



**A TRAINING GUIDE FOR  
NEW/BEGINNER ATHLETES**

# WHAT IS IT?!



**CONSTANTLY  
VARIED**



(DIFFERENT EVERY SESSION)

**FUNCTIONAL  
MOVEMENT**



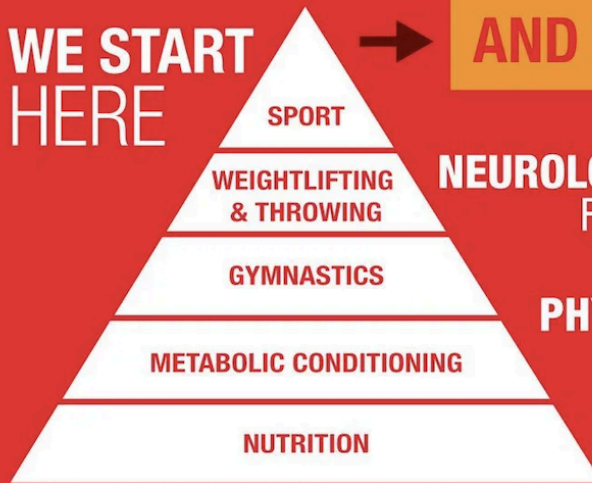
(HOW WE MOVE IN REAL LIFE)

**HIGH  
INTENSITY**



(HEART RATE GOES NORTH)

**WE START  
HERE**



**AND BY USING THIS**

**NEUROLOGICAL  
FITNESS**

BALANCE  
COORDINATION  
AGILITY  
ACCURACY

**PHYSICAL  
SKILLS**

STRENGTH  
FLEXIBILITY  
ENDURANCE  
STAMINA

**WE ADD IT TO THIS:**

BY USING A **COMBINATION** OF WEIGHTLIFTING, GYMNASTICS, RUNNING & ROWING, WHICH IS ALL **SCALED** TO SUIT YOUR **LEVEL OF ABILITY**

**ESSENCE  
OF FITNESS**



POWER + SPEED

**AND THEN BY:**

- FOLLOWING THE WOD'S
- DEVELOPING YOUR SKILLS
- EATING WELL
- WORKING ON YOUR MOBILITY

**IT GETS US:**

INCREASED WORK CAPACITY  
OVER BROAD TIME & MODAL DOMAINS

**WHICH MEANS!**

WE CAN DO MORE IN ANY AMOUNT  
OF TIME AT ANYTHING WE WANT TO DO

**"REAL FITNESS"**

## **CrossFit**

EAT MEAT AND VEGETABLES, NUTS AND SEEDS, SOME FRUIT, LITTLE STARCH AND **NO SUGAR**. KEEP INTAKE TO LEVELS THAT WILL SUPPORT EXERCISE BUT NOT BODY FAT. **PRACTICE AND TRAIN** MAJOR LIFTS: DEADLIFT, CLEAN, SQUAT, PRESSES, C&J, AND SNATCH. SIMILARLY, **MASTER THE BASICS OF GYMNASTICS**: PULL-UPS, DIPS, ROPE CLIMB, PUSH-UPS, SIT-UPS, PRESSES TO HANDSTAND, PIROUETTES, FLIPS, SPLITS, AND HOLDS. BIKE, RUN, SWIM, ROW, ETC, **HARD AND FAST**. FIVE OR SIX DAYS PER WEEK MIX THESE ELEMENTS IN AS MANY COMBINATIONS AND PATTERNS AS CREATIVITY WILL ALLOW. **ROUTINE IS THE ENEMY**. KEEP WORKOUTS SHORT AND INTENSE. REGULARLY LEARN AND PLAY **NEW SPORTS**.

**FITNESS IN 100 WORDS**

## COMMON ACRONYMS

- 🏋️ **WOD:** Workout of the Day The WOD is the set of exercises prescribed for a particular day at a CrossFit box. It's what everyone participating will perform and usually varies day to day.
- 🏋️ **METCON:** Metabolic Conditioning METCON workouts are designed to elevate your heart rate and improve endurance and stamina. These are usually a part of the day's WOD.
- 🏋️ **AMRAP:** As Many Reps/Rounds As Possible In an AMRAP workout, the goal is to complete as many repetitions of a sequence or rounds of a circuit as you can within a set timeframe. For example, if the workout involves doing squats, push-ups, and sit-ups for 10 minutes, you'll aim to complete as many rounds of this circuit as possible within the allocated time.
- 🏋️ **EMOM:** Every Minute On the Minute Here, a specific task or set of movements must be completed at the start of every minute, typically allowing for rest during the remaining seconds.
- 🏋️ **RFT:** Rounds For Time In an RFT workout, you have a set number of rounds to complete as quickly as possible while maintaining proper form.
- 🏋️ **PR:** Personal Record This is your best-ever performance on a particular exercise or WOD, something every CrossFitter aims to continuously improve.
- 🏋️ **RX:** As Prescribed Completing a WOD "as prescribed" means you've done all the recommended weights and reps without any modifications.
- 🏋️ **T2B:** Toes to Bar This is a core and lat exercise where you hang from a bar and bring your toes up to touch it. Trust me, mastering this one can really level up your core strength and make you feel invincible during your workouts.
- 🏋️ **C&J:** Clean and Jerk This is a two-stage Olympic lift that involves first "cleaning" the weight to a front-rack position, then "jerking" it overhead.
- 🏋️ **HSPU:** Handstand Push-Up A challenging movement that involves doing a push-up in a handstand position, targeting the shoulders and upper body.

## WEIGHTLIFTING LINGO

- 🏋️ **Rep Scheme:** The Rep Scheme outlines the prescribed number of repetitions and sets for each exercise. Understanding the rep scheme is fundamental for correctly following the day's WOD.
- 🏋️ **Full Extension:** Full Extension is the complete opening of body angles, such as hips and knees, often emphasized in lifting movements to generate maximum power and speed.
- 🏋️ **Strip the Bar:** To Strip the Bar means to remove weight plates from a barbell, typically after you've completed a set or lift. It's an essential part of gym etiquette and safety.
- 🏋️ **Touch-and-Go:** According to [Powelifting Technique](#), the touch and go bench press involves the lifter lightly touching the chest with the weight before driving it straight up, ensuring the exercise is executed using a full range of motion. It improves the cycle rate of repetitions and is often employed in WODs to increase intensity and save time.
- 🏋️ **Squat Clean:** A Squat Clean involves receiving the barbell in a full squat position during the clean movement. This technique relies heavily on leg strength and is a more advanced form of the Clean compared to the Power Clean.
- 🏋️ **Split Jerk:** In a Split Jerk, you'll move your legs into a lunge-like split position when catching the bar overhead. This position offers greater stability and allows athletes to lift heavier weights compared to other jerk techniques.
- 🏋️ **Fail:** The term "Fail" is used when an athlete is unable to complete a prescribed lifting movement. This usually necessitates dropping the barbell safely to the ground and is an important part of understanding one's lifting limits.
- 🏋️ **Front Rack:** The Front Rack position is where the barbell is placed on the front of your shoulders. This position is crucial for exercises like the Front Squat and various clean movements.
- 🏋️ **Hook Grip:** The Hook Grip involves tucking the thumb under the index and middle fingers when gripping the barbell. This grip provides better control and is especially beneficial during Olympic lifting movements.
- 🏋️ **Complex:** A Complex consists of a series of different lifting movements executed back-to-back without setting the barbell down. It challenges both your strength and endurance, making it a popular component of advanced WODs.
- 🏋️ **Triple Extension:** Triple Extension refers to the simultaneous extension of the hips, knees, and ankles, which is essential for generating power in many Olympic lifts like the Snatch and Clean and Jerk.
- 🏋️ **Deload:** To Deload means reducing the weight lifted for a period, usually a week, to facilitate recovery.

