

OVERVIEW

The Beyond RXD On Ramp is a five session course built to help clients establish a foundation that will prepare them for group classes and turn them into long term members.

SESSION BREAKDOWN

On Ramp #1 - Squat
On Ramp #2 - Press
On Ramp #3 - Hip Hinge
On Ramp #4 - Clean
On Ramp #5 - Snatch

Sessions focus on specific movements and feature both a strength and a conditioning component as well as individualized accessory and mobility pieces.

USING AVATAR BRIEFS

Each On Ramp session includes three pre-written avatar briefs: weight loss, general fitness, and increase strength.

They are there to help your coaches individualize the workout to a client's goals and to help them understand why they are doing what they are doing.

Briefing clients on the benefits of a workout rather than the features of a workout isn't a concept that we expect many coaches to be comfortable implementing right away.

We've spent years developing workout-focused coaches who brief solely based on the features of a workout.

Briefing based on the benefits is a new skill for most people and if it takes some time for you and your team to build their confidence that's okay.

The goal is to make every workout relevant to every client for a truly personalized experience.

FREE PROGRAMMING FOR TWO-BRAIN CLIENTS

As a Two-Brain client you are eligible for free programming from Beyond RXD each month.

To sign up head to www.beyondrxd.com and use the coupon code 'TBBGROWTH1' to begin your Tier 1 membership (\$129/month) at no cost for as long as you are a part of the Two-Brain family.

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On Ramp - Session 1 of 5

TIMELINE Brief: 0:00-4:00 (4 MINS) Warm-up: 4:00-16:00 (12 MINS) Strength/Skill: 16:00-31:00 (15 MINS) Pre-WOD Break/Prep: 31:00-34:00 (3 MINS) WOD: 34:00-47:00 (13 MINS) Post WOD: 47:00-60:00 (13 MINS)	INTRODUCTION The goal today is to teach your new client how to squat efficiently and safely. By the end of today's session your client should be familiar with multiple squatting variations, gained experience moving a loaded barbell, and established a baseline of fitness during the conditioning piece.
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BRIEF: 0:00 - 4:00 (4 MINS)

WEIGHT LOSS Building strength with movements like the back squat is hugely beneficial to burning fat because we replace it with lean muscle. Having more muscle than fat causes our bodies to burn more calories throughout the day, even when we aren't working out. Squatting is also a great tool for developing your legs and strengthening your core. In today's session, we will teach you how to squat safely and effectively to help maximize those benefits moving forward.	GENERAL FITNESS The benefits of squatting can't be understated. They make us stronger, increase bone density, stimulate hormone production, improve flexibility and strengthen our core. If you only had time to workout once a week, this is the exercise you would choose. In today's session, we will teach you how to squat safely and effectively to help maximize those benefits moving forward.	INCREASE STRENGTH Increasing strength and building muscle begin with the squat. Your body adapts to the stresses of lifting heavier weights by releasing the hormones needed to help you recover and grow while also revving up your metabolism to increase the number of calories you will need to consume post-workout. In today's session, we will teach you how to squat effectively and establish a baseline of strength to build from moving forward.
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COACHING NOTES: Use the avatar brief that best matches with the client's goal.

WARM UP: 04:00 - 16:00 (12 MINS)

GENERAL 3 RDS 250m Row 10 Groiners 10 Air Squats → 10 PVC Front Squats → 10 Barbell Front Squats	SPECIFIC Teach the squat variations as they progress through each round of the warm-up.
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COACHING NOTES: Use this warm-up to accomplish two things: prime their body for the workout and teach the fundamentals of a squat. Round 1 teaches and introduces air squats, round 2, front squats with a PVC pipe, and round 3 front squats with a barbell. Besides teaching the air squat and front squat, you will also want to review proper mechanics and setup with the rower. Full points of performance for each movement can be found below.

Rowing Set-Up:

- Strap feet in tight and secure around the widest part of the foot
- Sit comfortably upright on the seat
- Start with damper between 4-6
- Explain the different units and how to change between them

Rowing Points of Performance:

- In one powerful stroke, press through the heels extending the legs, then torso, and then pull the arms just above the belly button.
- The athlete is reclining slightly in the finish.
- Extend the arms, bend forward at the hip and then re-bend the knees to the catch position.

Tips and Tricks to discuss:

- The power develops in the legs.
- The sequence of driving through the legs, hips, and pulling with the arms are the most crucial aspects of rowing.
- An early arm bend dampens the momentum and power you've created with your legs, so be patient with your pull through the arms and back.

Air Squat Points of Performance:

- Stand on feet with shoulder-width apart
- Hips slightly move back and descend down
- Hips descend lower than the knees
- Lumbar curve maintained
- Heels stay in contact with the floor all the time
- Bend knees inline with the toes
- Complete at full hip and knee extension

Front Squats Points of Performance:

- Send your hips back and down while keeping your chest up and elbows high
- Descend until the hip crease breaks the plane of the knees
- Knees are always tracking just over the toes
- Driving through your heels, ascend back to your starting position
- Rep is completed when the knees and hips are fully locked and open at the top

STRENGTH/SKILL: 16:00 - 31:00 (15 MINS)

<p>OPTION 1 Back Squat 5x5 Build to a moderate load.</p>	<p>OPTION 2 Goblet Squat 5x5 Tempo: 3232</p>
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COACHING NOTES: After introducing the air squat and front squat in the warm-up, it's time to introduce the client to strength training and help them establish a starting point they can refer back to when they begin classes.

