

❑ OVC MANDATORY WARMUP

Every CrossFit class will begin with a group dynamic warmup. However, it is important for you to come prepared for class and for you not to rely solely on the class warmup. Come to class 5-10 min before start time and begin warming up on your own. This warmup is a good start.

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- 500m Row (broken up 100m just arms, 100m arms and hips, then 300m regular) or Run 500m.
- 20 Arm circles
- 20 Pass throughs
- 20 Good mornings
- 20 Hand release push-ups
- 20 Air squats
- 20 Walking lunges w/ a samson stretch
- Any athlete specific mobility & soft tissue work

❑ ROWING TECHNIQUE

"Rowing Technique - Passing the Human Polygraph" Angela Hart, CrossFit Journal Issue 50 - October 2006

Rowing engages all the major muscles of the body and works multiple joints through a large range of motion in a natural, powerful sequence in a no-impact manner. Think explosive power as you row and push away with every stroke.

- Begin rowing from the catch position, with shins vertical, torso angled forward from the hip to create subtle forward spinal flexion, arms fully extended with fingers curved around the handle, abdominal muscles engaged and the navel pulling back away from the thighs, and shoulders relaxed down (not hunched up), with slight scapular retraction.
- Initiate the drive with the legs, giving a quick, powerful push (kick) off the catch while maintaining the forward body angle for the first half of the drive (roughly ten to fourteen inches of the slide, but variable depending on the length of the legs). Continue pushing with the legs while opening the body angle with the strength and explosiveness of the legs and core body strength, resulting in suspension. Let your mass work to your advantage, allowing the weight of the body to combine with muscular strength and endurance to produce maximum power output.
- As your legs reach extension, finish the stroke with a powerful arm pull, accelerating the handle as you pull it away from the flywheel and back to your upper abdomen. At the end of the drive, your legs will be straight with a bit of plantar flexion at the ankle (i.e., slightly up on the balls of your feet) to prevent hyperextension of the knee joints; your body will be angled back about thirty degrees from vertical with activated trunk muscles; and your arms will be bent with the elbows behind the torso and the handle almost touching your abs).
- Return to the catch by extending the arms and allowing the handle to pull the body into forward flexion. Flex forward at the hips, aligning the chest over the thighs, and then slide the seat up toward the feet with slow control. Overall, the recovery phase should take about twice as long as the drive phase.

POINTS OF PERFORMANCE

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❑ PASS THROUGHS

Loosen and prepare your shoulders.

- You want to be able to move the PVC nearly 360 degrees in a wide arc around your body.
- Try not to bend your arms at any point in its travel.
- Start with a grip wide enough to easily pass through, and then repeatedly bring the hands in closer until passing through presents a adequate stretch of the shoulders.

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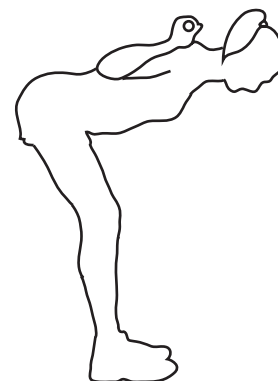
- ⊕ move grip closer
- ⊕ perform at the bottom of a squat
- ⊖ move grip father apart
- ⊖ loosen hand grip so PVC rolls out of grip

GOOD MORNINGS

The movement resembles bowing to greet someone "good morning". The erector spinae muscles of the lower back work to keep the spine in an extended position while the hamstrings and glutes work to perform hip extension. Other muscles are involved in stabilizing and maintaining balance. GM's are great to develop stronger squats.

- +** Work your ROM without compromising form
- +** Add weight for a strength exercise
- Limit ROM with the slightest roundness in back

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POINTS OF PERFORMANCE

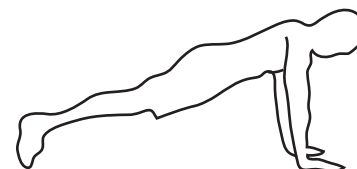
- Starts with a PVC or barbell held on one's shoulders, behind the head.
- Bend forward, bowing at the hips while keeping the back straight (this is the eccentric portion).
- When your torso is almost parallel with the ground, return to the upright position (the concentric portion).
- Avoid rounding (flexing) or rotation (twisting) at any point during movement.
- Concentrate on pushing the hips back while keeping the spine slightly arched.

