



Saturday, July 10

<p>TIMELINE</p> <p>0:00 - 4:00 Brief (4 min) 4:00 - 14:00 General Warm-Up (10 min) 14:00 - 20:00 Specific Warm-Up (6 min) 17:00 - 34:00 Skill/Strength (17 min) 34:00 -37:00 Pre-WOD Break/Prep (3 min) 37:00 - 52:00 WOD (15 min) 52:00 - 60:00 Accessory/Cool Down/Clean up (8 min)</p>	<p>INTRODUCTION</p> <p>After yesterday's heavy pressing day, we will shift our focus to more pulling and squatting in an I Go, You Go styler partner workout. The barbell should be light-moderate and allow for members to go unbroken across the entire 28 minutes. The burpee pace will be the most likely piece to slow down as fatigue sets in. Post-workout as members catch their breath, review the barbell rollout, and have members complete 3 sets of 10.</p>
--	---

BRIEF: 0:00 - 4:00 (4 MINS)

<p>WEIGHT LOSS</p> <p>WOD: Interval partner workouts like today's are great fat burners and a great way for the weight loss athlete to practice ramping up the intensity and recovering! Have this group pick a weight they can move around fairly easily and with good technique as this will degrade as the workout goes on. They should be able to complete 4-6 reps of the squat and 6-8 reps of the hang power clean when fresh. We want them to be able to complete each work interval unbroken for as long as possible. All groups today can benefit from the breathing techniques outlined in the General Fitness brief today.</p>	<p>GENERAL FITNESS</p> <p>WOD: doing this workout with a partner should ensure that each athlete is able to maintain a higher sustained power output than if they were to do it on their own!</p> <p>The General Fitness athlete should be encouraged to challenge themselves a bit on the weight today with something moderately heavy for the prescribed reps. The burpees should be done as efficiently as possible to manage breathing and heart rate. We want this group to move some heavy weight quickly today and use the short rest breaks as effectively as possible, standing tall and taking deep breaths (this may be a good time to practice 'box' breathing - breath in for 3-4 seconds, hold for 3-4 seconds and exhale for 3-4 seconds).</p>	<p>INCREASE STRENGTH</p> <p>WOD: This is a great chance for our strength athletes to get some higher volume squat and clean work done in an interval style workout - with a side order of burpees!</p> <p>Fatigue will become a factor in this longer workout, make sure to have this group challenge themselves with a moderately heavy weight but also coach them to be diligent in their setup for the squats and cleans as form tends to fall apart with fatigue - this can lead to injury if not monitored.</p> <p>This group should be able to perform 4-6 reps of the barbell work at the outset and should try to keep reps unbroken as deep into the workout as possible.</p>
---	--	---

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
"Bring Sally Up" Into.. 3 RDS 8 Up-Downs 8 Groiners 8 Hang Muscle Cleans	Review Front Squat and Hang Power Clean Then build to workout weight

COACHING NOTES: Always a fan favorite, "Bring Sally Up" is Moby's song "Flower," in which every time he says bring Sally down, members will lower into a squat until he says bring Sally up. Keep the energy high and have some fun with this before working through the three rounds of up-downs, groiners, and hang muscle cleans.

After the general warm-up, review the points of performance of the front squat and hang power clean, and have members work through a couple of sets building to what they plan on using in the workout.

Front Squat Points of Performance:

1. Hips descend back and down in order to keep weight in heels throughout.
2. Knees track toes
3. Elbows and chest stay tall to maintain a neutral spine.
4. Core stays engaged, eyes up
5. Knees drive out as standing weight back into full extension

Hang Power Clean Points of Performance:

1. From the mid-thigh, pull the bar into the body and aggressively jump, extending the hips, knees, and ankles (triple extension).
2. 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
3. Receive the bar in a quarter front squat (anywhere above parallel) and allow the bar to rest on the shoulders with the elbows up.
4. Stand Tall.



PRE-WOD BREAK/PREP: 20:00 - 23:00 (3 MINS)

WOD: 23:00 - 53:00 (30 MINS)

<p>OPTION 1 AMRAP X 28 W/Partner (I Go, You Go) 2 Front Squats (115/75) 4 Hang Power Cleans 6 Lateral Burpees over the Bar</p>	<p>OPTION 2 AMRAP X 20 2 DB Front Squats 4 DB Hang Power Cleans 6 Lateral Burpees over the DB -Rest :30 between-</p>
---	---

LEVEL UP OPPORTUNITY: 135/95 (Strength Focus)

COACHING NOTES: After our warm-up, our movements will be dialed in, so quickly review the lateral burpee over the bar and start the workout. Some lateral burpee tips to touch on include making sure that members are not standing all the way up, step-back/step-up burpees, and making sure to breathe at the bottom and top of every rep.

All movements should be unbroken across the 28 minutes, with the pace on the burpees likely to slow down as fatigue sets in.

As fatigue starts to set in, make sure that members are maintaining a strong front rack position on the front squats and cleans.

MOVEMENT ADJUSTMENTS:

Front Squats→ Goblet Squats, Air Squats

Hang Power Cleans→ Deadlift, KB Swing

Lateral Burpees→ Regular Burpees, Up downs

POST WOD: 53:00 - 60:00 (7 MINS)

<p>ACCESSORY 3x10 Barbell Rollouts</p>	<p>COOLDOWN</p>
---	------------------------

COACHING NOTES: Finish off the day with some extra core work. Barbell rollouts are a movement that looks like they should be easier than they are.



Here are some points of performance to touch on:

- -Do not allow your hips to sag at any point during the movement.
- -Squeeze your abs and glutes throughout the movement for stability.
- -Each athlete should move within their comfortable range of motion. You should not strain your lower back.

If there is any time after, mash out the quads with an empty barbell.