The focus should be on teaching them how to properly breathe, brace, and move with a weight on their back. This is NOT a 5RM, and we do not want to see their form deteriorate at any point. Since many people will have no idea where they should be, use an RPE scale, having them stick between a 4-7 across the five sets.

If you have a member that is struggling to hit depth, bringing out a medball, bench, or box and having them squat to a target is an excellent alternative for today.

Points of performance for the back squat are listed below.

Back Squat Points of Performance:

- Stand on feet with shoulder-width apart
- Hands positioned on the sides of the shoulders
- Hold the bar with a loose grip
- Elbows high, at the level of the shoulder
- Hips slightly move back and descend down
- Hips descend lower than the knees
- Lumbar curve maintained
- Heels stay in contact with the floor all the time
- Drive through the heels, with rep being complete at full hip and knee extension

Common things to watch for today are the chest falling forward, weight shifting forward into toes, and bottoming out/losing tension throughout the squat.

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

WOD: 34:00 - 47:00 (13 MINS)

<p>OPTION 1 AMRAP x 10 MINUTES 8 Wall Balls 8 Sit-ups 8 Burpees</p>	<p>OPTION 2 AMRAP x 10 MINUTES 8 Goblet Squats 8 Sit-ups 8 Burpees</p>
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COACHING NOTES: Today's workout combines three common movements across the 10-minute window. Your main goal as a coach today is to leave the client feeling tired from the workout but energized because they completed a challenging workout that they may not have thought they were capable of.

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Outside of reviewing each movement (Points of performance listed below), your primary focus will be to talk to the client about pacing and explain what AMRAP's are all about. All new members will look a bit different here. For most, the burpees will become the limiting factor; however, if you have someone from a more endurance background, they might struggle the most with the wall balls more than the burpees.

A few other things to prioritize in our workout are listed below:

1. Opt for a light wall ball and encourage members to aim for the target, but prioritize good squat mechanics over hitting the target.
2. Just like in our classes, review, and sub in up-downs if it would be more appropriate.
3. Grab some poker chips or a whiteboard to get members used to tracking rounds.

Wall Ball Points of Performance:

- Begin with the feet shoulder-width apart in the squat stance.
- Hands holding the ball at the shoulders.
- Descend down into a full front squat with the crease of the hip below the knee.
- Keeping the chest up, drive through the heels, aggressively extending the hips and knees.
- After aggressively opening the hip, throw the ball up to a target on the wall.
- Receive the ball with the arms extended and cushion the force as you descend into the next rep.

Ab-Mat Sit-Up Points of Performance:

- Lie flat on your back on the floor.
- Put the soles of the feet together and knees out with legs in a butterfly position.
- Place Ab Mat so the writing is facing away from you.
- Hands extend overhead, touching the ground above your head.
- Sit up, flexing at the hip, and touch your hands to your toes.

Burpee Points of Performance:

- Drop down into the bottom of a push up with chest and thighs in contact with the ground (Think controlled flop)
- Spring back up, either jumping the feet into a partial squat or stepping feet back underneath hips.
- Hips and knees must be fully locked out and open at the top while feet leave the ground. The athlete's entire body must be vertical in air.

MOVEMENT ADJUSTMENTS:

Front Squat→ Cross Arm Front Squat

Back Squat→ Box Squat, Goblet Squat

Wall Ball→ MB Front Squat

Sit-ups→ :20 Plank

Burpees→ Up-downs, Up-downs on Box

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POST WOD: 47:00 - 60:00 (13 MINS)

ACCESSORY *Client Specific	COOLDOWN *Client Specific
Knees coming in (weak glutes) Single Leg Glute Bridge 3x10/leg	Hips 60-sec/side Pigeon Stretch
Chest caving forward (weak back) Barbell Good Mornings 3x10	Ankles 60-sec/side Kettlebell Smash
Stripper squat (weak quads) DB Lunges 3x10/leg	Hamstrings 60-sec/side Banded Hamstring Stretch
Trouble bracing (lack of core engagement) Plank 3x60-second	Hip Flexors 60-sec/side Banded Knight Stretch

COACHING NOTES: Once the conditioning is complete, and the client has caught their breath finishing the session by choosing one accessory exercise and one mobility piece specific to their needs.

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On Ramp - Session 2 of 5

<p>TIMELINE</p> <p>Brief: 0:00-4:00 (4 MINS) Warm-up: 4:00-18:00 (14 MINS) Strength/Skill: 18:00-28:00 (10 MINS) Pre-WOD Break/Prep: 28:00-31:00 (3 MINS) WOD: 31:00-48:00 (13 MINS) Post WOD: 48:00-60:00 (12 MINS)</p>	<p>INTRODUCTION</p> <p>Today's focus is on pressing. We will warm up and teach the basics of the strict press before introducing the push press which they will see in our strength EMOM. By the end of this session the client should understand the fundamentals of vertical pressing as well as the principle of core-to-extremity movement.</p>
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BRIEF: 0:00 - 4:00 (4 MINS)