HAND RELEASE PUSH-UP (HRPU)

Push-ups work your chest, shoulders, triceps & core and improve shoulder health by strengthening your serratus anterior. They also teach you to Bench Press correctly.

- +** Add speed for intensity
- Knee push-ups
- Incline knee push-ups (to bench or box)
- Wall push-ups

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POINTS OF PERFORMANCE

- Start chest down on the ground with hands under shoulders.
- Draw your elbows towards your body.
- Engage your core (no sagging or arching hips) to create a straight line from shoulders to ankles.
- Squeeze Your Glutes. Push your abs out while squeezing your glutes hard. Both will avoid any hyper-extension of your lower back.
- Tuck Your Chin. Lead with your chest, not with your head.
- Your neck must stay inline with the rest of your spine.
- Raise your body by pushing yourself through the floor.
- Fully lock arms out.
- Lower yourself to the ground.
- Lift hands off the ground before performing next pushup.

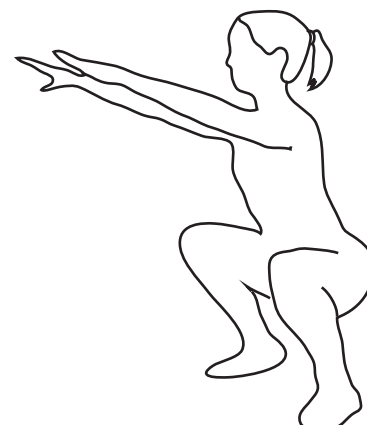
AIR SQUAT

The squat is essential for functional living. The squat helps to rehabilitate and strengthen damaged and delicate knees. Proper form is essential for developing and maintaining healthy knees.

The squat is an essential hip extension movement that involves multiple muscle groups and primarily recruits your core, quads, hamstrings and glutes.

- +** Add speed for intensity
- +** Add weight as in Front Squat or Back Squat (Session C)
- Squat to box
- Ring/bar assisted squat

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POINTS OF PERFORMANCE

- Feet about shoulder width apart and slightly toed out
- Look slightly above parallel
- Maintain lumbar curve without an excessive curve
- Tight midsection
- Send your butt back and down
- Your knees track over the line of the foot
- Don't let the knees roll inside the foot
- Keep as much pressure on the heels as possible
- Lift your arms out and up as you descend.
- Control the movement on your way down with your hip flexors.
- Maintain the lumbar curve surrender as you reach the bottom (no winking)
- Break parallel with the thigh.
- Squeeze glutes and hamstrings and rise without any leaning forward or shifting of balance.
- On rising separate the ground beneath you with your feet.
- Stand as tall as you can, fully opening the hip.

□ LUNGES/SPLIT SQUATS

The lunge strengthens the quadriceps, glutes, hamstrings, and challenges your stability.

POINTS OF PERFORMANCE

- Feet start shoulder-width apart, and then steps forward, landing with the heel first.
- The knee should be at 90 degrees and directly above the toes, not further (taking a shorter step can put added pressure on the knee).
- Lower the back knee until it is nearly touching the ground.
- Do not brace yourself on your knees, place hands on hips for stability.
- Return to your starting position by driving upward through the heel of the front leg.

- **Walking Lunges** Walk using a lunging action.
- **Walking Lunges w/ Samson Stretch** Bring your hands above your head and lean back for an increased stretch in your hip flexors.

- ⊕ Add speed for intensity
- ⊕ Add weight and perform as a split squat or walking lunge
- ⊕ Add plyometrics as a jumping lunge
- ⊖ hold on to rings or a post

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(SAMSON STRETCH)

□ PULL-UPS (PU): ALL VARIATIONS & BODY ROWS

Pull-ups & chin-ups force you to lift your own bodyweight, building the muscles of your arms & back.