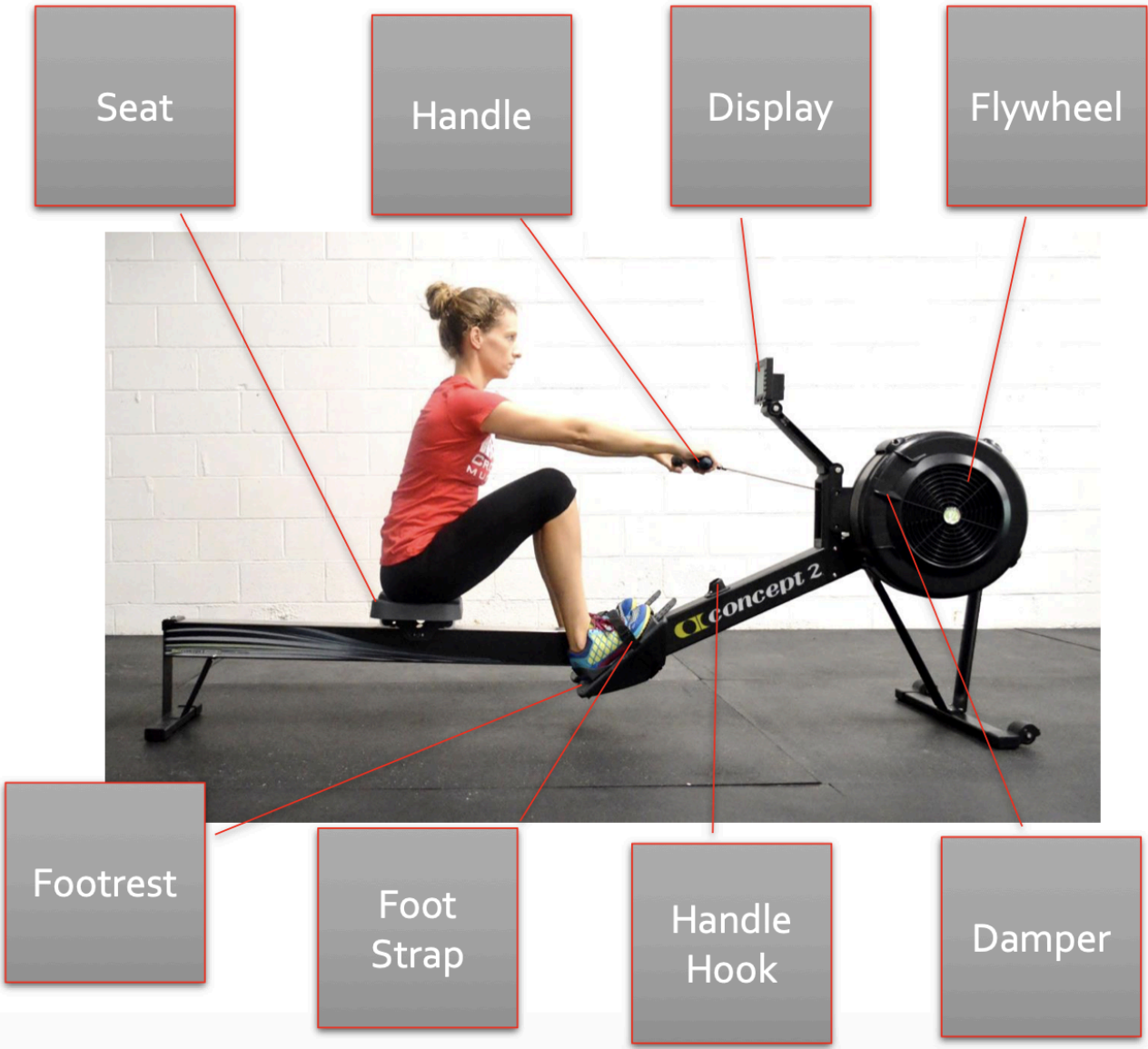
## FUNDAMENTAL MOVEMENTS

- 🏋️ **Air Squat:** The Air Squat focuses on your lower body, particularly the quads and glutes. It serves as the foundation for all squat variations in CrossFit.
- 🏋️ **Front Squat:** Building upon the Air Squat, the Front Squat introduces a barbell held in front of the body, adding an upper-body stability challenge to the squatting motion.
- 🏋️ **Overhead Squat:** This movement takes squatting to the next level by requiring you to hold a barbell overhead while descending, combining leg strength with core stability and shoulder mobility.
- 🏋️ **Shoulder Press:** A strict upper-body lift, the Shoulder Press targets the deltoids and triceps. It serves as the base for other pressing movements like push press and jerks.
- 🏋️ **Deadlift:** Focusing on lifting a loaded barbell from the ground to a standing position, the Deadlift engages multiple muscle groups, including the back, legs, and arms.
- 🏋️ **Sumo Deadlift High Pull:** This compound movement starts with a **sumo-style deadlift** and ends with a high pull, engaging both the lower and upper body and improving overall power.
- 🏋️ **Medicine Ball Clean:** Incorporating a medicine ball, this movement mimics the Olympic clean motion, teaching coordination and the engagement of both lower and upper body muscles.
- 🏋️ **Push-Up:** A basic yet crucial bodyweight movement, the Push-Up targets the chest, triceps, and shoulders while engaging the core for stability.
- 🏋️ **Pull-Up:** An essential upper-body exercise, the Pull-Up engages the back and biceps, and serves as a foundation for more advanced movements like the muscle-up.
- 🏋️ **Box Jump:** The Box Jump is all about explosive leg power and coordination. It helps in training both the aerobic and anaerobic systems, offering a cardiovascular component as well.

# Rowing Machine

Also called an Indoor Rower or Ergometer, it simulates the act of water-sport rowing. Rowing is an exceptional cardiovascular exercise and engages multiple muscle groups to provide a full-body strength and endurance movement.

Key components of the rowing machine:



# Rowing Machine, cont.

## Set-up:

1. Sit centered on the seat. Place feet under the foot straps on the foot rest. The top of your shoe should come about ½ inch over the foot ramp. The foot rests are adjustable and numbered to make setting up your feet simple each time you row. Pull the foot straps tight.
2. Turn on the display and set it to the desired data measurement (meters, calories or watts) and view.
3. Set the damper to desired number – typically 3-5 for beginners. Higher damper settings allow more air into the flywheel housing. The more air, the more work it takes to spin the flywheel against the air. More air also slows the flywheel down faster on the recovery, requiring more work to accelerate it on the next stroke. Lower damper settings allow less air into the flywheel housing, making it easier to spin the flywheel.
4. Pull the handle out of the handle hook and set your grip. Hands should be even on each side. Extend your arms straight toward the flywheel, and keep your wrists flat.
5. Spine should be neutral and tilted forward slightly at the hips. Shins vertical and feet firmly planted in the foot rests.

## Performing the Row:



### Catch

- Extend your arms straight toward the flywheel and keep your wrists flat.
- Slide forward on the seat until your shins are vertical.
- Lean forward slightly at the hips.
- You are ready to take the first/next stroke.



### Drive

- Begin the drive by extending your legs and pushing off against the foot pads.
- Keep your core tight, arms straight and back firm as you transfer power to the handles.
- As your knees straighten, gradually bend your arms and lean your upper body back.



### Finish

- Bend your elbows and pull the handle into your sternum.
- Extend your legs.
- Lean back slightly at the hips.



### Recovery

- Extend your arms by straightening your elbows and returning the handle toward the flywheel.
- Lean your upper body forward at the hips to follow the arms.
- Gradually bend your knees and slide forward on the seat to the start (or catch) position.

**Focus on consistent steady movement** – You are the master of the numbers on the display, not the victim of them. Steady consistent movement will be more efficient. Remember you are on the “water” – smooth movement is rewarded. Smooth movement is fast and efficient. Jerky movements make waves and flip boats.



# Rowing Machine, cont.

## Faults:



### **Shooting the hips**

If your legs are pushing quickly and causing your rear to shoot out ahead of the rest of you, your upper body will have to awkwardly catch up. Doing extra work to jerk your top half around will make your stroke less efficient, and can cause injury.



### **Wrong arm/leg sequence in Recovery**

Legs, hips, arms, arms, hips, legs. This is the sequence to remember when rowing. Getting out of sequence makes you lose momentum and power.



### **Finish handle position too high or low**

Pulling the handle too high or low doesn't allow for optimum muscle engagement therefore losing efficiency and power in the pull.



### **Hunching over during the drive**

You want to sit tall with a stacked posture. Focus on "turning on" your abdominal muscles, or engaging your core, and relaxing your shoulders so they are pulled back and down. Your spine should always be in neutral.

# Squat

The squat is essential to human movement, a proven performance enhancer and a gateway movement to the best exercise in strength and conditioning.

## Setup

1. Stance – feet under hips or slightly outside of hips, toes turned out
2. Neutral spine
3. Chest up
4. Belly and back tight
5. Apply torque on your hips (rotate them out while keeping feet firmly planted to the floor)



## Performing the Squat

1. Keeping a neutral spine position, drive hips back and down (don't over extend the lumbar)
2. Lower hips keeping shins as vertical as possible
3. Knees track out over your toes, not in
4. Bottom position is just below parallel – hip crease drops below knee depth
5. To help maintain tension and maximize torque think about pulling yourself into the bottom instead of dropping into the bottom position.