<p style="text-align: center;">WEIGHT LOSS</p> <p>Today's workout focuses on developing your shoulders and triceps through overhead pressing with a barbell or dumbbell.</p> <p>Pressing variations are great options to not only tone our upper body but build stability in our core. Our workout features a cardio heavy four-round burner of biking, box jumps, and a press.</p> <p>We want to maximize your time spent working with an elevated heart rate by pushing the pace on the bike and then pacing ourselves through the overhead movement and box jumps.</p> <p>Going outside of our comfort zone on the bike will promote a bigger calorie burn and better results from your workout.</p>	<p style="text-align: center;">GENERAL FITNESS</p> <p>Long-term shoulder health is vital to living the life we want to live as we get older. Not only does pressing help strengthen our shoulders, but it can also improve our mobility and keep our upper body functioning correctly.</p> <p>If you are coming in with a previous shoulder injury or overhead presses that cause you any discomfort, we will find the best modifications to help you build the strength and stability you need.</p> <p>I want to see you elevating your heart rate each round but not to the point that our technique begins to deteriorate on the pressing movements.</p>	<p style="text-align: center;">INCREASE STRENGTH</p> <p>Developing upper-body strength is our focus today. We will review multiple pressing variations designed to build muscle in your shoulders, upper back, and triceps and teach you how to generate power with your core and transfer it to your arms.</p> <p>The workout is four rounds for time on a bike paired with presses and box jumps. Pacing yourself on the bike will be critical.</p> <p>Begin each round on the barbell with strict presses before transitioning to push presses or push jerks.</p> <p>Starting with a strict option will promote more muscle breakdown and better long-term results.</p>
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COACHING NOTES: Use the avatar brief that best matches with the client's goal.

WARM UP: 04:00 - 18:00 (14 MINS)

<p>GENERAL AMRAP X 6</p>	<p>SPECIFIC Teach the Push Press</p>
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20 Mountain Climbers 10 PVC Pass Throughs 10 PVC Strict Press	
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COACHING NOTES: Before getting started with the general warm-up, ask your new member if they have any questions from the last session focused on the squat. After that is addressed, we will want to loosen up the midline and shoulders with a quick 6-minute AMRAP which will involve teaching the most basic press, the strict press. Review the points of performance with your members and have them perform the first set with the P.V.C. Pipe. If you are happy with what you see from there, swap out the P.V.C. Pipe for an empty barbell or training bar.

Common faults to watch for will be pressing out in front, ribs flaring (loss of midline), and elbows behind the bar (Poor front rack).

Strict Press P.O.P.:

- Stand with heels underneath your hips, legs locked out.
- Hands outside the shoulder with a full grip, elbows slightly in front of the bar (This can be adjusted depending on athletes mobility and preference)
- Begin with the bar racked on the front on the shoulders, braced through the midline
- With a tight and rigid body, press the bar straight up while moving your head back and out of the way in order to keep the bar in a straight line.
- Arms come to full lockout overhead with the bar over the center of the body.

After wrapping up the 6-minute warm-up, begin your teaching of the push press. Before even touching a barbell, take your client through a short progression with a P.V.C. Pipe that will make sure members are dipping straight into their heels, keeping a vertical torso, elbows staying slightly in front of the barbell, and ribs are tucked down as they press. Take this progression slow, and don't be afraid to have them hold positions to allow you to correct positioning. If necessary, you can use the wall to give them some tactile feedback on their dip. Our goal here is to fix any faults in the front rack position and dip and drive before adding any load.

5 Dip and Pause

5 Dip and Drive (No Press)

5 Dip, Drive, Press (2 sec pause overhead)

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 stay down until hips and legs extend

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STRENGTH/SKILL: 18:00 - 28:00 (10 MINS)

OPTION 1 EMOM x 8-minutes 3 Push Press	OPTION 2 EMOM x 8-minutes 5 DB/KB Push Press* *3-sec eccentric
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COACHING NOTES: After the specific warm-up, give members another set or two to get familiarized with the barbell and a light load before starting the 8-minute EMOM. Like the squats from day 1, we want members to work up to a moderate-heavy weight today.

Add weight as necessary and monitor the client's movement. When things get heavy, we find that people's bodies naturally default to a Push Jerk whether they know they are doing it or not. Teaching a Push Jerk can be awkward, leaving clients feeling confused and frustrated. So if you spot a PJ during the EMOM, point it out to them and highlight it as a Bright Spot and explain to them that this is another variation of a press we commonly see.

PRE-WOD BREAK/PREP: 28:00 - 31:00 (3 MINS)

WOD: 31:00 - 48:00 (17 MINS)

4 Rounds 12/8 Cal Bike 10 Push-ups 8 Box Jumps

COACHING NOTES: Today, our workout combines three more common movements and is a great lesson of how CrossFit can be universally scalable. Talk about the proper setup of the bike and run through some points of performance with the bike. Advise the client to watch their RPMs and shoot to hold within 2-3 RPMs from start to finish. This will help reinforce pacing.

Bike Points of Performance to Review:

- Adjust the bike seat height to the top of your hip crease. This will allow you to maximize the drive from your legs and will result in your leg being almost fully extended at the bottom.
- Bike seat placement will be dependent on the athlete, but in general, we want to make sure that the seat allows for the arms to fully extended without the chest falling forward to reach.
- The Head remains upright. Not only will this help to keep your neck from cramping, but it will also maximize breathing.

