



Wednesday, July 21

<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 - 21:00 Specific Warm-Up (5 min)</p> <p>21:00 - 36:00 Skill/Strength (15 min)</p> <p>36:00 -39:00 Pre-WOD Break/Prep (3 min)</p> <p>39:00 - 57:00 WOD (18 min)</p> <p>57:00 - 60:00 Accessory/Cool Down/Clean up (3 min)</p>	<p>INTRODUCTION</p> <p>If your coaches sat down and chose 4 movements that have a ton of value, but we don't see very often, the floor press, strict press, barbell sumo deadlift high pull, and front rack lunge might all be pretty high on the list! For our strength today, athletes will have the choice to either build across the 4 sets or hold the same moderate heavy load across the board, but either way, we will immediately superset into 10 push-ups. These can be performed regular, kneeling, or elevated, but we want 10 reps in total. We have 5 three-minute intervals combining SDHP, strict press, and front rack lunges for the workout. The barbell should be light to moderate for the sumo deadlift high pulls and lunges but will get heavy in a hurry on the strict presses. All movements should be completed in two sets or less, with the strict presses potentially taking 3 sets in the later rounds.</p>
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BRIEF: 0:00 - 4:00 (4 MINS)

<p>WEIGHT LOSS</p> <p>STRENGTH: Today's strength work calls for 4 sets of 5 reps, building each set. A bit of a twist today is that the athlete will then complete 10 push-ups after each set. Adding in a full range of motion movement like this will help to build muscular endurance and hypertrophy. This may also lead to the athlete becoming fatigued earlier which means later sets will feel more challenging!</p> <p>WOD: Today's WOD will sneak up on the athlete quickly, especially in the shoulders after yesterday's pullup work!</p> <p>The weight loss athlete should be looking to complete the three barbell movements back to back and unbroken - to do this we</p>	<p>GENERAL FITNESS</p> <p>STRENGTH: Today's strength work calls for 4 sets of 5 reps, building each set. A bit of a twist today is that the athlete will then complete 10 push-ups after each set. Adding in a full range of motion movement like this will help to build muscular endurance and hypertrophy. This may also lead to the athlete becoming fatigued earlier which means later sets will feel more challenging!</p> <p>WOD: Today's WOD will sneak up on the athlete quickly, especially in the shoulders after yesterday's pullup work!</p> <p>Note that today's rx'd weight is not meant to be heavy at 75/55. The focus for the general fitness athlete is on good quality</p>	<p>INCREASE STRENGTH</p> <p>STRENGTH: Today's strength work calls for 4 sets of 5 reps, building each set. A bit of a twist today is that the athlete will then complete 10 push-ups after each set. Adding in a full range of motion movement like this will help to build muscular endurance and hypertrophy. This may also lead to the athlete becoming fatigued earlier which means later sets will feel more challenging!</p> <p>The strength athlete can elect to perform the push-ups with a weight vest for added resistance.</p> <p>WOD: Note that today's rx'd weight is not meant to be heavy at 75/55.</p>
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<p>need to pick a weight that they can do unbroken when fresh. By moving efficiently the athlete should end up with enough time to rest and recover to replicate this effort 4 more times.</p>	<p>controlled movement and full range of motion. Use the remaining time as active rest to keep shoulders, hips and legs loose and ready for more work!</p>	<p>The strength athlete can choose to increase this weight or to perform the reps slow and controlled, focussing on bodybuilding style time under tension reps.</p> <p>Use the remaining time as active rest to keep shoulders, hips and legs loose and ready for more work!</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 - 21:00 (17 MINS)

<p style="text-align: center;">GENERAL EMOM X 9</p> <p>Minute 1: 6 Reverse Lunges + 6 Sumo DL Minute 2: 8 Strict Press + :20 OH Hold Minute 3: 10 Plank Shoulder Taps + 5 Push-Up to Pike</p>	<p style="text-align: center;">SPECIFIC</p> <p>Review Points of Performance for Floor Press Into.. 2X5 Pause Floor Press (2 sec pause)</p>
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COACHING NOTES: We start the day with a quick EMOM that will allow you to talk about some of the basic movement patterns we want to see today before fully diving in and introducing intensity in the workout. All movements should be performed with an empty barbell or training bar and should feel light, allowing at least :20 seconds of rest before the next minute. Stick with the basics points of performance on the reverse lunges and sumo deadlifts for now (i.e., Chest upright, back flat, drive through the front wheel, etc.), but spend a little extra time reviewing the strict press, which we will see again later.

