



Friday, July 2

<p style="text-align: center;"><b>TIMELINE</b></p> <p>0:00 - 4:00 Brief (4 min)          4:00 - 12:00 General Warm-Up (8 min)          12:00 - 20:00 Specific Warm-Up (8 min)          20:00 - 40:00 Skill/Strength (20 min)          40:00 -43:00 Pre-WOD Break/Prep (3 min)          43:00 - 58:00 WOD (15 min)          58:00 - 60:00 Accessory/Cool Down/Clean up (2 min)</p>	<p style="text-align: center;"><b>INTRODUCTION</b></p> <p>The final week of our split jerk cycle, followed by a new Two Brain Programming benchmark, "The Ripper." The split jerks will be heavy today, but just like when we ran through our deadlift and snatch cycles, we want to build confidence today as we head into next week. Approach each rep like it's a max! After our strength, strip some weight off the barbell and get ready for a sprint-style triplet consisting of some moderate hang power cleans, shoulder to overhead, and pull-ups. Best athletes will go unbroken, while all athletes should be completing the work in no more than two sets.</p>
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**BRIEF: 0:00 - 4:00 (4 MINS)**

<p style="text-align: center;"><b>WEIGHT LOSS</b></p> <p><b>STRENGTH:</b> The Split Jerk is a great way to get weight overhead quickly and is a great way to develop core, shoulder, trap and leg strength. It can also be used to perform 'shoulder to overhead' as seen in our WOD today!</p> <p>WOD: At 155 lbs, the weight on today's workout is meant to be heavy for the HPC and S2OH. The S2OH will likely be the limiting factor for most when choosing weight.</p> <p>The weight loss athlete's goal today is to move some challenging weight but with minimal resting between reps. They should select a weight that allows them to complete the first round of shoulder to overhead for 4-5 reps at a time and the initial set of pullups should be unbroken (or done in 2 sets at most).</p>	<p style="text-align: center;"><b>GENERAL FITNESS</b></p> <p><b>STRENGTH:</b> The Split Jerk is a great way to get weight overhead quickly and is a great way to develop core, shoulder, trap and leg strength. It can also be used to perform 'shoulder to overhead' as seen in our WOD today!</p> <p>WOD: At 155 lbs, the weight on today's workout is meant to be heavy for the HPC and S2OH. The S2OH will likely be the limiting factor for most when choosing weight.</p> <p>The General Fitness athlete's goal today is to build strength while moving some challenging weight quickly. This group should be able to complete 2-3 reps of each barbell movement when rested. As the workout is 8 rounds and the cap is 11 minutes, there is not a lot of time to stand around looking at the barbell wishing it was lighter!</p>	<p style="text-align: center;"><b>INCREASE STRENGTH</b></p> <p><b>STRENGTH:</b> The Split Jerk is a great way to get weight overhead quickly and is a great way to develop core, shoulder, trap and leg strength. It can also be used to perform 'shoulder to overhead' as seen in our WOD today!</p> <p>WOD: At 155 lbs, the weight on today's workout is meant to be heavy for the HPC and S2OH. The S2OH will likely be the limiting factor for most when choosing weight.</p> <p>The strength athlete's goal today is to build strength while moving some challenging weight quickly. This group should be able to complete 2-3 reps of each barbell movement when rested taking only quick breaks to reset for the next reps. The time cap today is tight so efficiency in setting up and cranking out reps is key! Pull Ups should be done unbroken with the athlete immediately getting back to the barbell to start the next round!</p>
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**COACHING NOTES:** After briefing the class as a whole use the Goal Briefs to interact with each member 1:1 and provide guidance on how they should approach the workout to meet their individual goals.

### WARM UP: 04:00 - 20:00 (16 MINS)

GENERAL	SPECIFIC
3 RDS 6/6 Split Squats 10 Superman PVC Pass Throughs 8 Hang Muscle Cleans 8 Push Press	Split Jerk Prep 1x3 w/ 2 sec pause in receiving position (w/ empty barbell) 3x2 (Building in weight)

**COACHING NOTES:** Review the footwork of the split jerk with some split squats in the general warm-up, while loosening up the shoulders and front rack position with our pass throughs, muscle cleans, and push press.

After the general warm-up, review the split jerk one last time. We've spent a lot of time over the last few weeks, so hopefully members are feeling confident and we can allow them to start to build to 90-95%. The load is going to be heavy for today, so take members through a quick, technical set with the empty barbell, then begin to build towards their percentages.