Typically when we see a movement like push-ups in a workout, ego can become our worst enemy, and while we always want members to push themselves, full range of motion is our main

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priority today. Achieving a full range of motion allows our athletes to achieve more muscle breakdown, leading to bigger strength gains. This means that if form starts to break down either through fatigue or loss of midline, it would be most beneficial to scale back to kneeling push-ups or box push-ups. Points of performance are listed below. Review these as well as our scaling options.

Push-Up Points of Performance:

- Hands on the ground, shoulder-width apart, Fingers splayed
- Legs straight with only the balls of the feet on the ground
- Start with arms extended
- Lower chest and thighs to the ground
- Body remains rigid
- Elbows move closer to the hips than the shoulders
- Complete at full arm extension

The last movement of our workout is the box jump. This is another movement that can be super intimidating for a new member. If you have soft boxes, make sure to utilize those. The last thing we want is a new member to attempt a box jump for the first time in years and end up with a bloody shin. You should have a good idea of how a member moves after day one and whether or not box jumps would be in the cards, but review these along with step-ups and have members perform a few reps of each. Remind the member that if they would like to complete some jumps and some steps, that is also fine!

Although we don't have a set time cap today, we are ideally looking for members to finish the bike in under :90 seconds, push-ups in 2-3 sets, and box jumps/step-ups at a steady pace.

MOVEMENT ADJUSTMENTS:

Push Press → Floor Press (Only if they cannot go overhead!)

Cal Bike → Cal Row

Push-Ups → Barbell/Box Push-Ups, Kneeling Push-Ups

Box Jumps → Step-Ups

POST WOD: 48:00 - 60:00 (12 MINS)

ACCESSORY	COOLDOWN
Trouble Locking Out (Tricep) Banded Tricep Extension 3x15-20 reps	Pec Banded Pec Stretch 60-secs/side
Over Extending During Press/Push-up (Midline) Side Plank 3x30-sec/side	Tricep Barbell Smash 3x60-sec/side
Partial Range of Motion (Lack of overall strength) Single Arm DB Press	T-Spine Foam Roller Extension

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3x10/arm	60-secs
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COACHING NOTES: Once the conditioning is complete, and the client has caught their breath finishing the session by choosing one accessory exercise and one mobility piece specific to their needs.

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On Ramp - Session 3 of 5

<p>TIMELINE</p> <p>Brief: 0:00-4:00 (4 MINS) Warm-up: 4:00-14:00 (10 MINS) Strength/Skill: 14:00-30:00 (16 MINS) Pre-WOD Break/Prep: 30:00-33:00 (3 MINS) WOD: 33:00-48:00 (15 MINS) Post WOD: 48:00-60:00 (12 MINS)</p>	<p>INTRODUCTION</p> <p>Learning how to pick something up off the ground properly is essential to our ability to function as humans. If the client learns nothing else today, they should understand the concept of how to find and maintain a neutral spine under load. Secondly, we've seen a time priority workout on day one and a task priority workout on day two, so today, we will introduce them to the concept of intervals in a classic Tabata format. Since members will only be working for :20 seconds, we want them to choose a weight and movement that allows them to ideally work unbroken throughout.</p>
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BRIEF: 0:00 - 4:00 (4 MINS)

<p>WEIGHT LOSS</p> <p>High intensity interval training has the potential to reduce body fat and aid in weight loss when performed correctly. The key is to establish a consistent pace that will allow you to do the maximum amount of work without burning out and needing to take big rest periods.</p>	<p>GENERAL FITNESS</p> <p>It's so common to hear of people throwing out their backs because they either don't have the strength to pick something off the floor or they don't understand how to do it properly. Deadlifting teaches us proper bracing of our spine and minimizes our risk of injury outside the gym.</p>	<p>INCREASE STRENGTH</p> <p>Next to squatting, deadlifting is one of the best tools we have for gaining strength and building lean muscle. Developing a strong deadlift will strengthen your grip, create a stronger posture, and increase your athletic potential.</p>
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COACHING NOTES: Use the avatar brief that best matches with the client's goal.

WARM UP: 04:00 - 14:00 (10 MINS)

<p>GENERAL</p> <p>:30 Jump Rope 10 PVC Deadlift :30 Jump Rope 10 PVC Deadlift :30 Jump Rope 10 Barbell Deadlift :30 Jump Rope 10 Barbell Deadlift</p>	<p>SPECIFIC</p> <p>Teach the Deadlift</p>
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COACHING NOTES: Most likely new members have not jump roped in years. Today, our warm-up will reintroduce them to jumping rope and regaining that muscle memory while beginning to teach the fundamentals of a deadlift, starting with the PVC Pipe and progressing to the empty barbell.

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Points of performance for the deadlift and some jump rope fundamentals are listed below. Review these and make sure the client has an appropriate rope before starting the workout. If you have someone who is very competent with a jump rope, you can introduce the double under; just use caution here as we never want someone to feel discouraged.

Your new client should have a good idea of bracing following the back squat and push press following their first two sessions; however, we want to revisit that concept today and emphasize its importance with our deadlift. The client may have misconceptions about whether or not they can hurt themselves with this movement, so calm the nerves and insist that when the deadlift is done properly, it is 100% safe and one of the best full-body movements.