**Common Faults**



Knees in, head not neutral



Rounded shoulders and butt wink



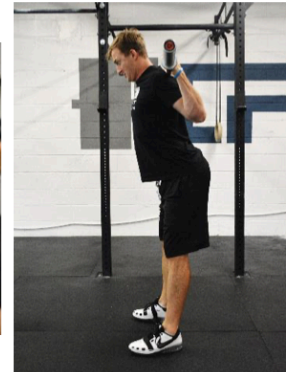
Knees forward, weight on toes.

# Back Squat

“There is simply no other exercise, and certainly no machine, that produces the level of central nervous system activity, improved balance and coordination, skeletal loading and bone density enhancement, muscular stimulation and growth, connective tissue stress and strength, psychological demand and toughness, and overall systemic conditioning than the correctly performed full squat.” –Starting Strength

## Setup:

1. Set your grip with thumbs over the bar and wrists straight.
2. Dip under the bar. Position the bar to sit on your rear deltoids (just above the shoulder blades). Drive elbows up to “lock” the bar in place on your back.
3. Step up and out from the rack with torso tilted forward slightly making sure the bar is over the middle of your feet.
4. Set your stance, feet under hips or just outside, toes pointed out slightly.



## Performing the Back Squat:

1. Take a deep breath in and push it into your belly.
2. Begin the back squat by driving your hips back and down. Think about elongating the hamstrings.
3. Knees track out over toes not in. Keep chest out and elbows up locking bar in place. Spine is neutral.
4. Continue pulling (not dropping) your hips back and down, keeping shins as vertical as possible until hips drop just below parallel.
5. Push out of the bottom position, driving hips up. Chest comes up at the same time.
6. Finish with hips fully extended at the top.



## Common Faults



Chin up



Knees in



Torso too vertical



Shooting the hips

# Front Squat

A variant of the weighted squat that requires the barbell to be stabilized in a front rack position. The mechanics of a front squat place a greater demand on the quadriceps, abdominals and knees, and alleviate stress off of the glutes and hips.

## Set-up:

1. Start with the barbell on a squat rack. Make sure that the bar is racked about an inch or two below the clavicles while in a full standing position. This ensures both an aggressive primer for the kinetic chain when un-racking the barbell as well as an easy and safe re-racking of the barbell once the set is finished.
2. Choose a hand position on the barbell close to or mirroring the grip you use for a press. Do not fully grip the bar, but rather just hook the fingers around the bar.
3. Meet the bar and place it above the clavicles while rotating your elbows upward to create as much of a horizontal angle with your arms. This creates the "shelf" across the clavicles and anterior deltoids.
4. After un-racking, stay tight and position your feet about shoulder-width apart, point your toes 30-45 degrees outward (aligned with knee direction), and pull the hips back slightly to place majority of the resistance onto the heels.

## Performing the Front Squat:

1. Take a deep breath and focus a majority of the pressure to the abdominal area to stabilize the entire torso and spine. Hold your breath through the descent and stand of the front squat to maintain midline stability.
2. Begin lowering yourself into the bottom position, which requires the crease of the hip to fall below the knees, while remembering these cues: chest up, sit back, knees out; and elbows straight forward/high.
3. Drive out of the bottom position by forcing the hips open. Keeping the torso upright finish the movement with hips fully open at the top.



## Common Faults



Knees forward,  
weight on toes

Torso not upright,  
elbows down

# Overhead Squat

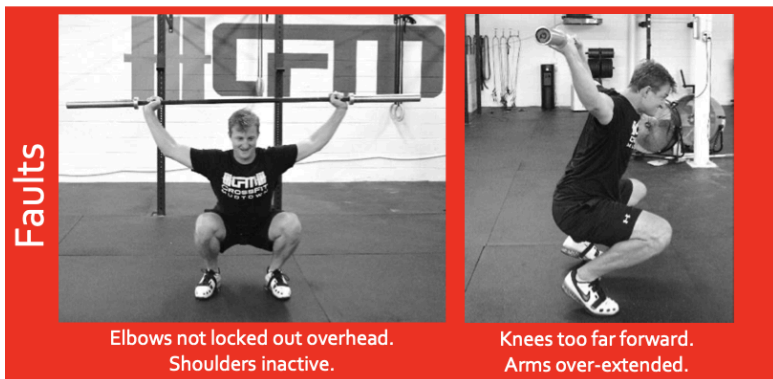
Another variation of the weighted squat. This one focuses on the finish position of the snatch.

## Set-up:

1. Stand with a barbell in the hang position. Your grip width should be the same width as your snatch grip.
2. Hang snatch the barbell overhead into the finish snatch position.
3. Elbows are locked, shoulders active holding the bar straight overhead. The bar should be over the middle of your feet.

## Performing the Overhead Squat:

1. Tighten your core and set your breath into your stomach.
2. Begin the squat by pushing hips back and bending the knees. This squat is more up-right and requires more focus to stabilize the bar overhead. Don't drop your chest or the bar will come crashing down in front.
3. Continue lowering into a full squat position with the crease of the hips below the knee. Focus on a tight core and actively pushing the bar up with your shoulders.
4. Drive out of the bottom and finish the squat by standing and fully extending the hips at the top.

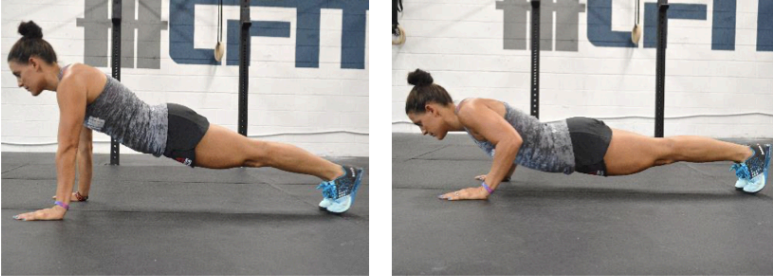


# Push-up

Push-ups are one of the most basic exercises that are beneficial to build a strong core and upper body using only your body and a flat surface.

### Setup

- 1. Kneel down and situate hands about shoulder width, fingers pointing straight ahead or slightly out.
- 2. Sprawl legs back into a plank position, keeping feet together.
- 3. Hands are out in front of your body slightly, spine is neutral (don't drop head or look up)



### Performing the Push-up

- 1. Squeezing glutes and belly, lever forward, positioning shoulders over your hands.
- 2. Keep weight centered over your hands and forearms vertical (elbows in line with wrists)
- 3. Lower into the bottom position, keeping glutes squeezed, belly tight and forearms vertical.
- 4. Press out of the bottom position without any change in spine or shoulder position.



**Common Faults**

Elbows flaring out      Loss of midline stability

# Ab Mat Sit-up

Strong core, simple as that. The AbMat, when placed under the lumbar spine with the higher portion towards your bum creates this beautiful environment for the abdominals to move through their full and available range of motion.

## Setup:

1. Sit on the floor with the ab mat placed beneath your lower back, higher part under your lumbar.
2. Legs are bent with feet on the floor.
3. Sit tall.

## Performing the sit-up:

1. Lay back over the ab mat reaching hands over head
2. Reach to touch the floor overhead, extending your core over the ab mat
3. Drive up leading with your arms, engaging your core.
4. Touch your heels or the floor by your feet.





### **Assault Runer Benefits**

Curved treadmills offer a range of advantages that will take your training to new heights. Let's dive into the exciting realm of curved treadmill benefits.

#### **More Muscle Activation**

Curved treadmills are like a full-body workout in disguise. Unlike their flat counterparts, curved treadmills kickstart your lower body engagement right from the start. Every stride activates a multitude of muscles, from your powerful calves to your glutes of steel.

#### **Run more Naturally**

Curved treadmills work in harmony with your body, encouraging a more authentic running style compared to motorized flat treadmills. As you drive your feet into the belt, you're propelling yourself forward, rather than chasing a powered belt. And here's the kicker—the unique U shape of the curved treadmill compels you to land on the balls of your feet, promoting a more natural and efficient stride.

#### **Lower Injury Risk**

Curved treadmills are designed to promote a more natural running stride, encouraging you to land on the balls of your feet. This helps reduce the impact on your muscles and joints, lowering the risk of pain and injuries.