Split Jerk Points of Performance:

- To initiate the dip and drive, break at the hips and knees dipping straight down and drive straight back up through heels, keeping the torso vertical
- After the hips get fully extended in the drive, move the feet at the same time from under hips to a split position in the catch (Discussed earlier in warm-up)
- Pull yourself down under the bar and punch the bar into a full lockout
- With the bar overhead the front foot recovers back a step to center, then the back foot steps forward
- Rep is completed when the elbows, hips, and knees are all fully locked out.



Skill/Strength: 20:00 - 40:00 (20 MINS)

<p><b>OPTION 1</b> Split Jerk 5x1 @ 90-95%</p>	<p><b>OPTION 2</b> E2MOM X 6 2 DB Push Jerk + 2 DB Split Jerk (Heavier than last week if possible)</p>
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**COACHING NOTES:** The final week of our split jerk cycle before we retest next Friday. If you have any new members that may have missed most of this cycle, have them stick with a more light-moderate weight working through sets of 3.

Members should be around 70-75% after the specific warm-up, so give them another set or two to finish warming up and then start the five sets that we'll take every 3 minutes on the minute.

Common things to watch for throughout our strength session include the weight being distributed evenly between the front and back legs, the front shin vertical, and the ribs tucked down and midline tight. Another common fault you may observe is members pressing early or not fully opening their hips. Correct these things now so that members can execute next week when it counts!

If someone just doesn't have 90-95% in the tank today, have them work at a moderate weight using this week as a deload week before our retest.



PRE-WOD BREAK/PREP: 40:00 - 43:00 (3 MINS)

WOD: 43:00 - 58:00 (15 MINS)

<p><b>OPTION 1</b> "The Ripper" 8 RFT 5 Hang Power Clean (155/105) 5 Shoulder to Overhead 5 Pull-Ups  11 MIN CAP</p>	<p><b>OPTION 2</b> "DB The Ripper" 8 RFT 5 DB Hang Power Clean 5 DB Shoulder to Overhead 5 DB Bent Over Rows  11 MIN CAP</p>
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#### LEVEL UP OPPORTUNITY:

**COACHING NOTES:** "The Ripper" is a new Two Brain programming benchmark that will feel a little "DT" Esque but have a slightly more manageable rep scheme with some gymnastics built-in.

Overhead movements will be plenty warm following our split jerks, so quickly strip down the barbell and review the points of performance of our hang power clean (see below).

Remind athletes that the shoulder to overhead can be a push press or a push jerk, with the push jerk being the most likely route.

After the hang power cleans, review the kipping pull-ups and its scaling options and have members perform 5 reps of whatever movement they are planning on doing. Remember, no movement should take more than 2 sets to complete.

Pull-up options include Strict/Banded Strict (Strength Focus), Barbell Pull-Ups, Jumping Pull-ups, and Ring Rows.

One other thing to note today is when to rest. Just like with "DT," we would rather have members rest after the 4th power clean than after the 5th. This will save members from performing an extra rep if they don't have to.

Hang Clean Points of Performance:

- Perform a clean grip deadlift to bring the barbell to the hips.
- Fold forward, bringing the bar to right above the knees. Shoulders stacked over the barbell.



- From mid-thigh, pull the bar into the body (active lats) and aggressively jump, extending the hips, knees, and ankles (triple extension)
- With a big shrug of the shoulders, elbows come high and outside the bar, then back around while pulling yourself under to receive the weight (Speed under the bar)
- Receive the bar in a partial squat so that it rests on the shoulders with the elbows up (Make sure members are tight and braced here)
- Drive through the heels back to a standing position
- The clean is completed when the knees and hips are fully locked out and open at the top.

**MOVEMENT ADJUSTMENTS:**

Split Jerk→ Hang Clean or Bench Press

Hang Power Clean→ Deadlift

Shoulder to Overhead→ Hang Power Clean or Push-Ups

Pull-Ups→ Strict/Banded Strict (Strength Focus), Barbell Pull-Ups, Jumping Pull-ups, and Ring Rows

POST WOD: 58:00 - 60:00 (2 MINS)

<b>ACCESSORY</b>	<b>COOLDOWN</b> :45 Forearm Stretch/Side
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**COACHING NOTES:** The grip will be feeling crushed after today's workout, so quickly stretch out the forearms before breaking down the barbells and cleaning up.