Jump Rope Efficiency Tips:

1. Rope Length-Looking for a rope that is sternum height when standing on the middle of a cable with one foot.
2. Hand and Elbow Positioning-Elbows should be slightly pinned back and close to the body, while hands are slightly in front and just in your peripheral vision.
3. Grip- The thumb and Pointer finger should control the rope. Keep as relaxed of a grip as possible and make the motion through the wrist.
4. Jump- Ideally, members will have one hop per spin; however, don't be surprised to see the double hop for some. Make sure the torso and legs remain straight throughout.

Deadlift Points of Performance:

1. Lumbar curve maintained, weight on heels.
2. Shoulders slightly in front of bar in the set-up
3. Double overhand grip or switch grip on bar
4. Bar stays in contact with the legs throughout the movement (Straight path up and down)
5. Hips and shoulders rise at the same rate until reaching the knees
6. At the top, the hip is completely open, chest is up, and the knees are straight.

STRENGTH/SKILL: 14:00 - 30:00 (16 MINS)

OPTION 1 Deadlift 5x5	OPTION 2 DB/KB Deadlift 5x5 Tempo: 3131
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COACHING NOTES: Your new athlete should understand the basics of the deadlift following our warm-up, so begin to add some weight to the bar before starting our 5x5. Just like with our back squats on day 1, we want the athlete to build to a challenging weight across the 5 sets, finishing at a 7 or 8 on an RPE scale as long as form does not break down.

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Other considerations for today will be if you have an athlete that cannot safely get set on the ground due to mobility issues. If this is the case, you can either opt to teach them a sumo deadlift or elevate the surface using plates to decrease the range of motion. Again we want the athlete to know that we are here to help them move safely and meet them where they are at now in order to get them to where they want to be.

Run these sets every 2:30 minutes on the minute and have them write down the weights they are using on a weight board or directly into your tracking system to get them used to logging their workouts.

PRE-WOD BREAK/PREP: 30:00 - 33:00 (3 MINS)

WOD: 33:00 - 48:00 (15 MINS)

TABATA x 2
Tabata #1: KB Deadlift + Hanging Knee Raises*
~2-minute Rest~
Tabata #2 :American KB Swings + Plank*
*Alternate between movements in each tabata.

COACHING NOTES: After spending most of the day working on the barbell deadlift, members should find the KB deadlift much easier. Choose a weight that is challenging but allows the member to move unbroken across the :20 window. The second movement in Tabata 1 is a hanging knee raise. This will allow you to briefly introduce the member to a kip swing. We do not expect members to master this and instead just want to introduce the concept. Points of performance for the kip swing and hanging knee raise are listed below. If someone cannot hang from the rig, introduce them to a lying toes to bar.

Points of performance to go over with the kip:

- Feet and legs stay together.
- Thumb wrapped around the bar (Safer and more lat engagement)
- Core engaged (I like to use the analogy of bracing for someone to punch you in the gut)
- The movement is initiated through the shoulders opening and closing. Not by the legs!

If a member cannot hang, introduce the kip swing keeping one leg on the ground. From there, add in the knee raise.

Two most important things to emphasize here:

1. Using lats/arms to actively push down on the bar (Get upper body behind)
2. Once knees rise to the chest, legs need to shoot down and back to get back into a tight superman position.

Tabata 2 will consist of kettlebell swings and planks. Points of performance for the swing are listed below. Encourage members to alternate between push-up plank, forearm plank, and side plank across the four sets.

American KB Swing Points of Performance:

- Push the hips back by hinging forward, with knuckles barely reaching through the legs
- The forearm and wrist come in contact with the quads on the backswing.
- Aggressively open the hip squeezing the legs and butt as you stand. This sends the kettlebell up as the arms guide it overhead.
- The rep is completed when the kettlebell is overhead with a full lockout of the elbows, hips, and knees.
- Allow the kettlebell to swing back through receiving it with the slightly closed hip and dynamically send it right back up to string multiple reps

MOVEMENT ADJUSTMENTS:

Deadlift→ Sumo Deadlift, Elevated Deadlift
 Hanging Knee Raise→ Lying Toes to Bar, Sit-Ups
 American KB Swing→ Russian KB Swing
 Plank→ Birddogs

POST WOD: 48:00 - 60:00 (12 MINS)

ACCESSORY *Client Specific	COOLDOWN *Client Specific
Shoulders Rounding Forward (Thoracic Spine) 3x15 Banded Face Pulls	Hamstrings 3-Way Banded Hamstring Stretch 30-secs each position/side
Rounding in Low Back (Weak erectors) 3x10 Barbell Good Mornings	Low Back Archery Stretch 3x60-secs/side
Bar Traveling Away from Body (Weak lats) 3x12 Banded Lat Pull Downs	Lats Band Anchored Lat Stretch 3x60-secs/side

COACHING NOTES: Once the conditioning is complete, and the client has caught their breath finishing the session by choosing one accessory exercise and one mobility piece specific to their needs.

