



Tuesday, July 27

<p>TIMELINE</p> <p>0:00 - 4:00 Brief (4 min)</p> <p>4:00 - 16:00 General Warm-Up (12 min)</p> <p>16:00 - 31:00 Skill/Strength (15 min)</p> <p>31:00 -34:00 Pre-WOD Break/Prep (3 min)</p> <p>34:00 - 54:00 WOD (20 min)</p> <p>54:00 - 60:00 Accessory/Cool Down/Clean up (6 min)</p>	<p>INTRODUCTION</p> <p>"Fight Gone Bad" is a classic CrossFit benchmark that was designed to simulate a mixed martial arts fight with 3 rounds of working for five minutes, resting for 1. It received its name when BJ Penn was asked how it compared to a real fight. Overall we want members to play to their strengths and stay consistent on the movements they aren't as strong with. For most, that means knocking out big sets of wall balls and barbell movements and avoiding a big spike in heart rate on the box jumps and calorie row. The score will be the total reps of all three rounds combined.</p>
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BRIEF: 0:00 - 4:00 (4 MINS)

<p>WEIGHT LOSS</p> <p>STRENGTH: Today's strength work is really an extended warmup for today's main event - Fight Gone Bad..</p> <p>All athletes should work through full range of motion on all three movements, taking time to work on extra mobility as needed. Athletes can add weight each round to the push press but it is not advised to go extremely heavy today given the workload waiting for them.</p> <p>WOD: Fight Gone Bad is a great workout for the weight loss athlete! The goal is to get constant steady work done using a variety of movements to tax the entire body. This results in huge caloric expenditure during, and post workout.</p> <p>Consistency is important here as we want the athlete to work to maintain a similar output in round 3 as they did in round 1.</p> <p>Prescribed weight is not heavy</p>	<p>GENERAL FITNESS</p> <p>STRENGTH: Today's strength work is really an extended warmup for today's main event - Fight Gone Bad..</p> <p>All athletes should work through full range of motion on all three movements, taking time to work on extra mobility as needed. Athletes can add weight each round to the push press but it is not advised to go extremely heavy today given the workload waiting for them.</p> <p>WOD: Fight Gone Bad is also a great workout for the General Fitness athlete - it challenges them physically and mentally to generate a high volume of work with minimal rest. FGB has huge payoff in aerobic power, muscular endurance and stamina!</p> <p>Prescribed weight is not heavy here for good reason, we want them to pick a weight for each movement that they can perform consistently during the minute</p>	<p>INCREASE STRENGTH</p> <p>STRENGTH: Today's strength work is really an extended warmup for today's main event - Fight Gone Bad..</p> <p>All athletes should work through full range of motion on all three movements, taking time to work on extra mobility as needed. Athletes can add weight each round to the push press but it is not advised to go extremely heavy today given the workload waiting for them.</p> <p>WOD: While the prescribed weight for Fight Fight Gone Bad is relatively light for some, our goal today is volume. For the Increased Strength athlete this workout is a great chance to keep things light and use their strength to their advantage. The strength athlete will definitely see energy systems and stamina payoffs from today's workout despite the lighter weight.</p>
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<p>here for good reason, we want them to pick a weight for each movement that they can perform consistently during the minute they are at each station. Scale as needed to allow this to happen!</p>	<p>they are at each station. Scale as needed to allow this to happen!</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 - 16:00 (12 MINS)

<p>GENERAL AMRAP X 8 8 Cal Row 8 Barbell SDHP 8 Strict Press 8 Step-Ups</p>	<p>SPECIFIC N/A</p>
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COACHING NOTES: With 5 different movements in our workout it will be important for us to begin to teach some of the movements members will be performing throughout “Fight Gone Bad.” Since sumo deadlift high pulls are the least common of the five movements, spend a little extra time before you start the AMRAP talking about the set up position of the sumo deadlift and using the legs and hips to assist with the pull. Points of performance to review are listed below.

