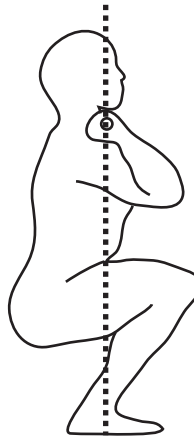


□ Front Squat

POINTS OF PERFORMANCE

- Stance: Feet shoulder width apart
- Bar is in the front rack position. Allow the bar to roll out of your grip and onto the meaty part of your deltoids.
- Drive elbows high. You may release some fingers from the grip to allow for your elbows to become parallel with the bar.
- Look forward.
- Send hips back, keep weight in heels and lower yourself until your hips are lower than your knees.
- Track your knees over your toes.
- Keep bar over the middle of your foot, maintain a straight bar path.
- Once you hit full depth on the squat, initiate your ascent by driving your elbows upward.
- Chest and hips should raise at the same pace until you are standing tall with hips fully open.

- +** Add weight
- +** Add speed (when in WOD)
- Squat to a box or wallball to gauge depth



(FRONT SQUAT)

NOTES//

□ Hang Power Clean (HPC)

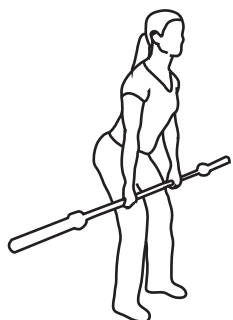
□ Hang Squat Clean (HSC)

POINTS OF PERFORMANCE

- Stance: Feet in the jumping position
- Grip: Begin at the mid hang position with a hook grip just outside of your shoulders.
- With your shoulder blades back, maintain your lumbar curve. Use your lats to keep the bar close to your body.
- Full extension: Punch the legs into the floor and extend the hips violently to accelerate the bar upward.
- Aggressively pull yourself under the moving bar. Rotate your elbows around the bar.
- **HPC:** Drop and catch the bar in a quarter squat. The bar should be caught on your deltoids with high elbows (front rack position).
- **HSC:** Drop and catch the bar in a full squat. The bar should be caught on your deltoids with high elbows (front rack position).
- Maintain control in the catch, drive your elbows upward to initiate your ascent.
- Stand tall with fully open hips

- +** Add weight
- +** Add speed (when in WOD)
- Make sure you are proficient at the hang position before pulling from the floor
- Use dumbbells when tricep flexibility is limited

NOTES//



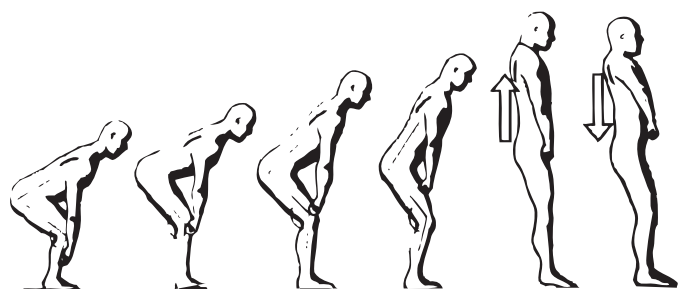
(MID-HANG POSITION)

□ Power Clean (PC)

□ Squat Clean (SC)

POINTS OF PERFORMANCE

- Stance: Feet in the jumping position, bar over toes.
- Grip: Begin with a hook grip just outside of your shoulders.
- With your shoulder blades back, maintain your lumbar curve. Set your back in complete extension, look forward.
- Arms should be almost perpendicular with shoulders slightly in front of the bar.
- First Pull: The first pull brings the barbell from the floor to the mid hang position where the second pull can be initiated. Shift your weight back into your heels within the first inch of lifting the bar. Maintain your back angle and draw the bar upward close to your shins. Draw your knees backwards until shins are perpendicular to the ground. As you pass your knees continue to pull the bar inward as you begin to initiate the second pull.
- Second Pull: Drive your heels into the ground and aggressively extend your knees and hips. **DO NOT FLEX YOUR ELBOWS** or pull the bar up with your arms. Use the power of your full body extension to drive the bar upward.
- Third Pull: Take advantage of the barbell's inertia and pull yourself under the moving bar. You will reposition your body by dropping under the weight while rotating your elbows under the bar.
- Receive the Bar: This is an aggressive fight to maintain posture and change the direction of the barbell.
- **PC:** Catch the bar in a quarter squat. The bar should be caught on your deltoids with high elbows (front rack position).
- **SC:** Catch the bar in a full squat. The bar should be caught on your deltoids with high elbows (front rack position).
- Maintain trunk control in the catch, drive your elbows upward to initiate your ascent.
- Recovery: Stand tall with fully open hips



(1st & 2nd PULL)

❑ Double-Unders

While normal skipping or rope jumping is fairly simple (for some people), the double under is a VO2 maximizer and is very difficult. The skipping rope will pass under you twice in one jump.

Pointers:

- It's all in the wrist, you don't need to jump high or tuck your knees. Try to flicking the rope around faster with your wrists (forearm through wrist motion).
- Jump as you normally would when you do singles.
- Timing is key. The first revolution should occur during the upwards motion of your hop and the second revolution will occur in the downwards motion, a fraction of a second before the rope skims the ground.
- Do not tense up too much. Maintain a relaxed neck and shoulders.

- +** Try a tripple under
- +** String multiple together
- Try jumping "double-single"
- Count attempts
- Fold rope in half and do attempts off to the side.
- Sub 4x singles
- Sub 2x cone hops

NOTES//

❑ Push Jerk & Split Jerk

The push jerk will allow you to drive as much as 30% more overhead than you would with the push press.

- Set-up: The set-up is the same as for the shoulder press and push press.
- Dip: The dip is identical to the push press
- Drive: The drive is identical to the push press

PUSH JERK

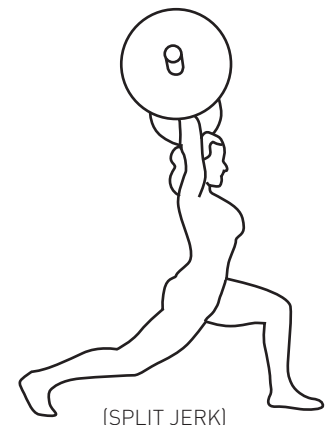
- Press and Dip: This time instead of just pressing, you press and dip a second time simultaneously, catching the bar in a partial squat with the arms fully extended overhead.
- Finish: Stand fully erect with bar directly overhead identical to terminal position in push press and shoulder press.

SPLIT JERK

- Press and Dip: This time instead of just pressing, you press and dip a second time simultaneously, catching the bar in a full split squat with the arms fully extended overhead.
- Finish: Stand fully erect by stepping your back leg halfway in under your body followed by your front leg in under your body then again bring your back leg under your body (and weight). End with bar directly overhead identical to terminal position in push press and shoulder press.

- +** Add weight
- +** Add speed (in a WOD)
- Push Press

NOTES//



❑ WOD

10 min AMRAP:
8 clean & jerks (sub press or push press for jerks)
10 double-unders

NOTES// (TIME & MODIFICATIONS)

❑ Extras

Explain keeping a workout log
Explain benchmark workouts
Explain strength numbers and percentages
Introduce the CrossFit Journal, Mobility WOD and other informational websites