#### **Increased Calorie Burn**

Research has revealed that individuals tend to push themselves approximately 30 percent harder on a curved treadmill compared to a traditional one. That means you'll be torching a third or even more calories during your sweat sessions. It's like igniting a metabolic fire, turning your body into a calorie-burning machine.

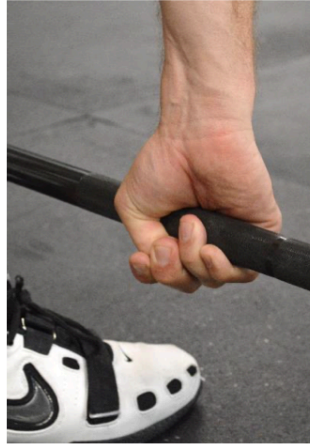


## 5 Step Set-up

Every time the barbell is lifted from the floor for any movement, we always start with our 5 step set-up. A proper barbell set-up that is dialed-in and consistent allows the lifter to execute the movement more efficiently and with more power.



**1. Bar over the middle of the foot**  
Set your feet under the bar so when looking down, the bar is over the middle of your foot. Stance is hip width.



**2. Grip**  
Set your grip for the appropriate lift (more narrow for Cleans and wider for Snatch). Hook grip (seen above) is used most often when lifting the bar from the floor. Place fingers around the bar and over the thumb.



**3. Shins to the bar**  
After feet and grip are set, bring your shins to the bar. Don't worry about setting your torso yet.



**4. Squeeze chest up**  
Puff your chest out, tighten the core, create a nice lumbar curve, but don't over extend. Spine is neutral. Shoulders are pinned back and down.

**5. Set your breath**  
Take a deep breath and put it in your gut – hold your breath through the duration of the lift.

# Deadlift

The deadlift keeps company with standing, running, jumping, and throwing for functionality but imparts quick and prominent athletic advantage like no other exercise. – *CrossFit Journal*, 2003

## Set-up:

1. See - 5 Step Set-Up

## Performing the Deadlift:

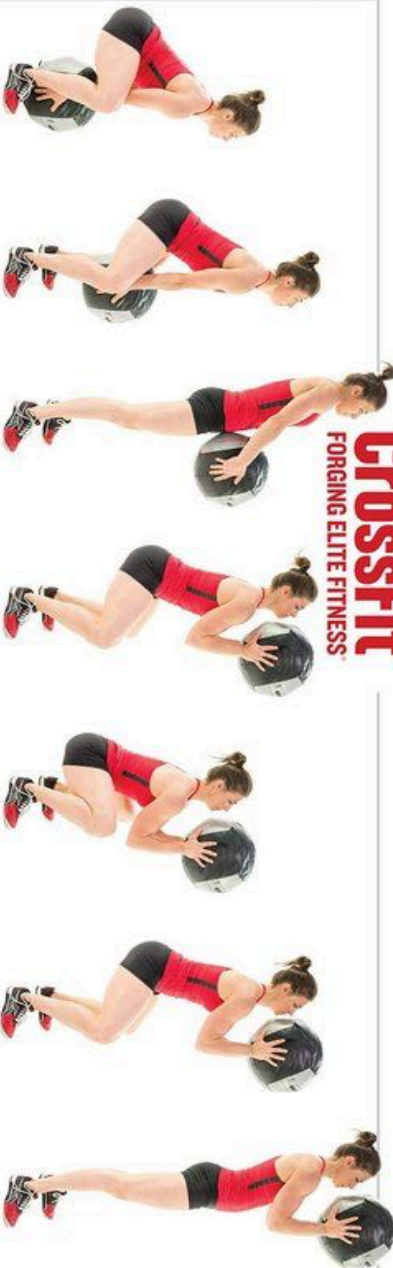
1. Begin the movement by opening the hips and driving knees back. The hips and chest come up at the same time.
2. Be sure to keep torso tight and shoulders pinned back as you stand. Spine is always neutral. Think about pushing your feet into the ground not pulling the bar up with your arms. The deadlift is mostly a leg exercise and the only purpose your arms/hands serve is to hold on to the bar.
3. Finish the movement with hips fully open at the top. Release your breath at the top.



## MEDICINE-BALL CLEAN

The medicine-ball clean builds on the deadlift and the sumo deadlift high pull.

Unique to the medicine-ball clean is the pull-under, which allows the athlete to bring the object to a position of support (the front-rack position).



## CrossFit<sup>®</sup> FORGING ELITE FITNESS<sup>™</sup>

### Key Points of Performance:

- Shoulder-width stance
- Ball between the feet with palms on the ball
- Knees in line with toes

- Shoulders over the ball at setup
- Lumbar curve maintained
- Hips extend rapidly

- Then shoulders shrug
- Then arms pull under to the bottom of the squat
- Heels down until hips and legs extend

- Ball moves over the middle of the foot
- Complete at full hip and knee extension with the ball at the rack position

# Clean

Olympic lifts like the Clean build muscle and power by training your body to explode upward. When the Clean is performed correctly, it will improve your vertical jump and speed.

## Set-up:

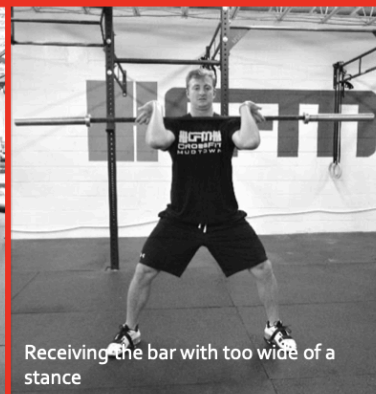
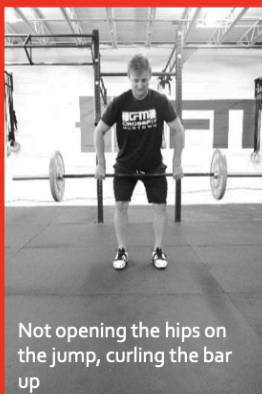
1. See 5 Step Set-Up

## Performing the Clean:

1. Begin the movement similar to a deadlift. Hips raise, knees go back. There should be no change in spinal position meaning the chest raises at the same rate as your hips.
2. Once the bar reaches mid-thigh (aka power or jumping position), jump. Hips and knees are unlocked, elbows are straight, and the jump will take the bar straight up.
3. As you reach full hip extension after the jump, slide your feet into your landing position and quickly turn your elbows under the bar with the bar landing in the rack position. Your legs and hips will be in a partial or full squat position. This step is fast and aggressive.
4. Finish the clean by standing up straight, fully opening your hips with the bar still in the rack position.



## Faults



# Pull-up

A fundamental compound upper-body exercise. Pull-ups force you to manipulate the entirety of your body weight.

## Setup:

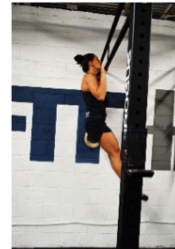
1. Stand beneath a pull-up bar you can reach either by extending your arms or jumping up. You can also stand on a box to reach a pull-up bar.
2. Grip the pull-up bar. Hands should be just outside shoulder width.



Inactive  
Shoulders



Active  
Shoulders



Finish  
Position

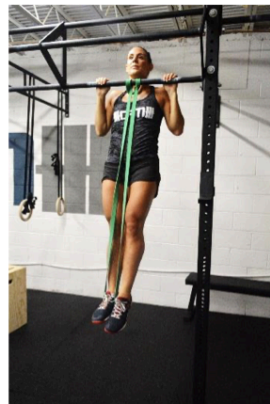
## Performing the pull-up:

1. Activate shoulders and hollow your core.
2. Keeping spine and chin neutral, pull your body towards the bar until chin is above the bar.
3. Return to starting position with arms fully extended.

## Variations:



Kipping



Band assisted



Jumping



Ring (Body) Row

## FUNDAMENTALS

# THE RING ROW

- Rings set approximately shoulder-width apart
- Full grip on the rings
- Start with arms and legs extended
- Pull elbows back until rings touch sides of chest
- Arms move close to the body
- Body remains rigid
- Complete at full arm extension
- Scale by moving body into a less horizontal position



Scaling the Ring Row ⓘ

# Toes to Bar

A dynamic core movement where the primary mover is the hip flexion, but also requires you to hang from a bar to include an element of grip strength and greater flexibility.

## Setup:

1. Stand beneath a pull-up bar you can reach either by extending your arms or jumping up. You can also stand on a box to reach a pull-up bar.
2. Grip the pull-up bar. Hands should be just outside shoulder width.