Strict Press Points of Performance:

1. Feet under hips, grip ~ shoulder-width apart.
2. Squeeze your butt, lock down your abs, take a big breath in
3. With elbows slightly in front of the bar, move your chin out of the way and press the bar overhead keeping the ribs sucked down and belly braced.

After the general warm-up, we will begin to prep the floor press. Compared to a bench press, the floor press tends to be a little easier on the shoulders, is great for improving lockout strength/working through sticking points, and uses fewer legs than its traditional counterpart.



Points of performance are listed below. After reviewing these, take members through 2 sets of 5 pause floor press, paying extra attention to bar path, forearm angle, and the five points of contact.

Floor Press Points of Performance:

- 5 points of contact remain on the ground (Both Feet, Both Shoulders, and Butt/Low Back)
- Slightly wider than shoulder-width grip
- Elbows move closer to the hips than the shoulders
- Bar lowers until triceps touch floor
- Forearms remain vertical

Skill/Strength: 21:00 - 36:00 (15 MINS)

OPTION 1 Floor Press 4x5 *Immediately Perform 10 Push-Ups After each set	OPTION 2 DB Floor Press 4x8 *Immediately Perform 10 Push-Ups After each set
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COACHING NOTES: The floor press should be dialed in after our pause sets in the specific warm-up, but give members another warm-up set or two to build to their starting/working weight.

Members can approach these floor presses in one of two ways:

1. Building across the four sets to a heavy set of 5
2. Holding the same moderate-heavy load across all 4 sets

Recommend newer athletes hold the same load across all four sets, allowing them to focus on form, while your strength-based and more experienced members can build to a heavy set of 5. After each set of floor press, members will immediately perform 10 push-ups which will really blow up their chest. We are looking for the full range of motion on each rep, even if that means scaling to some kneeling push-ups/elevated push-ups. Supersets are a great way to increase muscle breakdown and increase total energy expenditure (burn more calories throughout the day).

Take these every 2:30.



PRE-WOD BREAK/PREP: 36:00 - 39:00 (3 MINS)

WOD: 39:00 - 57:00 (18 MINS)

OPTION 1	OPTION 2
Every 3 minutes x 5 sets 10 Sumo DL High Pull (75/55) 10 Strict Press 12 Front Rack Lunges *Score is slowest Rd	Every 3 minutes x 5 sets 10 DB Sumo DL High Pull 10 DB Strict Press 12 DB Front Rack Lunges *Score is slowest Rd

LEVEL UP OPPORTUNITY: 95/65 (Strength Focus)

COACHING NOTES: After the strength session, have members strip down to an empty barbell and put all the big plates away. Review the points of performance for the SDHP and front rack lunge (Strict press was taught in warm-up) and have members perform 5 reps of each.

The strict press will be the limiter for most today and is most likely the one movement members will need to break up. Overall the sumo deadlift high pulls, and front rack lunges should be performed unbroken or in two sets, while the strict press should not take more than 3 sets at any point.

Don't be surprised to see members look and feel good throughout the first two rounds and then hit a bit of a wall on the strict press in the last three.

SDHP Points of Performance

- Stand on feet with a stance slightly wider than shoulder-width apart
- Hands in between bent legs with a full 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 barbell pulled up just below the chin



Front Rack Lunge Points of Performance:

- Maintain strong front rack position
- One leg steps forward
- Keep the heel of the forward leg down
- Raise the heel of the back leg
- Lower torso until back knee touches the ground
- Forward leg shin remains relatively vertical
- Complete at full hip and knee extension
- Opposite leg begins the next step

MOVEMENT ADJUSTMENTS:

Floor Press→ DB Press or Bent over row

SDHP→ Sumo DL or KB SDHP

Strict Press→ Light Floor Press

Front Rack Lunge→ Goblet Lunge or Front Squat

POST WOD: 57:00 - 60:00 (3 MINS)

<p>ACCESSORY</p>	<p>COOLDOWN 1:00 Hands on the wall stretch :45/side Pigeon Pose</p>
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COACHING NOTES: Immediately post-workout, take members through some quick mobility work and then clean up the barbell and plates before calling it a day. Remind members to log their scores in whatever system you are using.