



# EXAMPLE BRIEFS FOR THE MONTH

## JUNE 2021

This month you will see;

- 5km run (on Saturday 12th June - good idea to go to the park, just check the weather forecast and shuffle this day around as needed)
- 1RM back squat 10th June
- Moving into an olympic lifting cycle (from Mon June 14 for 6 weeks) and retesting clean and jerk and snatch at the end (on Saturday 24th July)
- Testing Barbara 30th July
- Hero WOD Friday (Bert 4th June, Hansen 11th June, Kalsu 18th June, Holleyman 25th June)
- More volume in general of lifting and the workouts being more bodyweight and shorter in duration to factor this in.

## AUGUST 2021

This month you will see;

- Shifting the focus to barbell cycling after spending 6 weeks building up to heavy percentages with the olympic lifts.
- You will see more lunges instead of squats and more sumo deadlifts instead of conventional deadlifts to bring in some variance again after the oly cycle.
- Building up pulling strength specifically to help progress people towards their first pull up or get chest to bars. Focus on strict before kipping - let's build some lats!
- What comes with that is more shoulder stability work, it's the most mobile joint in the body therefore the most unstable. You will see that built into the warm ups.
- Retesting some benchmarks; Randy (30th Aug), Helen (24th Aug), Elizabeth (18th Aug) & Gwen (1st Sep).
- Time domains will remain varied, short (3-7 mins), moderate (10-15 mins) and long (20 mins+).
- One heavy day a week moving forward as well as one longer workout a week that is light (25 mins)





# 4 DAYS OF PROGRAMMING SAMPLE

## THE BREAKDOWN;

Day 1 is a barbell workout with some off the beaten track barbell accessories (good mornings) and gymnastics accessories (HS hold). A high amount of hip hinge.

Day 2 is a twist on Fran but the challenge lies in repeating the effort. A lot of upper body pulling with some rope climb practice before the workout to get some exposure to this skill when fresh.

Day 3 is a snatching day with a barbell-free WOD. Mixing things up with DBs and L-sits that will challenge everyone's ego.

Day 4 is some heavy triples in back squats plus a time domain workout with some gymnastics that will work well for every level of fitness including your RX+ members.





# MONDAY

## Brief

Today's workout is going to be deceiving! Be prepared to sit with a high breathing rate and high heart rate. Be ok with it being hard. Be ok with being uncomfortable there.

Very open-esque, this triplet will be a test of barbell cycling efficiency with the jerks and the deadlifts but the box jumps add another layer of complexity. Find a way to attack the box jumps in the most consistent manner, do not rebound them if after the 18's you are completely gassed and end up going half the speed.

The intent is about a 10-12 minute HARD workout. The feel is to be on the brink of redlining and sustained heavy breathing aka gassy.

## Warm up

200m run (cruise)  
Into 3 rounds of;  
10 mountain climbers  
8 push ups  
6 hollow rocks  
200m run (moderate pace)  
Then, warm up your box jump;  
5 jump up and step down (low box)  
5 jump up and jump down (low box)  
5 jump up and step down (workout height)  
5 jump up and jump down (workout height)

## Lift/Skill

10 min EMOM  
Min 1. 5 good mornings  
(increasing weight as you go)  
Min 2. 20 second handstand hold

Your back MUST stay perfectly flat - this is not a test of how far down you can go, this is simply about loading up your hamstrings by pushing your hips as far back as you can and then standing back up.

## WOD 20 min cap

**For time;**  
21-18-15-12-9-6-3  
Box jumps 24/20"  
Push jerk 60/40kg (135/95lb)  
Deadlift 60/40kg (135/95lb)

**Weight options;**  
1. 50/35kg (110/75lb)  
2. 40/30kg (95/65lb)

**Movement options;**  
1. Step ups instead of box jumps  
2. Push press for newbies

## Cool down

1. Lying on the ground, use a band around your foot to create a hamstring stretch. 2 minutes each side.
2. Sit your calf on top of a kettlebell handle or on top of your barbell and roll it out for 2 minutes each side.
3. Loop your band low on a post (or stand on it) and grab it behind your head to pull you into a tricep stretch (can also be done with a broomstick)







# TUESDAY

## Brief

Practicing a high volume of pull ups, but with rest built in. Not only test of gymnastics capacity but also ability to recover.

The goal is for each section to take the same amount of time. Push yourself in the 21-15-9 to hit a certain time, have a goal to try to chase the clock. Write it down in the rest so you know what the time is.

The feel of this workout is muscular endurance and working with upper body fatigue. The goal is to push you to repeat a high intensity effort with a short recovery period; how well can you recover?

## Warm up

**2 rounds of;**  
10-30 double unders (give 10 reps for beginners, 20 for intermediate and 30 for advanced)  
10 Russian kettlebell swings  
8 KB cossack squats (alternating)  
**Then,** sit your kettlebell on top of your knee and push it as far over your toes as your can without letting your heel come off the ground. You can do this in a squat or in a lunge. 3 minutes each side.  
After rope climb practice, start warming up your thrusters and pull ups or swings. Get in 1-2 mini rounds to ensure you are properly warmed up. Allow for an extra 7-10 mins for this.