## Performing toes to bar:

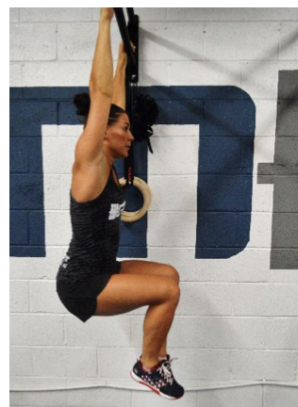
1. Activate shoulders and hollow your core.
2. Keeping spine and chin neutral, start the kip, bend your legs and pull them toward the bar.
3. When your knees reach your elbows, kick quickly touching your toes to the bar between your hands.
4. Return to starting position with legs down and arms fully extended.



## Variations:



Knees to elbows



Knee raises

# Jump Rope

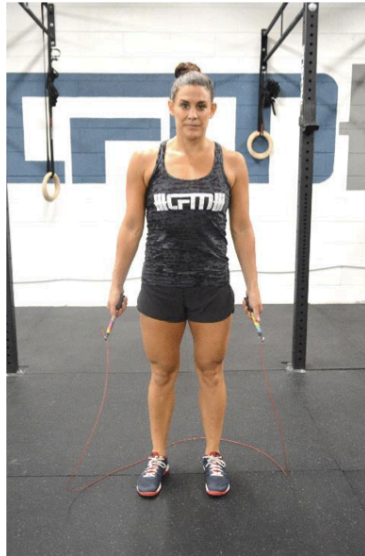
An excellent conditioning exercise that challenges coordination and stamina.

## Setup:

1. Make sure your rope is the proper length. To do this, grip the handles and stand on the middle of the rope. Pull the handles up. They should reach between your sternum and armpits.
2. Grip the handles and position your hands. Your arms should be comfortably bent, hands placed about a foot from your sides and about waist level.
3. Rope is behind you.

## Performing the Jump Rope:

1. Start the rope's rotation by turning your arms. Once the rope is moving don't swing your arms or shoulders too much. Jumping rope is all in the wrists.
2. Try to softly jump up and down on the balls of your feet. Your heels should never touch the ground. And don't jump too high.
3. Keep your gaze straight ahead.
4. Get in a rhythm. Think jump, wrist, jump, wrist, jump...



## Faults



Jumping too high/donkey kick



Using arms/shoulders instead of wrists



## SKIING TECHNIQUE



Begin with your hands shoulder-width apart at about eye level. Your arms should be bent. Your feet should also be shoulder-width apart.



Drive the handles downward by engaging your core abdominal muscles and bending your knees. Maintain the bend in your arms to keep the handles fairly close to your face.



Finish the drive with knees slightly bent, and arms extended down alongside your thighs.



Bring your arms back up and straighten your body to return to the start position.

For more information on skiing technique, visit [concept2.com/ski](http://concept2.com/ski).

# Press

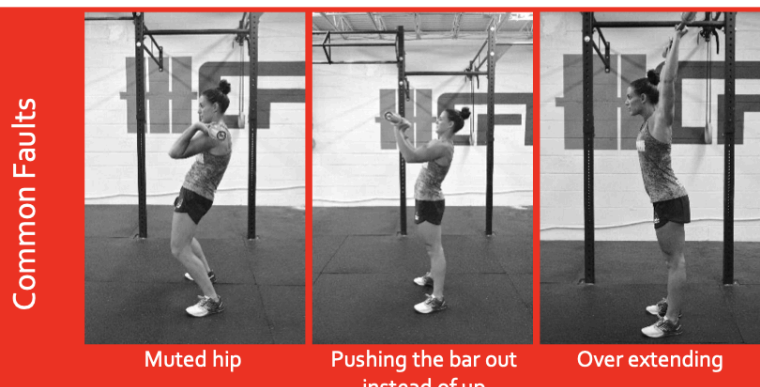
A compound movement that is great for developing upper body strength and midline stability.

## Setup:

1. Set your grip on the barbell which is placed in the rack. Dip under the bar and bring to a front rack position with the bar resting on your shoulders. Elbows are down, almost vertical.
2. Set your feet under your hips. Legs are straight and stay that way through the duration of the lift. Create torque on your hips and squeeze your glutes.

## Performing the Press:

1. Set your breath, keeping chest tall and expanded. Press the bar over head.
2. Slightly move head back out of the way to allow bar to move straight up, staying over the middle of the foot.
3. Keep elbows in, do not flair them out.
4. Finish with arms fully extended at the top.



# Push Press

Adding a dip to the press enables you to handle larger loads and teaches how to transmit force from your hips to your shoulders.

## Setup:

1. Same as the Press

## Performing the Push Press:

1. Set your breath, keeping chest tall and expanded.
2. Dip: Initiate the dip by bending the hips and knees while keeping the torso upright.
3. Drive: With no pause at the bottom of the dip, the hips and legs are forcefully extended.
4. Press: As the hips and legs complete extension the shoulders and arms forcefully press the bar overhead until the arms are fully extended.



# Push Jerk

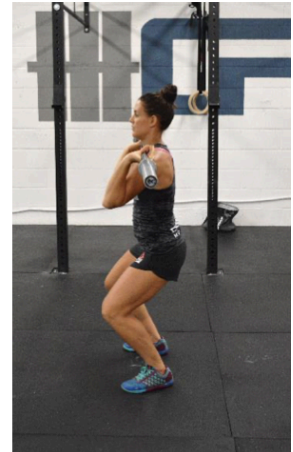
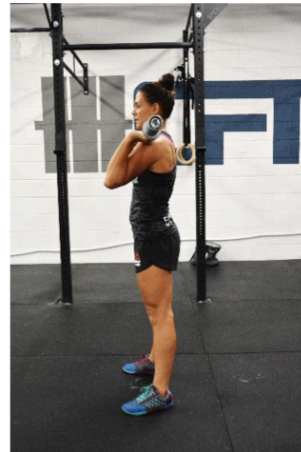
From press to push press to push jerk the movements become increasingly more athletic, functional, and suited to heavier loads. The progression also increasingly relies on the power zone (hips & core). In the shoulder press the power zone is used for stabilization only. In the push press the power zone provides not only stability, but also the primary stimulus in both the dip and drive. In the push jerk the hips are called on for the dip, drive, second dip, and squat. The role of the hip is increased in each exercise.

## Setup:

1. Same as the Press & Push Press

## Performing the Push Press:

1. Set your breath, keeping chest tall and expanded.
2. Dip: Initiate the dip by bending the hips and knees while keeping the torso upright.
3. Drive: With no pause at the bottom of the dip, the hips and legs are forcefully extended.
4. Press and Dip: This time instead of just pressing, you press and dip a second time simultaneously, catching the bar in a partial squat with the arms fully extended overhead.
5. Finish by standing straight up knees locked with the bar straight overhead



# Split Jerk

Allows you to move more weight with a more stable hip position.

## Setup:

1. Same as the Push Jerk

## Performing the Push Press:

1. Set your breath, keeping chest tall and expanded.
2. Dip: Initiate the dip by bending the hips and knees while keeping the torso upright.
3. Drive: With no pause at the bottom of the dip, the hips and legs are forcefully extended.
4. Press and Split: press and dip a second time simultaneously, jumping your feet apart front to back with your front leg in flexion and back leg in extension. Arms fully extended overhead. Toes should be pointed in slightly.
5. Finish by bringing front foot back a step then back foot forward to meet the front foot before bringing the bar back down to the starting position.



**Common Faults**



Back leg straight



Back leg foot turned out



Front view of split showing proper foot angles and width

## **ECHO BIKE**



- SEAT HEIGHT SHOULD ALIGN WITH THE HIP CREASE
- KNEES SHOULD NOT FULLY EXTEND WHILE PEDALING
- MOVE THE SEAT FORWARD IF YOUR ARMS ARE OVER-EXTENDING ON THE PUSH AND YOUR SHOULDERS ARE JOLTING FORWARD.

# Thruster

A strength and conditioning movement that combines the front squat and push press.

## Set-up:

1. See Front Squat set-up

## Performing the Thruster:

1. Perform a Front Squat (see Performing the Front Squat)
2. Drive out of the bottom position by forcing the hips to open keeping torso upright. As the hips fully open, simultaneously press the bar overhead into a fully locked position. Remember to be aggressive when opening the hips. The more "pop" you have, the more power that gets transferred to the press.
3. Finish by bringing the bar back to the front rack position.