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On Ramp - Session 4 of 5

TIMELINE	INTRODUCTION
<p>Brief: 0:00-4:00 (4 MINS) Warm-up: 4:00-20:00 (16 MINS) Strength/Skill: 20:00-37:00 (17 MINS) Pre-WOD Break/Prep: 37:00-40:00 (3 MINS) WOD: 40:00-55:00 (15 MINS) Post WOD: 55:00-60:00 (5 MINS)</p>	<p>Today's a huge day for your new athlete as we will be introducing them to their first Olympic lift and getting after arguably the most famous CrossFit workout, "Fran." Since most new members will have little to no experience with Olympic lifts, the bulk of your day will be spent getting them to understand basic concepts such as stance, grip, opening their hips, shrugging the shoulders, and pulling under the bar. The Burgener warm-up will begin to introduce these things, while the strength portion will really dial it all in. After you wrap up the cleans, review the thruster, pull-up, all scaling options, and the importance of maintaining the stimulus in workouts such as today! Ideally, we'd like to see all athletes finishing sub 7 or 8 minutes, but give athletes up to 10 minutes to complete.</p>

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

WEIGHT LOSS	GENERAL FITNESS	INCREASE STRENGTH
<p>Fran is meant to be hard. For most people this workout falls squarely between the glycolytic and oxidative energy systems.</p> <p>The glycolytic system is only able to crank out the intensity for approximately 3 minutes and the oxidative system isn't quite ready to match the intensity.</p> <p>The result is muscular and respiratory discomfort.</p> <p>The weight loss athlete can benefit from the higher intensity demands as it will help them to learn to push their intensity limits resulting in the ability to do more work in easier workouts.</p>	<p>Cleans have a great application to general fitness athletes and a great carry over to sports.</p> <p>Our goal for this group today is to carry some heavy weight for four sets of 6 that the athlete can move with some speed out of the hole. Focusing on full extension and fast elbows.</p> <p>In order to achieve the intended stimulus on Fran we should be setting the expectation that the workload is completed in 4-7 minutes with minimal rest breaks.</p> <p>This group should be able to perform 8-10 reps of the thrusters and pullups unbroken in order to give themselves a chance to achieve this.</p>	<p>The increased strength athlete should see huge payoff in their strength by mixing in complex movements like Hang Cleans</p> <p>Today's working sets/reps are meant to be challenging with a good range of motion.</p> <p>Again, as with the other groups, our goal today is not to work to failure but to find a balance where all four sets are done at a challenging weight that allows good speed out of the hole.</p>

COACHING NOTES: Use the avatar brief that best matches with the client's goal.

BEYOND RXD

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

GENERAL	SPECIFIC
EMOM X 6 Minute 1: :45 Bike Minute 2: 8 Groiners + 8 Jump Squats	2 RDS (1 w/ PVC, 1 w/ Training Bar/Barbell) 1. Clean Grip DL x 5 2. Down Shrug x 5 3. Down Shrug w/ elbows x 5 4. Hang Muscle Clean x 5 5. Elbow Punches x 10 6. Hang Power Clean x 5

COACHING NOTES: Members should be familiar with the bike from Day 2's session, but review proper set-up and challenge them to hold the same RPMs across the three sets. From there, review the groiner and jump squat, emphasizing that they get as tall as possible on the jump squats, which will help introduce them to the concept of opening their hips.

After the general warm-up EMOM, begin your teaching of the clean, taking members through a version of the Burgener warm-up. Set 1 members will work through with the PVC pipe and set 2 use your best judgment as to whether or not members should move to a training bar or empty barbell.

Major points of emphasis on the Burgener warm-up are to get members to understand the concept of grip and stance, proper set-up in the hang position, opening their hips and shrugging their shoulders, fast elbows coming through, and lastly, pulling underneath the bar.

STRENGTH/SKILL: 20:00 - 37:00 (17 MINS)

OPTION 1	OPTION 2
E2MOM X 6 3 Hang Power Cleans	E2MOM X 6 3 DB Hang Power Cleans

COACHING NOTES: Hopefully, your athlete should feel more prepared for the hang clean following our Burgener warm-up, but take them through one or two sets of just hang power cleans before jumping into our E2MOM.

Points of performance for the hang power clean are listed below. Ideally, we want to see the new athlete take at least a couple of jumps across the six sets, but only if they can maintain good form and technique. For some, this might be taking a small jump every set, while others might only make two or three jumps across the six sets.

The most common faults you will observe today with your newer athletes will be starfishing the feet, pulling the weight on top of them instead of pulling themselves under, and slow elbows

BEYOND RXD

coming through or not getting through. Use your best verbal, tactile, and visual cues to help your athlete build confidence today.

Hang Power Clean Points of Performance:

- With a flat back, perform a clean grip deadlift to bring the bar to the hips and then fold forward, bringing the bar to above the knee.
- From there, keeping tension through your back and lats, pull the bar towards the hips, 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.
- Receive the bar anywhere above parallel (power) and allow the bar to rest on the shoulders with the elbows up.
- Stand Tall.

PRE-WOD BREAK/PREP: 37:00 - 40:00 (3 MINS)

WOD: 40:00 - 55:00 (15 MINS)

“Fran” 21-15-9 Thruster Pull-up Time Cap: 10 min.

COACHING NOTES: Some of your new members have probably heard of “Fran”; others will not; either way, the first thing you will want to do today is explain what a benchmark workout is and why we do them. Fran is a great example because we generally see it a couple of times per year, and it is the definition of a sprint-style workout.

