



TEAM MISFIT - WEEK OF FEBRUARY 4TH OVERVIEW

Day 1	Day 2	Day 3	Day 4	Day 5
<p>1. Warm-up Steady Through: 40 Calories on a Machine 30 Push Ups 20 "Lunge and Squats"</p> <p>2. Conditioning 5 Rounds For Time 500m Row/500m Ski/1K Bike 12 Push Press 135/95lbs 100' Walking Lunge Steps</p> <p>3. Interval AMRAP 4 Minutes x3 Rest :90 6 Front Squats 185/115lbs 9 Ring Dips</p> <p>4. Extra Every 6 Minutes for 24 Minutes 3/2.5k on AAB or C2 Bike</p>	<p>1. Warm-up Move Steady Through: 4-way Banded Glute Activation 30 Empty Bar OHS 15 Tall Box Jumps</p> <p>2. Strength Back Squat "Die Set"</p> <p>2. Conditioning "13.4"</p> <p>4. Extra For Time 40-30-20-10 Bar Facing Burpees Double Unders (x3)</p>	<p>1. Warm-up 3 Minutes on a Machine, Then: 5 Power Position Squat Snatches (Empty Bar) 5 Hang Squat Snatches 5 Forward and 5 Backward Duck- Walk Steps w/ Bar Overhead</p> <p>2. Strength Snatch For Time 18 Snatch @ 75% 1RM 12 Snatch @ 80% 1RM 6 Snatch @ 85% 1RM Rest 3:00 Between Sets</p> <p>3. Conditioning For Time 3 Rope Climbs 30 Calorie Row 30 Sumo DLHP 75/55lbs 30 Calorie Row 3 Rope Climbs</p> <p>4. Extra For Time 4 Rounds 15/10 Calorie Row 15 Chest to Bar Pull Ups Rest 2:00</p>	<p>1. Warm-up With an Empty Bar :30 Front Squat Hold 5 Duck Walk Steps Forward and Backward 5 Front Squats Rest and Repeat</p> <p>2. Strength Front Squat For Time 7x4 @ 80%</p> <p>3. Conditioning Every 5 Minutes for 20 Minutes 16 Thrusters 95/65lbs 16 Lateral Burpee Box Jump Overs 24/20" Row or Bike for Distance No Rest</p> <p>4. Extra 3 Rounds Hang Clean Max Reps @ 165/115lbs Rest 3:00</p>	<p>1. Warm-up 3 Steady Rounds 5 Squat Jumps 10 Kip Swings/8 Kipping Pull Ups/6 Kipping Chest to Bar Pull Ups 15/9 Calorie Bike</p> <p>2. Strength Squat Clean Build to Heavy Single then 5 Rounds, Not for time Max Hang Squat Cleans @ 75% Bar Facing Burpees*</p> <p>3. Conditioning AMRAP 15 Minutes 15/9 Calories on AAB 10 Clean and Jerk**</p> <p>4. Extra For Time Chest to Bar Pull Ups 10x5</p>

Competitor Program

February, 2019

Week of February 4th - Day 1



TEAM MISFIT

Warm-Up

Steady Through:
40 Calories on a Machine
30 Push Ups
20 "Lunge and Squats"

Description

One "lunge and squat" = a lunge on each leg + 1 air squat. Have athletes pause in the bottom of their squat for the first 10 reps or so to loosen up their hips and ankles.

Mobility Recommendation: Banded Hip Extension Stretch 2:00 per side. You may have your athletes extend and then sit back into a lunge to add to this mobilization.

Workout

Conditioning

5 Rounds For Time
500m Row/500m Ski/1K Bike
12 Push Press 135/95lbs
100' Walking Lunge Steps

Interval

AMRAP 4 Minutes x3
Rest :90
6 Front Squats 185/115lbs
9 Ring Dips

Extra

Every 6 Minutes for 24
Minutes
3/2.5k on AAB or C2 Bike

Intended Stimulus

Strength: The goal for the machine is finding a metcon pace and then trying to hang on for 1 set of push press each round. The machine will fatigue the legs, but it is crucial to get those legs into those push presses to reduce the number of sets per round.

Conditioning: The front squat weight should create a challenge that your athletes need to grind through, but should remain 1 set the entire workout. Dips should never be more than 2 sets in any round. We love ring-support holds or push ups in place of the dips as a scaling option.

Extra: In this particular engine building piece the work to rest ratio is weighted more towards the work, meaning rest time will be less than the work time. Focus here is finding your 4-5 minute bike pace.

Competitor Program

February, 2019

Week of February 4th - Day 2



TEAM MISFIT

Warm-Up

Move Steady Through:

4-way Banded Glute Activation, 15 Steps in Each Direction (left, right, forward, backward)

30 Empty Bar OHS

15 Tall Box Jumps

Description

Use a small band just below the knee. 15 steps left, right, forward, and backward. On the box jumps make sure athletes are jumping to full hip extension and not tucking their knees to their chest.

Mobility Recommendation: Floss Hips and/or banded pigeon pose. Attach a thick band to a rig and have athletes loop it around their high hip. Then kick that same side into a pigeon pose, 2:00/side.

Workout

Strength

Back Squat
"Die Set"

Conditioning

AMRAP 7 Minutes
"13.4"

Climb the Ladder

3 Clean and Jerk 135/95lbs

3 Toes to Bar

6/6, 9/9, etc...

Extra

For Time

40-30-20-10

Bar Facing Burpees

Double Unders (x3)

Intended Stimulus

Strength: Help athletes choose a weight you believe they can hit for 8-12 reps. Warm up sets: 8 reps @50% of working weight - Slow controlled pause squats. 6 reps @75% - Focus on speed. Working set aka Die Set: Max effort reps at chosen weight. If they get over 15 reps, they went too light.