# Wall Ball Shots

The wall-ball drill comprises two highly functional classical weightlifting movements (front squat and push-press) brought together at light loads and extended duration to create a super potent metabolic conditioning tool with an enormous potential for increasing athletic performance.

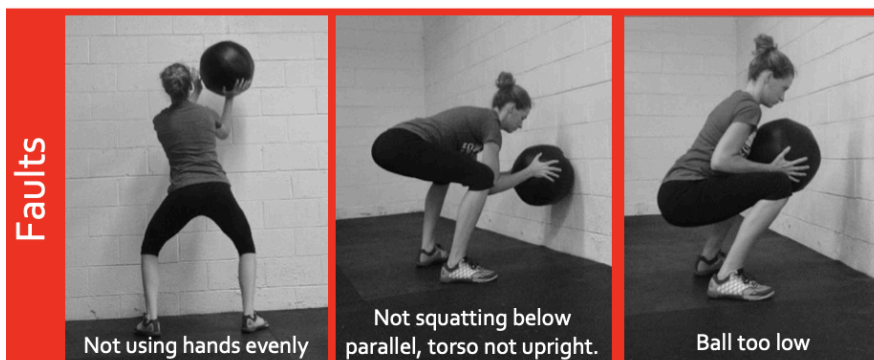
– *CrossFit Journal, 2003*

## Set-up:

1. With a medicine ball, find a spot in front of a wall with a target overhead. Typical targets range from 8-10'. Face the wall and stretch the ball straight out. Move forward until the ball touches the wall. This is your starting distance from the wall (the distance can be adjusted in/out to comfort/ability).
2. Set your squat stance. Feet just outside the hips, toes slightly turned out.
3. Place the ball in a front rack position with forearms parallel to the wall. The ball should be just underneath your chin.

## Performing the Wall Ball:

1. The movement begins as a front squat and follows through to a push press/throw that sends the ball up and forward to the target from which it rebounds back to the throwers outstretched arms where it is "absorbed" back into the squat.
2. Remember to be aggressive when opening the hips coming up from the squat. The more "pop" you have when opening the hips, the more power that is transferred to the throw. Torso stay tall and core is tight.





# Burpee

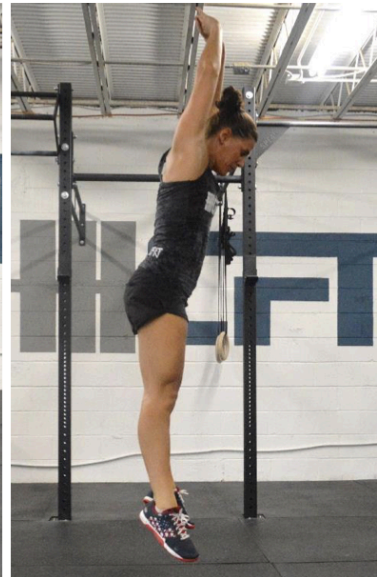
An intense, full body exercise that has tremendous impact on endurance and conditioning.

## Set-up:

1. Begin in a standing position with feet under the hips.

## Performing the Burpee:

1. Squat down and place hands on the floor in front of you.
2. Kick your feet back into a push-up position and immediately drop your chest to the floor.
3. Raise your chest back up and jump your feet back underneath your hips with a wide stance.
4. Stand and jump with a clap overhead to finish.



# Box Jump

Plyometrics (jumping exercises) work on hip explosiveness and leg drive, and can immensely improve flexibility in the hamstrings and lower back.

## Set-up:

1. Place a box in front of you at the desired height. Typical heights range from 20-30".
2. Face the box in a jumping stance (feet under the hips).
3. You should be standing close to the box (within 12"). This allows you to exert more energy jumping up instead of up AND out.

## Performing the Box Jump:

1. Begin the jump by performing a partial squat to load the legs and drive the arms back.
2. Swing the arms forward and up jumping simultaneously. The arms help provide momentum to the jump.
3. Land as softly as possible on the balls of your feet in a partial squat position on top of the box.
4. Stand and open the hips fully to finish the jump.
5. Return to the starting position by stepping down or for more advanced athletes, jumping down.



# Lunge

An effective lower-body exercise that effectively works your glutes and quadriceps and also engages your hamstrings. They also help improve flexibility and core strength.

## Set-up:

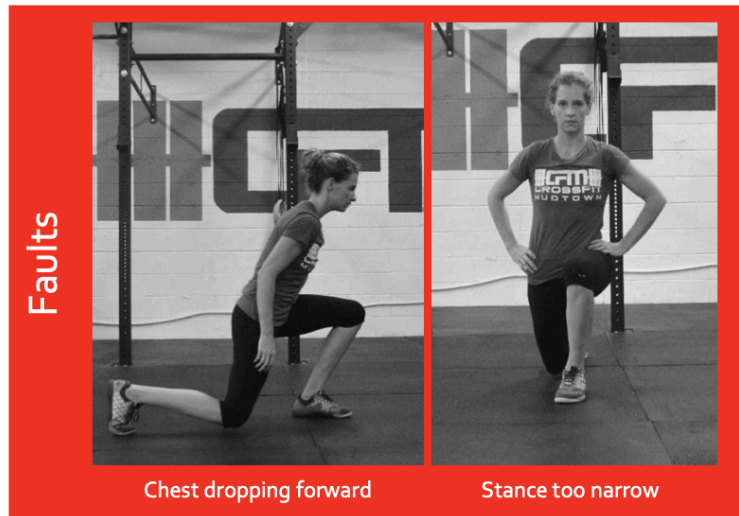
1. Stand with feet under the hips.
2. Hands can hang at your sides or placed on your hips.
3. Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't look down). Always engage your core.

## Performing the Lunge:

1. Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle. Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor.
2. Keep the weight in your heels as you push back up to the starting position.



## Variations:



## Ring Dip

The ring dip exercise is the standard dip, performed on gymnastics rings, and has long been a staple compound exercise in many gymnasts' routines. Ring dips are quite a bit more challenging than bar dips because rings are extremely unstable, thus demanding the utilization of numerous stabilizer muscles in your core and shoulders.

### Set-up:

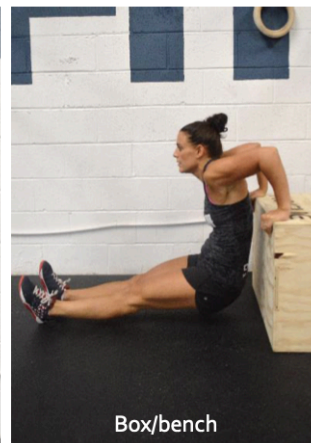
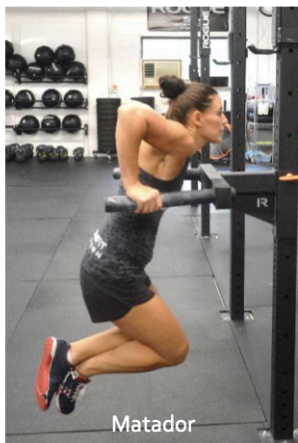
1. Set the rings to the appropriate height. Stand facing the rings, the top of the ring should be at the bottom of your shoulder.
2. Set your grip placing hands on the inside, bottom portion of the ring.

### Performing the Ring Dip:

1. Jump up to a support position with elbows locked out, hands turned out, long neck and hollow body position.
2. Initiate the dip by sending the chest forward and down.
3. Always keeping the elbow directly over the wrist and forearms vertical. Reach the bottom of the dip with your shoulder below elbow.
4. Press back up and finish in the same strong support position you started.



### Variations:



# Snatch

The Snatch is the most technical movement you'll see in our gym, but similar to the other Olympic lift the Clean, it supports your overall efforts in power, speed and neural pathway development.

## Set-up:

1. See 5 Step Set-Up
2. Grip is wide. To determine your grip, stand in a high hang position with a wide grip. The bar should be at the crease of your hips (or if you bend forward the bar doesn't move).

## Performing the Snatch:

1. Begin by lifting the bar off the ground-hips raise, knees go back. There should be no change in spinal position meaning the chest raises at the same rate as your hips.
2. Once the bar reaches mid-thigh (aka power or jumping position), jump. Hips and knees are unlocked, elbows are straight, and the jump will take the bar straight up.
3. As you reach full hip extension after the jump, slide your feet into your landing position and pull yourself underneath the bar with the bar landing in an overhead partial or full squat position. This step is fast and aggressive.
4. Finish the snatch by standing up straight, fully opening your hips with the bar still overhead.



## Faults



Elbows not locked out overhead.  
Shoulders inactive.