Before talking about the stimulus, review the points of performance for the thruster and talk about the kipping pull-up. 99.9% of the time, pull-ups will not be in the cards for this workout; however, this is an excellent opportunity to introduce the new member to the kip swing and talk about scaling to maintain the stimulus. Points of performance for the thruster and kip swing are listed below.

After working through some reps of each, load up the barbells to a weight that the members are 100% confident they can complete in 3 sets or less and have them perform a couple reps of a jumping pull-up/ring row in preparation for the workout. Just like any time we see a 21-15-9 workout, review the (8,7,6), (6,5,4), (4,3,2), (12-9), (8-7), (5-4) strategies with your member, or feel free to allow them to go with whatever they feel most comfortable with. Lighter and faster is better today; we want them to safely experience “Fran Lung” for the first time.

Thruster Points of Performance:

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- Feet- The feet are the base and set the stage for the rest of the movement, so don't take foot placement and weight distribution lightly. Wherever your feet are in your back squat, and front squat movements are where your feet should be placed in your thruster. This is where you're strongest, and this is where their body likes to squat from.
- Proper Rack Positioning- Try and keep the bar more towards the center of your hand. Not on the fingertips and not in the palms. This will allow your elbows to stay slightly up on the squat and a little more in your hands for when you go to drive and press the bar overhead.
- Bar Path- Visualize a straight line off to the side of you as you move through your thrusters and keep the ends of the bar in line with that straight line through your whole movement. The less that bar moves out of its most efficient path, the quicker and more fluid you will move through this movement.
- Breathe!- Holding your breath will only make matters worse. Take a big inhale as you lower down into the bottom of the squat and exhale as you drive out. If a member is breathing very heavily in the workout, short breaths at the bottom and the top of the rep might be most efficient.

Points of performance to go over with the kip:

- Feet and legs stay together.
- Thumb wrapped around the bar (Safer and more lat engagement)
- Core engaged (I like to use the analogy of bracing for someone to punch you in the gut)
- The movement is initiated through the shoulders opening and closing. Not by the legs!

MOVEMENT ADJUSTMENTS:

Hang Power Clean→ DB Power Clean

Thruster→ Front Squat, Push Press, Single DB Thruster

Pull-Ups→ Jumping Pull-Up, Ring Row

POST WOD: 55:00 - 60:00 (5 MINS)

ACCESSORY N/A	COOLDOWN *Client Specific
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COACHING NOTES: Assign the client additional accessory homework if necessary. Finish today's session with a mobility movement from a prior On Ramp that the client needs the most.

BEYOND RXD

On Ramp - Session 5 of 5

<p>TIMELINE</p> <p>Brief: 0:00-4:00 (4 MINS) Warm-up: 4:00-20:00 (16 MINS) Strength/Skill: 20:00-40:00 (20 MINS) Pre-WOD Break/Prep: 40:00-43:00 (3 MINS) WOD: 43:00-55:00 (12 MINS) Post WOD: 55:00-60:00 (5 MINS)</p>	<p>INTRODUCTION</p> <p>At this point, we have introduced the new athlete to nearly everything besides the snatch, which will be our focus today. Outside of grip and finishing position, the new athlete will hopefully be feeling more comfortable from the hang position and with the concept of opening their hips/shrugging; however, don't be surprised if they struggle a bit more today taking the barbell up and overhead in one smooth motion. The Burgener warm-up and strength will help dial in good mechanics and build confidence, while the workout will force them to put those things into action while breathing heavily from the rower and burpees. Adjust the volume on the rower and on the burpees to ensure members have at least :15 seconds of rest between minutes.</p>
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BRIEF: 0:00 - 4:00 (4 MINS)

<p>WEIGHT LOSS</p> <p>Snatch complexes like today's are a great way to work on putting the parts of this complicated movement together!</p> <p>Weight can be increased as long as the bar is still moving quickly!</p> <p>Combined with today's strength work, the WOD demands a lot from our athletes in terms of upper body push strength and muscular endurance! This is a great thing for our weight loss athletes as it will help to add some lean muscle mass and to develop increased upper body work capacity, meaning this athlete group will get better at doing more upper body push work in future WODs.</p> <p>The WL group should scale movements today if they are not able to complete the required work within 45-secs each round.</p>	<p>GENERAL FITNESS</p> <p>Snatch complexes like today's are a great way to work on putting the parts of this complicated movement together!</p> <p>Weight can be increased as long as the bar is still moving quickly!</p> <p>General Fitness athletes should push themselves to use a weight that will be tough but doable for the Hang Snatches and move through the Burpees with consistent tempo for the first few sets.</p> <p>This group should aim to gain at least 30-secs rest between each movement.</p>	<p>INCREASE STRENGTH</p> <p>Snatch complexes like today's are a great way to work on putting the parts of this complicated movement together!</p> <p>Weight can be increased as long as the bar is still moving quickly!</p> <p>This WOD is a great way for the IS athlete to increase their stamina for upper body pushing movements and to build muscle mass to help them move more weight in future workouts - a win/win!</p> <p>IS athletes should aim to complete all reps with consistent tempo, full range of motion and good core bracing and shoulder stability.</p> <p>Good quality reps for all movements! As with the other groups, the IS crew should also aim for a 30:30 work/rest ratio!</p>
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COACHING NOTES: Use the avatar brief that best matches with the client's goal.