## WOD 19 mins

**For total time;**  
3 rounds of (7 min CAP)  
15 pull ups or scale to 15 kettlebell swings 24/16kg (52/35lb)  
15 thrusters 40/30kg (95/65lb)  
**5 minute rest**  
21-15-9 reps of (7 min CAP)  
Pull ups or scale to kettlebell swings 24/16kg (52/35lb)  
Thrusters 40/30kg (95/65lb)  
The goal is to scale so that you can complete the workout and NOT BE CAPPED.  
**Movement options;**  
1. Less weight  
2. Go to KBS if you do not have pull ups for today (this is deliberate as we normally scale to strict pull ups or banded but we want big sets at a fast pace to create intensity and shoulder fatigue)

## Lift/Skill 10 mins

Role climb practice for 10 minutes

### Beginners;

- Sitting on a box to practice locking foot bite and standing up on it.
- Hanging on rope with straight arms and pulling knees up (trying to push their upper body back at the same time aka get their lats in on the action).

### Intermediate

- Half rope climb focusing on creating a super strong footbite.

### Advanced

- 10 min EMOM 1-2 rope climbs being as efficient as possible on the way up AND with the descent.

## Cool down

Sit cross-legged, then fold forward - make this harder by putting one foot on top of the opposite knee (half lotus). Hold for 1 minute then swap your legs and hold for 1 more minute.  
Spend 5 minutes working through some front rack stretches to loosen up;  
<https://www.instagram.com/p/CCHoa2mhill/?igshid=2swnh0nn1gyb>







# WEDNESDAY

## Brief

Today's workout is deliberately lower in intensity but higher in odd movements! The L-sit will be hard and you will need to break this up or scale it, don't be surprised by this lol, the toughest, strongest person you know would have to seriously break this up - think sets of 5-7 seconds.

It will be a grip test so as you need to break things up, just keep your eye on how long you rest for. Practice staying right by your DB's and not walking away while you rest.

The intent is some grunt work along with some core fatigue - hello hip flexors!

## Warm up

2 sets of;  
6 broad jumps  
6 DB bicep curls  
6 second ring support  
With an empty barbell;  
1. BTN snatch grip strict press x 5  
2. BTN snatch grip push press x 5  
3. BTN snatch grip push jerk x 5  
**Rest, then 2 sets of;**  
3 BTN snatch grip push jerk  
3 hang muscle snatch  
3 hang power snatch

## Snatch complex 9 mins

6 sets of;  
1 hang power snatch + 1 pause power snatch + 1 power snatch  
Lift every 90 seconds.  
The pause power snatch is a pull from the floor, pause just above the knee cap for 1 second (this is your hang position) and then complete the power snatch.  
We slowly progress down to the floor in this complex to reinforce the start of the second pull position or the 'launch' position. Then, when you begin to pull from the ground, you can more readily hit the position your need for maximum POWERRRR.

## WOD 18 min cap

5 rounds for time of;  
45 sec L-sit (not unbroken, time can be accumulated)  
10 dumbbell hang power cleans  
100m farmers carry  
18 min CAP.  
You choose the weight (2 dumbbells, one for each hand in both movements).

L-sit can be on parallettes or rings.  
Alternatively, seated on the ground, raise both legs off the ground and hold.  
Reduce the time of the L-sit down to 20-30 seconds if needed. This is much harder than it sounds so check your ego!!

## Cool down

Upward facing dog for 1 minute

Stretch out your forearms for 1-2 minutes on the floor.

Lying on the ground, spend a few minutes nasal breathing with your eyes closed.





# THURSDAY

## Brief

Two things I wanted to accomplish with today's workout;

1. Good looking push ups
2. Plenty of practice time for big sets of double unders
3. Slightly lighter overall session as tomorrow is a big one

Competitors are doing 5 rounds, if you want to do an extra round or two, go for it!

For today's pause back squats; perfect mechanics instead of the heaviest weight possible. The focus is on form. Impress me with how well you can squat not how much you can squat

## Warm up

2 rounds;  
100m run  
5 wall walks  
100m run  
10 back squats at a light weight  
100m run  
10-25 double unders

Start warming up to your back squat working weight.

## Back squat 7x3 14 mins

Back Pause Squat for load:

- #1: 3 reps
- #2: 3 reps
- #3: 3 reps
- #4: 3 reps
- #5: 3 reps
- #6: 3 reps
- #7: 3 reps

This is a 1 second pause.

Increase the weight as you go.

Lift every 2 minutes.

## WOD 15 mins

4 rounds of;

1 minute push ups  
1 minute double unders  
1 minute air squats  
1 minute rest

Score is total reps

Advanced RX+: Handstand push ups

Scaled: Incline push ups or knee push ups  
and single unders

## Cool down

Using a post or wall, forearm on the wall at 90 degrees and spin way from it to open up your chest.

Put both hands on the wall and push your chest to the floor to open up your lats.

Then, grab a foot (preferably your own) and spend 1-2 minutes in a quad stretch on each side. For something deeper, do couch stretch :)