Pull-ups = Palms facing away (Less biceps, more back)

Chin-ups = Palms facing you (More biceps, less back)

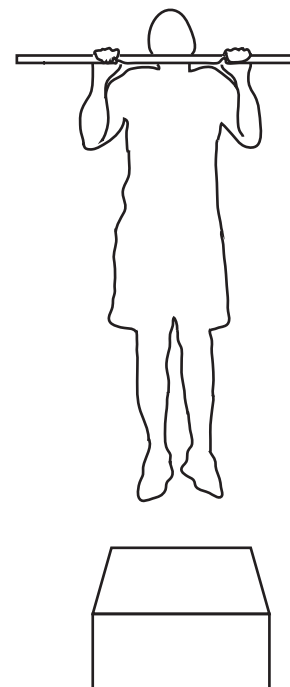
POINTS OF PERFORMANCE

- Start each rep from a dead hang with straight elbows.
- Thumbs around bar.
- Lead with your chest up & keep your shoulders back.
- Elbows to The Floor: Drive with your elbows to the floor recruiting your back muscles.
- Squeeze your glutes on the way up.
- Keep your legs inline with your torso, unless you're doing kipping pull-ups.
- Clear the bar with your chin on every rep.

- **Jumping pull-ups** start and end with the same POP (arms fully straight - chin over bar)
- Find a box that allows the bar to bisect your forearm when standing upright with arms above head.
- Grip bar and begin the movement by bending knees till arms are straight.
- Jump and pull at the same time till chin is above bar.
- Relax on the way down (do not resist gravity)

- ⊕ Add speed for intensity
- ⊕ Weighted dead hang pull-ups
- ⊖ Band assisted pull-ups
- ⊖ Kipping pull-ups
- ⊖ Jumping pull-ups
- ⊖ Body rows

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□ BURPEES

Consisting of a series of the exercises performed in rapid succession, burpees are a measure of agility, coordination and strength.

POINTS OF PERFORMANCE

- Begin in a standing position.
- Drop into a squat position with your hands on the ground.
- Extend your feet back in one quick motion to assume the front plank position.
- Lower yourself to the ground (hips and chest touch) then press back up to plank.
- Return to the squat position in one quick motion.
- Return to an upright position, jump and clap overhead with your biceps by your ears.

- ⊕ Add speed for intensity
- ⊕ Burpee box jump or burpee broad jump
- ⊖ Step down into your plank positions
- ⊖ After plank, do not lower yourself to ground
- ⊖ Do not jump after movement; stand tall and clap above head

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☐ **WOD “BASELINE”**

NOTES// (TIME & MODIFICATIONS)

For time:
Row 500m (or 400m Run)
Then 2 rounds:
25 air squats
20 sit-ups
15 push-ups
10 jumping pull-ups
5 burpees

☐ **EXTRAS**

OVC blog, workout of the day, posting times

We work hard at OVC to create a community of educated and engaged members (aka. Athletes). Our website www.OVCrossFit.com is updated daily with the WOD, nutritional recipes and articles, mobility resources, events and other important information. Check our website often to stay informed. Each day you can post your WOD results and comments to the OVBLOG. This isn't about bragging, but about sharing your experience with the OV Community, and it is a vital component of your overall CrossFit experience.

Class structure (warm-up, mobility, strength/skill, workout of the day, cool down/checkout)

Each class will start with a coach lead dynamic warm up to prepare you for your workout. The coach will discuss and lead an associated mobility which is integrated in the class to help you take ownership of your body and fitness. We often incorporate a strength or skill component in the class in addition or in lieu of a WOD. Our general programming is concerned with developing all aspects of fitness in our Athletes including Cardiovascular/Respiratory Endurance, Strength, Flexibility, Stamina, Power, Speed, Coordination, Agility, Accuracy and Balance. We strive to develop this across broad domains and stimulus.

Mindbody and signing up for class

OV CrossFit uses a third party scheduling and billing system called Mindbody to help us stay organized. Your class sessions and membership were purchased through this system. Our schedule can be found on our website at www.OVCrossFit.com/Schedule. This program lets us update class information instantly. We ask that all members sign up for class ahead of time through this link. This helps us keep track of class sizes & know when to add extra coaches. If a class is full, you will not be able to attend that class.

Mindbody also manages our automatic billing. It will store your billing information in your user account and automatically charge you for your next month's membership. You are free to cancel your membership at anytime with a two week cancellation notice.