SDHP Points of Performance

- Stand w/ feet slightly wider than shoulder width apart
- Hands in between bent legs with a full overhand grip on the barbell
- Knees in line with toes
- Shoulders slightly in front of the bar at set-up
- Lumbar curve maintained
- Hips extend forward and shoulders rise at the same rate
- Heels down until hips and legs extend
- Shoulders shrug, followed by a pull of the arms
- Elbows move high and outwards pointing to opposite directions
- Barbell moves over the middle of both feet



- Complete at full hip and knee extension with the bar pulled up just below the chin

Skill/Strength: 16:00 - 31:00 (15 MINS)

<p>OPTION 1 E2MOM X 5 5 Push Press (Building) 5 Box Jumps 5 Wall Balls</p>	<p>OPTION 2 E2MOM X 5 5 DB Push Press 5 Tuck Jumps 5 Single DB Thruster</p>
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COACHING NOTES: Following the warm-up, we will begin to increase the intensity as we move through some intervals of push press, box jumps, and wall balls. The main focus of this will be on building to a moderate-heavy set of push press, but it will also allow members to warm up their box jumps and wall balls.

Have members take the weight from the ground for this portion today, as that is what they'll be doing in the workout. Have members start at the weight they want to use for the workout and build a little bit each set. We see it a lot when members are moving lightweight or increasing the intensity, but make sure members are dipping into their heels and not their toes. This will be crucial to saving the shoulders in the later rounds of today's workout.

Another piece that members might not be used to is that the RX height for box jumps is 20' across the board today. This may mean that some of your athletes can comfortably RX box jumps in the workout for the first time!

Members should have ~ a minute of rest to add a little bit of weight to their barbell before the next round.

Push Press Points of Performance:

- Feet ~hip-width apart
- Hands positioned just outside of shoulders
- Elbows slightly in front of the bar
- Hold the bar with a full grip
- Bar rests on torso
- Torso dips straight down



- Hips and legs extend, then press
- Heels down until hips and legs extend

PRE-WOD BREAK/PREP: 31:00 - 34:00 (3 MINS)

WOD: 34:00 - 54:00 (20 MINS)

<p>OPTION 1 “Fight Gone Bad” 3 rounds: 1 minute of Wall Balls (20/14 lbs) 1 minute of Sumo Deadlift High Pulls (75/55 lbs) 1 minute of Box Jumps (20 in) 1 minute of Push Presses (75/55 lbs) 1 minute of Row (calories) 1 minute of Rest *Score is total reps</p>	<p>OPTION 2 “Remote Fight Gone Bad” 3 rounds: 1 minute of Goblet Squats 1 minute of KB/DB Sumo Deadlift High Pulls 1 minute of Tuck Jumps 1 minute of DB/KB Push Presses 1 minute of Jumping Jacks 1 minute of Rest *Score is total reps</p>
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LEVEL UP OPPORTUNITY: N/A

COACHING NOTES: For your members who have done Fight Gone Bad in the past, they’ll know that this workout comes down to doing a couple of things well, including fast transitions, consistent sets, and maintaining quality movement.

All five movements should be dialed in at this point but check in with members to see if they have any specific questions before reviewing some strategy tips. I’ve outlined some of my favorites below, but feel free to add in any of your own also!

If equipment is an issue, treat today like a circuit, starting everyone at different movements and rotating through. If you prefer to keep the order, start group 2 on a one-minute delay.

FGB Strategy Tips:

- Since you will have a minute of rest, try to move as much as possible during each minute of work, never taking a long break.
- Transitions are crucial for this workout; set up equipment as efficiently as possible.
- Identify your strengths and strategize around those so that you maximize your time (and score) for those movements. In general, it is easier to work until close to the buzzer on the barbell movements since they move faster than a box jump or calorie on the rower.



- Keep a continuous count from movement to movement and write that number down during the rest rather than writing down each individual count

MOVEMENT ADJUSTMENTS:

Wall Ball→ MB Squat, MB Push Press

SDHP→ KB SDHP, Sumo DL

Box Jump→ Step-Up

Push Press→ Hang Power Clean

Cal Row→ Cal Bike

POST WOD: 54:00 - 60:00 (6 MINS)

<p>ACCESSORY</p>	<p>COOLDOWN 2:00 Alternating Downdog/Child's Pose Hold 1:00 Hands on Wall Prison Stretch</p>
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COACHING NOTES: Fight Gone Bad is one of those workouts that taxes a little bit of everything! After barbells get cleaned up and put away, take members through a bit of flow stretching targeting the shoulders, low back, and calves before calling it a day. Remind members to log their scores and note any rep scheme/variation of this workout they tried to follow.