



Forging Elite Fitness.

Fundamental Class... Now What?

Listed below are the movements we covered and the **primary points of performance** that are needed to execute the movement. Remember these movements take work! Flexibility, strength and balance are just some of the physical attributes needed. If you're not there yet, don't worry we'll get you there. The two websites listed below are extremely helpful in figuring it all out.

www.crossfitredding.com

www.crossfit.com

We also suggest the CrossFit Journal it is by far the best \$25 you will spend. The information is endless. The Journal covers it all, nutrition, movement and sport.

[CrossFit Journal](#)

Nutrition- We follow Zone or Paleo diet plan, both are very simple or they can be combined for optimum performance. Zone calculates blocks that controls quantity, where as Paleo allows you to eat quality and quantity. Both can be very effective especially for those who would like to lose weight. We beat you guys up in Crossfit your muscles need fuel to recover, we recommend a protein supplement, Stay away from Soy (legume) we recommend [Nutek Pro 5 Protein](#) it tastes good and its low sugar and low fat. Do not forget Omega 3 super important, Costco has the best deal on that.

<http://robbwolf.com>

<http://www.zonediet.com>

Programming - We cannot control how much you come to CrossFit. You will have to figure out yourself what works for you and what your body can handle. CrossFit is usually a 3 on / 1 Off program, meaning 3 workouts on then you take a rest day. Most new CrossFitter's cannot handle that right off the bat. We suggest trying out 3 times a week like a Mon, Wed, Fri...or a 2 on/ 1 off schedule like Monday/Tuesday on, Wednesday off, Thursday/Friday on, Saturday/Sunday off.

WOD (Work Out of the Day) - We develop programming that follows the CrossFit methodology and will give you the best possible results. Here's a breakdown of the different rep schemes that we use.

As Many Rounds as Possible (AMRAP) there is a set time such as 20 mins and an established rep number of each movement, the goal is to complete as rounds as you physically can.

21-15-9 breaks down like this... you bust out 21 of each movement most of the time 2 different exercises then 15 of each and so on until you are complete. This is a time-based workout so get ready to work hard.

Heavy Rep day or Max effort 1-1-1-1-1 or 3-3-3 or 5-5-5-5-5 when you see this, it means get ready to lift. That's right these are max effort, you should walk up to the bar a little nervous big deep breathe and go for it. This is the key to the program; if you're not lifting heavy you are not reaching your maximum potential.

This is the basic idea of the rep schemes. Don't worry this isn't all of them; we still keep a few tricks up our sleeve. Remember constantly varied, functional fitness executed at high intensity

Air Squats:

Primary Points of Performance:

- Feet Shoulder width apart
- Toes slightly tracking out
- Lumbar Curve maintained
- Weight in heels
- Send that booty back and down
- Depth below parallel (marble rolling down your thigh)
- Knees track over feet, push your knees out!

Press:

Primary Points of Performance:

- Good Setup
- Constant tightness in midsection, ribs locked down
- Overhead and active shoulders at the top of the press; overhead means that the bar is over or just behind the arch of the foot, with shoulders angle fully open
- Bar travels straight up
- Head pokes through the window

DeadLift:

Primary Points of Performance:

- Lumbar curve maintained
- Weight on heels
- Shoulders in front of bar
- Hips and shoulders rise at same rate
- Bar stays in contact with legs throughout the movement
- Arms are just straps, NO ARM BEND!
- At the top the hip is completely open and the knees are straight

Front Squat

Primary Points of Performance

- Bar racked properly: elbows high, hands just outside shoulder, bar rests on shoulders with a loose fingertip grip (shooting bullets out of your elbows)
- Elbows high throughout the movement, equals a high chest and successful lift.

Push Press

Primary Points of Performance

- Dip, Drive, Press
- Torso drops straight down on the dip. There is no forward inclination of the chest and no muting of the hip.
- Aggressive turnaround from the dip to the drive, stay explosive

Sumo Dead Lift High Pull

Primary Points of Performance

- Sumo stance is wide, hands inside close.
- Hips open before shrug and arm bend
- Bar is pulled up to just below the chin
- Hips, Shoulders, High Elbows
- Fast and aggressive
- Elbows travel and finish high and outside; elbows are higher than the hands at all times during the movement

***Overhead Squat (Advanced movement)**

Primary Points of Performance

- Same setup as Air and Front Squat.
- Active shoulders throughout movement, shoulders into the ears
- Bar stays overhead, in the frontal plane. Line that bar up with your ankles.

***Push Jerk (Advanced movement)**

Primary Points of Performance

- Dip, Drive, Press and Dip
- Full extension of the hips before reversing hip direction from upward to downward
- Landing is in a partial squat with the bar locked out directly overhead
- Fast and aggressive

***Med Ball Clean (Advanced movement)**

Primary Points of Performance

- Hips reach full extension
- Hip is extended and shrug is initiated before arms pull
- The ball is caught in a low (below parallel) and tight (not collapsed) front squat position
- Fast and aggressive throughout
- Athlete stands all the way up with the ball in the rack position to finish

Thruster

Primary Points of Performance

- Front squat to press
- Weight in heels
- Depth below parallel
- Active shoulders
- Bar travels straight up
- Full lockout overhead