Knees too far forward.  
Arms over-extended.

# Kettlebell Swing

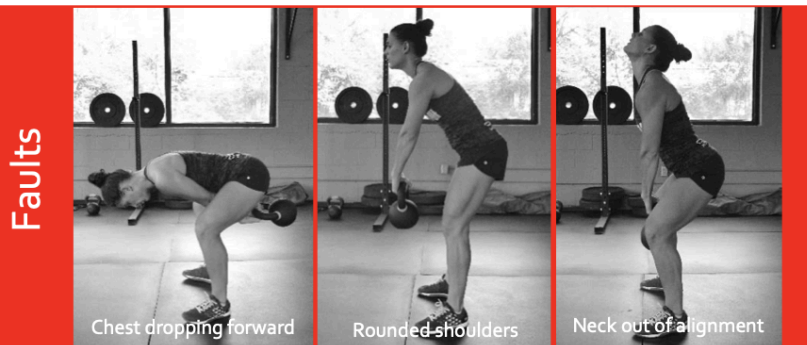
A full body exercise that helps train explosive hip power and builds aerobic capacity. The kettlebell swing targets your shoulders, back, abdominals, hips, glutes, legs and also increases grip strength.

## Set-up:

1. Stand with feet under the hips. Kettlebell is on the ground between your feet.
2. Lower yourself to the bell, positioning the hips down and back, set your grip on the kettlebell and pull your shoulders back. This is very similar to the deadlift set-up.

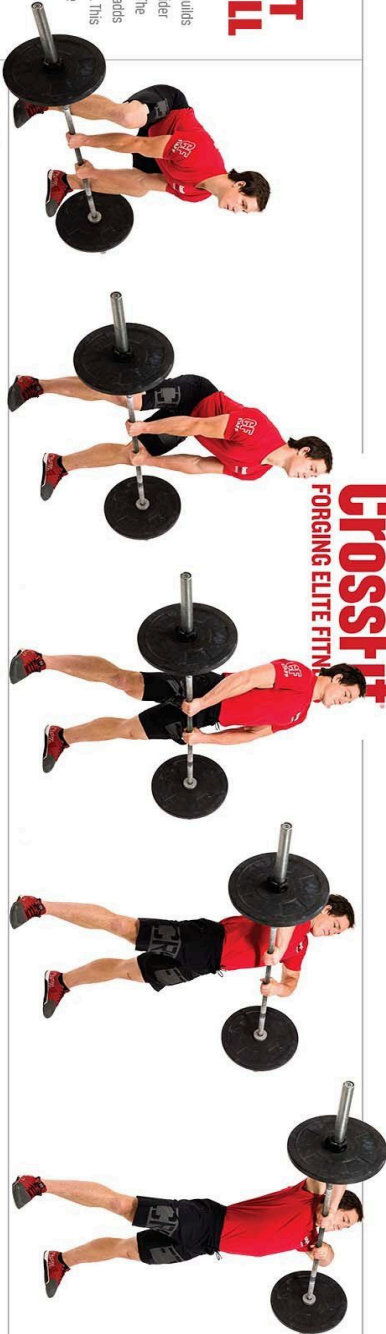
## Performing the Kettlebell Swing:

1. Now simply hike the bell back hard. Make sure to keep the alignment of the body and not crumple as the weight of the bell pulls you back. Keep the weight in your heels as you push back up to the starting position.
2. Swing the kettlebell forward; powerfully extend your hips and send the kettlebell up finishing straight overhead.
3. For continuous swinging, bring the kettlebell back down to the hike position in a controlled manner and perform the swing again.
4. Focus on breathing during the swings: inhale sharply at the bottom of the swing and exhale forcefully at the top to contract the diaphragm and create tension in the core



**SUMO  
DEADLIFT  
HIGH PULL**

The sumo deadlift high pull builds on the deadlift, but uses a wider stance and a narrower grip. The sumo deadlift high pull also adds velocity and range of motion. This movement is a good example of a core-to-externally movement, where the power is generated by the hips and legs and then handed off to the upper body.



**CrossFit**  
FORGING ELITE FITNESS

**Key Points  
of Performance:**

- Slightly wider than shoulder-width stance
- Hands inside legs with a full grip on the bar
- Knees in line with toes
- Shoulders slightly in front of the bar at setup

- Lumbar curve maintained
- Hips and shoulders rise at the same rate
- Hips then extend
- Heels down until hips and legs extend

- Shoulders then shrug, followed by a pull of the arms
- Elbows move high and outside
- Bar moves over the middle of the foot

- Complete at full hip and knee extension with the bar pulled under the chin

When CrossFit first came on the scene, Greg Glassman introduced the concept of a benchmark workout. Glassman built six benchmark workouts in September 2003: Angie, Barbara, Chelsea, Diane, Elizabeth, and Fran. These workouts became known as “The Girls.” These workouts became immensely popular and he quickly added 6 more to the lineup. Isabel, Jackie, Karen, Linda, Mary, Nancy. That list quickly expanded to 21.

**Amanda:**

For time: 9-7-5 reps of:  
Muscle-ups and Squat Snatches  
(135/95lb).

**Angie:**

For time:  
100 pull-ups, 100 push-ups, 100 sit-ups, 100 squats.

**Annie:**

For time: 50-40-30-20-10 reps of:  
double-unders and sit-ups.

**Barbara:**

For time: five rounds of:  
20 pull-ups, 30 push-ups,  
40 sit-ups, 50 air squats,  
3 minutes rest.

**Candy:**

Five rounds for time of:  
20 Pull-ups, 40 Push-ups, 60 Squats

**Chelsea:**

Every minute on the minute:  
5 pull-ups, 10 push-ups, 15 air squats  
for a total of 30 minutes.

**Cindy:**

AMRAP in 20 minutes:  
5 pull-ups, 10 push-ups, 15 air squats.

**Diane:**

For time: 21-15-9 reps of:  
Deadlifts(225/155lb) and  
Handstand push-ups.

**Elizabeth:**

For time: 21-15-9 reps of:  
squat cleans (135/95lb) and ring dips.

**Eva:**

Five rounds for time:  
800-meter run, 30 kettlebell swings (2  
pood), 30 pull-ups.

**Fran:**

For time: 21-15-9 reps of:  
thruster (95/75lb) and pull-ups.

**Grace:**

For time:  
30 clean-and-jerks (135/95lb).

**Gwen:**

15-12-9 Reps for Load.  
Clean-and-Jerks (unbroken). Rest as  
needed between sets.

**Helen:**

Three rounds for time:  
400-meter run, 21 kettlebell swings  
(50/35lb), 12 pull-ups.

**Hope:**

Three rounds of:  
Burpees, 75-pound Power snatch, Box  
jump, 24" box, 75-pound Thruster,  
Chest to bar Pull-ups.

**Isabel:**

For time:  
30 snatches (135/95lb).

**Jackie:**

For time:  
1,000-meter row, 50 thrusters  
(45/35lb), 30 pull-ups.

**Karen:**

For time: 150 wall ball shots (20/14).

**Kelly:**

Five rounds for time:  
400-meter run, 30 box jumps (24/20)  
30 wall ball shots (20/14s).

**Linda:**

For time: 10-1 reps of:  
deadlift (1.5 BW), bench press (BW),  
clean (0.75 BW).

**Lynne:**

Five rounds for max reps:  
Bench Press (BW) and Pull-ups.

**Maggie:**

5 Rounds for Time:  
20 Handstand Push-Ups,  
40 Pull-Ups, 60 Alternating Pistols

**Marguerita:**

50 reps for time of: Burpee/Push-  
up/Jumping-Jack/Sit-up/Handstand

**Mary:**

As many rounds as possible (AMRAP)  
in 20 minutes:  
5 handstand push-ups, 10 pistols  
(alternating legs), 15 pull-ups.

**Megan:**

21-15-9 reps for time of:  
Burpees; KB Swings (53/35)  
Double-Unders.

**Nancy:**

For time: five rounds of:  
400-meter run and 15 overhead  
squats (95/65lb).

**Nicole:**

As many rounds as possible (AMRAP)  
in 20 minutes: 400-meter run and  
max reps pull-ups.



**HERO WODs**

SINCE 2005, CROSSFIT HAS POSTED WORKOUTS MEANT TO HONOR THE MEMORIES OF CROSSFIT SERVICE MEMBERS WHO MADE THE ULTIMATE SACRIFICE AND EXEMPLARY MEMBERS OF THE CROSSFIT COMMUNITY WHO ARE NO LONGER WITH US.