Conditioning: Steady singles on the clean and jerk is going to be the best bet for the majority of your athletes. However, for some of your fittest athletes, challenging them to hang onto big sets of clean and jerk will be the key to "elite-level" scores.

Extra: Your athletes should learn to find their "forever" burpee pace with such a large dose of bar facing burpees. Staying smooth on the burpees should assist your athlete in being able to still hit big sets of double unders following the burpees.

Competitor Program

February, 2019

Week of February 4th - Day 3



TEAM MISFIT

Warm-Up

3 Minutes on a Machine, Gradually Increasing Speed, Then:
5 Power Position Squat Snatches (Empty Bar)
5 Hang Squat Snatches
5 Forward and 5 Backward Duck-Walk Steps w/ Bar Overhead

Description

Have athletes pause in each of the first two empty bar positions and inspect them for quality. Power position = vertical torso, shoulders behind the bar, knees slightly bent. Hang = shoulders over the bar, hamstrings loaded.

Mobility Recommendation: 2:00 Banded Pigeon Right, 1:00 Banded Anterior-bias Ankle Distraction Right, 2:00 Banded Pigeon Left, 1:00 Banded Ankle Distraction Left

Workout

Strength

Snatch
For Time
18 Snatch @ 75% 1RM, Rest 3:00
12 Snatch @ 80% 1RM, Rest 3:00
6 Snatch @ 85% 1RM

Conditioning

For Time
3 Rope Climbs
30 Calorie Row
30 Sumo DLHP 75/55lbs
30 Calorie Row
3 Rope Climbs

Extra

For Time
4 Rounds
15/10 Calorie Row
15 Chest to Bar Pull
Ups
Rest 2:00

Intended Stimulus

Strength: Percentages based on 1RM Power Snatch. Snatch reps can be Power, Squat, or a mix of both. This is a significant dosage of heavy snatches. This should be approached as steady singles. Each section should not exceed 4 minutes.

Conditioning: This chipper is designed to take your athletes between 6 and 12 minutes. Do not allow your athletes to get trapped with too heavy a weight on the SDLHP or standing around the rope. We want to see no more than 3 sets on the SDLHP. Our favorite scale for rope climbs is strict pull ups, typically 3-5 reps per rope climb.

Extra: The focus for this piece is "can you still do chest to bar pull ups even after crushing the row sprint?". We are not looking for paced rowing to allow for easier chest to bar pull ups, sprint and then hang on! Scaling this can go two ways: fewer chest to bar pull ups or chin over bar, scale appropriately based upon the athlete's needs.

Competitor Program

February, 2019

Week of February 4th - Day 4



TEAM MISFIT

Warm-Up

With an Empty Bar
:30 Front Squat Hold
5 Duck Walk Steps Forward and Backward
5 Front Squats
Allow for Rest and then Repeat One More Time

Description

Yup, just like earlier this week but the bar is in the front rack. Remind athletes to maintain a strong squat positions and don't allow them to get lazy. The duck walk steps are pretty challenging, but push athletes to do it right.

Mobility Recommendation: Tricep Smash 2:00 per side

Workout

Strength

Front Squat
For Time
7x4 @ 80%
Rack and Un-rack each
set

Conditioning

Every 5 Minutes for 20 Minutes
16 Thrusters 95/65lbs
16 Lateral Burpee Box Jump
Overs 24/20"
Row or Bike for Distance in
remaining time
No Rest

Extra

3 Rounds
Hang Clean
Max Reps @ 165/115lbs
Rest 3:00

Intended Stimulus

Strength: The goal for this style of strength work is blending both conditioning and strength work. Take as little rest as possible between each set. Do not exceed 80%.

Conditioning: We are looking for your athletes to stick to 1 set on the thrusters and then still be able to move steady through those burpees. There is no rest between rounds, therefore, following the burpees the goal is steady (not slow) pace to recover for the subsequent round.

Extra: Have your athletes select a weight that they can hit 10+ reps with if the written weight is too much.

Competitor Program

February, 2019

Week of February 4th - Day 5



TEAM MISFIT

Warm-Up

3 Steady Rounds
5 Squat Jumps
10 Kip Swings/8 Kipping Pull Ups/6 Kipping Chest to Bar Pull Ups
15/9 Calorie Bike

Description

For the kipping, on round 1 perform 10 kip swing, R2 perform 8 kipping pull ups, and round 3 perform 6 kipping chest to bar pull ups. Really encourage explosive squat jumps to prime for the heavy cleaning for the day.

Mobility Recommendation: Banded front rack stretch, 2:00 per side.

Workout

Strength

Squat Clean
Build to Heavy Single
then
5 Rounds, Not for time
Max Hang Squat Cleans @ 75%
Bar Facing Burpees*

Conditioning

AMRAP 15 Minutes
15/9 Calories on AAB
10 Clean and Jerk**
**Round 1: 75/55lbs
Round 2: 105/75lbs
Round 3: 135/95lbs
Round 4: 185/115lbs
Round 5: 235/145lbs

Extra

For Time
Chest to Bar Pull Ups
10x5

Intended Stimulus

Strength: *Subtract number of Squat Cleans from 30, and complete that many Bar Facing Burpees for your rest period. The goal here isn't punishment but to try and trick your athletes into hanging onto bigger sets than they thought were possible. The fear of burpees is real!

Conditioning: This AMRAP is one of those "open-style" AMRAPs that most will not finish. Scaling this workout should still have your athletes moving a very heavy percentage of clean and jerk max by the end. If any athletes complete the last barbell, do not restart, and send us a video.

Extra: Take as little rest as needed to complete 10 unbroken sets of 5 reps. Goal here is efficiency.