BEYOND RXD

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

GENERAL	SPECIFIC
EMOM X 8 Minute 1: :40 row Minute 2: :20 PVC OHS, :20 Pass Throughs	2 RDS (1 w/ PVC, 1 w/ Training Bar/Barbell) 1. Snatch DL x 5 2. Down Shrug x 5 3. Down Shrug w/ elbows x 5 4. Hang Muscle Snatch x 5 5. Hang Power Snatch x 5

COACHING NOTES: Outside of snatching, members will be on the erg a lot today, so use the general warm-up to review/dial-in rowing mechanics and proper set-up before diving into some PVC Pass-throughs and overhead squats.

Although we do not often see overhead squats, it is a great way to introduce members to a proper lock-out position where we want them to receive their snatch. It is also a great way to show them the role mobility and balance play when moving under a load you are holding overhead. Points of performance to highlight are listed below. Do not be afraid to have a member squat to a ball or box to give them a target and allow them to focus on a strong overhead position.

Overhead Squat Points of Performance:

- Feet ~Shoulder-width apart
- Wide grip on the bar
- Shoulders push up into the bar, exposing armpits
- Hips descend back and down, lower than the knees
- Lumbar curve maintained
- Heels down
- Bar moves over the middle of both feet
- Knees in line with the toes
- Complete at full hip and knee extension

Rowing Set-Up:

- Strap feet in tight and secure around the widest part of the foot
- Sit comfortably upright on the seat
- Start with damper between 4-6
- Explain the different units and how to change between them

Rowing Points of Performance:

- In one powerful stroke, press through the heels extending the legs, then torso, and then pull the arms just above the belly button.
- The athlete is declining slightly in the finish.
- Extend the arms, bend forward at the hip and then re-bend the knees to the catch position.

BEYOND RXD

After you wrap up the general warm-up, dive into today's variation of the Burgener warm-up. Hopefully, members will be feeling much better with the hang position and concept of opening their hips, so the major points of emphasis during this portion will be on explaining the difference in our grip (wide, hook grip) and finishing position (overhead rather than in the front rack). For some, this may come easy; for others, you might be working exclusively with the PVC Pipe; either way, remind them that we don't expect them to be an expert at this movement and instead want them to understand the basic concepts.

STRENGTH/SKILL: 20:00 - 37:00 (17 MINS)

OPTION 1 E2MOM X 6 1 Snatch DL + 2 Hang Power Snatch	OPTION 2 E2MOM X 6 2 DBL DB DL + 4 DBL DB Hang Snatch
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COACHING NOTES: Just like we saw on day 4, your athlete should feel more prepared for the hang snatch following our Burgener warm-up, but take them through one or two sets of three before jumping into our E2MOM.

Points of performance for the hang power snatch are listed below. Ideally, we want to see the new athlete take at least a couple of jumps across the six sets, but only if they can maintain good form and technique. For some, this might be taking a small jump every set, while others might only make two or three jumps across the six sets.

If you have a member today that has picked up everything very well from the hang, you can also introduce them to a full power snatch from the ground, emphasizing the importance of a patient first pull and staying over top of the bar.

Hang Snatch Points of Performance:

- Perform a snatch grip deadlift, then fold forward, ensuring the hips are back to create vertical shins and shoulders are forward of the bar, with the bar above the knee.
- From the mid-thigh, pull the bar into the body and aggressively jump, extending the hips, knees, and ankles.
- 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.
- Receive the bar in a full or partial overhead squat with the arms locked out over the middle of the body.
- Drive through the heels back to a standing position.
- The hang power snatch is completed when the knees and hips are fully locked out and open at the top.

BEYOND RXD

PRE-WOD BREAK/PREP: 37:00 - 40:00 (3 MINS)

WOD: 40:00 - 52:00 (12 MINS)

EMOM X 9 Min 1: 12/10 Cal Row Min 2: 10 Lateral Burpee over the Bar Min 3: 8 Hang Power Snatches *Scale as needed to allow at least 15 sec rest between movements

COACHING NOTES: After the strength session, strip down the weight on the barbell to a weight that members are super confident they can complete eight reps unbroken with. Remind them that they will be breathing heavily when they get to the barbell, so lighter is better, especially to concentrate on keeping good technique.

From there, review the lateral burpee over the bar and have members perform a couple of reps. Emphasize that the athlete does not need to open their hips on these reps and instead can stay slightly crouched over as they hop or step over the barbell.

At this point in the on-ramp process, you should have gotten to know the athlete well. Use your best judgment as a coach to help them scale appropriately and finish each movement in under :45 seconds. For some, this will be shaving off some reps, while others may need to perform up-downs today.

MOVEMENT ADJUSTMENTS:

Hang Power Snatch → DBL DB Hang Snatch

Cal Row → Adjust Calories to finish under :45

Lateral Burpees over bar → Adjust reps or Up-downs over bar

POST WOD: 55:00 - 60:00 (5 MINS)

ACCESSORY N/A	COOLDOWN *Client Specific
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COACHING NOTES: Assign the client additional accessory homework if necessary. Finish today's session with a mobility movement from a prior On Ramp that the client needs the most.