TO THE AVERAGE CROSSFITTER, HERO WORKOUTS ARE SYMBOLIC GESTURES OF RESPECT FOR OUR FALLEN. CROSSFITTERS FROM ALL OVER THE WORLD, REGARDLESS OF COUNTRY OR ALLEGIANCE, THROW THEMSELVES WHOLEHEARTEDLY AT THESE INTENTIONALLY GUT-WRENCHING WORKOUTS THAT SERVE AS A TRIBUTE TO OUR LOST PROTECTORS.

	<p><b>J.T.</b> 21-15-9</p> <p>Handstand Push Ring Dips Push-Ups</p>		<p><b>MICHAEL</b> 3 RFT</p> <p>800 Meter Run 50 Back Extensio 50 Sit-ups</p>		<p><b>MURPH</b> 1 RFT</p> <p>1 mile Run 100 Pull-ups 200 Push-ups 300 Squats 1 mile Run</p>
	<p><b>DANIEL</b> 1 RFT Rx 95</p> <p>50 Pull-Ups 400 Meter Run Thruster x21 Rep 800 Meter run Thruster x21 Rep 400 Meter Run 50 Pull-Ups</p>		<p><b>JOSH</b> 1 RFT Rx 95</p> <p>Overhead Squat 42 Pull-ups Overhead Squat 30 Pull-ups Overhead Squat 18 Pull-ups</p>		<p><b>JASON</b> 1 RFT</p> <p>100 Squats - 5 M 75 Squats - 10 M 50 Squats - 15 M 25 Squats - 20M</p>
	<p><b>BADGER</b> 3 RFT</p> <p>30 Squat Cleans 30 Pull-Ups 800 Meter Run Rx 95 lbs.</p>		<p><b>JOSHIE</b> 21-21-21</p> <p>Dumbbell Snatch L Pull-Ups Dumbbell Snatch L Pull-ups Rx 40 lbs.</p>		<p><b>NATE</b> 20 MIN AM</p> <p>22 Muscle-Ups 4 Handstand Pus 8 Kettlebell Swir</p>
	<p><b>GRIFF</b> 1 RFT</p> <p>800 Meter Run 400 Meter Run B 800 Meter Run 400 Meter Run B</p>		<p><b>ERIN</b> 5 RFT</p> <p>15 Dumbbells Cle 21 Pull-Ups Rx 40 lbs.</p>		<p><b>MR. JOS</b> 5 RFT</p> <p>400 Meter Run 30 Glute-Ham Si 15 Deadlifts Rx 250 lbs.</p>
	<p><b>DT</b> 5 RFT</p> <p>12 Deadlifts 9 Hang Power Cl 6 Push Jerks Rx 155 lbs.</p>		<p><b>DANNY</b> 20 MIN AM</p> <p>30 Box Jumps 20 Push Press 30 Pull-Ups Rx 115 lbs.</p>		<p><b>HANSEN</b> 5 RFT</p> <p>30 Kettlebell Sw 30 Burpees 30 Glute-Ham Si</p>

**NUTRITION**

EAT MEAT & VEGETABLES, NUTS & SEEDS, SOME FRUIT, LITTLE STARCH AND NO SUGAR.

NUTRITION

KEEP INTAKE TO LEVELS THAT WILL SUPPORT EXERCISE BUT NOT BODY FAT.

START  
HERE

FACT:

FOOD DOESN'T HAVE LABELS  
PRODUCTS HAVE LABELS

X NOT  
HERE

PROTEIN

VEGGIES (CARBS)

EAT PLENTY OF THESE

FATS

INCLUDE SMALL PORTIONS OF THESE:  
**OILS • SEEDS • NUTS**  
LOOK FOR "GOOD FATS" THAT ARE HIGH IN OMEGA 3

OCCASIONALLY:  
SOME WHOLE  
FRESH FRUIT  
AND BERRIES

COFFEE

IMPROVES BRAIN  
ACTIVITY & PERFORMANCE,  
AND MAKES YOU MORE  
AWESOME OVERALL

YOUR PLATE SHOULD  
LOOK LIKE THIS

PALM SIZE PROTEIN  
SURROUNDED BY  
VEGGIES & SALAD  
THUMB SIZED FAT  
IN ANY COMBO

AVOID THE  
CHEMICAL  
S#IT STORM

SUGAR & CHEMICAL SUBSTITUTES  
DIET AND FAT FREE PRODUCTS  
AND ANYTHING PROCESSED

GRAINS

- PROCESSING
- EMPTY CALORIES
- SPIKE INSULIN LEVELS
- STORED AS BODY FAT

SLEEP 7.5-9 HRS PER NIGHT

SLEEP IS IMPERATIVE LACK OF SLEEP  
WILL DASH YOUR EFFORTS FOR HEALTH  
AND FAT LOSS AND PUT YOUR BODY  
IN AN INSULIN RESISTANT STATE.

WATER

LIVE

DON'T BEAT YOURSELF UP - ENJOY IT  
IF YOU EAT RIGHT AND INDULGE IN THESE SPORADICALLY

ESSENTIALS

# **SIGNATURE CROSSFIT RULES**

## **1. CHECK YOUR EGO AT THE DOOR.**

CrossFit is a competition against yourself- be ready to do what it takes to improve!

## **2. BE ON TIME!**

It's hard to come in a few minutes late and catch up. Missing part of a warm-up can also increase your chances of injury. Plus it's disrespectful. More than 5 mins late means take the next class!

## **3. COACHES HAVE THE LAST WORD, NO EXCEPTIONS.**

We are focused on your safety, so if we ask you to scale a workout, respect the decision! Pay attention when coaches are speaking. It's disrespectful to have your own private conversation when the coach is trying to give instruction to the class.

## **4. PUT.YOUR.CRAP.AWAY.**

This isn't your Mom's house, so no one's gonna clean up your mess! Tidy up at the end of class/open gym. Chalk your hands over the bowl so chalk doesn't go everywhere.

## **5. IF YOU'VE SWEATED ON THE EQUIPMENT, BLED ON THE EQUIPMENT OR CRIED ON THE EQUIPMENT, WIPE IT DOWN.**

It really isn't a pleasant sensation to grab a med ball that's wetter than a newborn baby. Take 30 seconds to wipe down your equipment.

## **6. TREAT ALL EQUIPMENT WITH RESPECT. NO DROPPING EMPTY BARBELLS!**

...or small plates, DBs, or KBs! (unless you are bailing from a lift for safety reasons). It's LOUD & unsafe. It's also bad for the bar. And you don't want to see our faces when we learn we have to replace a barbell 😊

## **7. NO HEADPHONES.**

This is a safety issue. If you cannot hear your classmates, coaches, timer, etc, we cannot effectively and safely coach you- and you isolate yourself from the community! If you have a music request, don't be afraid to ask!

## **8. DON'T SHAVE REPS. DON'T CHEAT!**

Cheating yourself just to improve your standing on the whiteboard won't make you a better athlete - beating your previous PR will.

## **9. STAY UNTIL EVERYBODY FINISHES!**

Once you finish the WOD, catch your breath and cheer on your teammates. After all, how would you feel if you were the last to finish and everybody else left?

## **10. BE PART OF THE COMMUNITY!**

Be respectful, kind, and courteous of fellow members, coaches, and newbies! CrossFit has one of the best communities around. Engage with your boxmates both in and out of the box. Get to know one another!

# CROSSFIT GYM ETIQUETTE

**CrossFit**



**SIGN UP FOR  
YOUR SPOT  
IN ADVANCE**



**ARRIVE  
EARLY**

**RESPECT THE  
AFFILIATE'S  
POLICIES**



**INTRODUCE  
YOURSELF  
TO THE OTHER  
ATHLETES IN  
CLASS**



**BE COACHABLE,  
& DON'T COACH  
OTHERS**



**CHECK YOUR  
EGO AT  
THE DOOR**



**DON'T BREAK  
DOWN YOUR  
EQUIPMENT  
UNTIL  
EVERYONE  
HAS FINISHED  
THE WORKOUT**

**DON'T DROP  
EMPTY  
BARBELLS**



**ONLY USE YOUR  
EQUIPMENT**



**CLEAN UP  
AFTER  
YOURSELF**



**CHALLENGE  
YOURSELF**





**FUNDAMENTALS**

**TEXT US IF YOU HAVE ANY  
QUESTIONS OR CONCERNS**

**201-726-4438**

**HAVE AN AWESOME DAY!**