at RPE5
30 Sec at RPE7
10 Cal at RPE10
*2 minutes rest between sets.

Cool Down

3min at easy "cool down" pace

