



## TEAM MISFIT - WEEK OF FEBRUARY 11TH OVERVIEW

Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>1. Warm-up</b> Set the Clock for 3 Minutes Accumulate As Much Time As Possible in a Ring Support Hold (the top portion of the ring dip) Then 2 Rounds of: 10 Light Power Cleans 10 Bar Facing Burpees</p> <p><b>2. Strength</b> Bench Press Find a 3RM</p> <p><b>3. Conditioning</b> 21-15-9 Power Cleans 115/75lbs 7-5-3 Muscle Ups</p>	<p><b>1. Warm-up</b> Rowing Technique Work Then, 2 steady rounds of: 20 Wallballs 15 Hops Over the Ball</p> <p><b>2. Conditioning</b> For Time 60 Burpee Box Jumps 24/20" 80/64 Calorie Row 100 Wall Balls 20/14lbs</p> <p><b>3. Extra</b> 3x20 Single Arm Kettlebell Row</p>	<p><b>1. Warm-up</b> Primer 3 Rounds at Workout Weight, Unbroken if possible: 3 Deadlifts 2 Front Squats 1 Jerk</p> <p><b>2. Strength</b> Push Press 3-3-3-3-3-3-3 (7x3)</p> <p><b>3. Conditioning</b> 3 Rounds 12 Deadlifts 185/115lbs 8 Front Squats 185/115lbs 4 Shoulder to Overhead 185/115lbs</p>	<p><b>1. Warm-up</b> HSPU or Sandbag Skill Work for 5-10 Minutes, then steady through: 3:00 on a Machine 5 Wall Walks 1:00 Plank Hold</p> <p><b>2. Conditioning</b> AMRAP 30 Minutes 500m Row/Ski, 1000m C2 Bike 5 Sandbag Cleans 50-150lbs 12 Handstand Push Ups</p> <p>*Alternating Movements with a Partner*</p>	<p><b>1. Warm-up</b> 15 Overhead Squats 2:00 T-spine mobility (foam roller or double LAX ball) 15 Power Position Squat Snatch 2:00 to Accumulate Max Time in a Ring Support Hold 15 Hang Squat Snatch</p> <p><b>2. Strength</b> Squat Snatch Touch-and-go 2-2-2-2-2 (5x2)</p> <p><b>3. Conditioning</b> 12-9-6 Overhead Squat 135/95lbs Ring Dips</p>

# GPP Programming

February, 2019

Week of February 11th

Day 1



TEAM MISFIT

## Warm-Up

Set the Clock for 3 Minutes and Accumulate As Much Time As Possible in a Ring Support Hold  
(the top portion of the ring dip)

Then 2 Rounds of:

10 Light Power Cleans

10 Bar Facing Burpees

### Description

Focus athletes on keeping their elbows glued to their sides with their palms in external rotation. Maintain a strong hollow body position the entire time. Do not let athletes hold for so long that they start shaking excessively - even your best athletes won't be able to hold much more than 30 seconds.

**Mobility Recommendation:** LAX Ball Pec Smash 2:00 per side - work shoulder and pec.

## Workout

### Strength

Bench Press

Find a 3RM

### Conditioning

21-15-9

Power Cleans 115/75lbs

7-5-3

Muscle Ups

### Intended Stimulus

**Strength:** No sternum bounces, we are looking for a competition-legal bench press. You can even mandate a brief pause at the bottom to ensure athletes aren't getting an excessive bounce. Remind athletes to keep their hips on the bench, not arching excessively.

**Conditioning:** This workout is designed to be a fast one. Athletes should not exceed 12 minutes. Power cleans should be 3 sets or less each round and the muscle ups should be no more than 3 sets each round. To be clear, the workout goes: 21 Power Cleans, 7 Muscle Ups, 15/5, 9/3.

# GPP Programming

**February, 2019**

*Week of February 11th*

*Day 2*



**TEAM MISFIT**

## Warm-Up

Rowing Technique Work: Focus on keeping the heels down and using the hamstrings vs. quads. Accumulate 1-2k of rowing.

Then, 2 steady rounds of:

15 Wallballs

10 Hops Over the Ball

### *Description*

Spend as much or as little time as you feel necessary to reinforce quality rowing technique. Athletes who can learn to use their posterior chain while rowing will raise their ceiling significantly.

**Mobility Recommendation:** 2-3 minute T-spine smash with roller or double LAX ball.

## Workout

### **Conditioning**

For Time

60 Burpee Box Jumps 24/20"

80/64 Calorie Row

100 Wall Balls 20/14lbs

### **Extra**

3x20 Single Arm Kettlebell Row

(10 reps per arm)

As Heavy As Possible with Perfect Form

### *Intended Stimulus*

**Conditioning:** This chipper is designed to take around 20 minutes (depending on your athlete's capacity). Emphasize the value of consistency in the pacing for both the burpees and rowing and then, for the wall balls keep the sets repeatable without too much standing around.

**Extra:** This is strength accessory work. The key when doing accessory work is quality of movement. Control, control, control.

# GPP Programming

**February, 2019**

*Week of February 11th*

*Day 3*



TEAM MISFIT

## Warm-Up

Warm up to workout weight, then:

Primer

3 Rounds at Workout Weight, Unbroken if possible:

3 Deadlifts

2 Front Squats

1 Jerk

### Description

Make sure athletes are moving through the barbell work slowly and deliberately, taking their time and holding positions that are tight (bottom of the squat, front rack, etc.) to loosen up. The burpees should be fast to spike the heart rate.

**Mobility Recommendation:** 2:00 banded overhead stretch per side w/ external rotation

## Workout

### Strength

Push Press  
3-3-3-3-3-3  
(7x3)

### Conditioning

3 Rounds  
12 Deadlifts 185/115lbs  
8 Front Squats 185/115lbs  
4 Shoulder to Overhead 185/115lbs

### Intended Stimulus

**Strength:** Have athletes work up in weight across seven sets, no fails. The first few sets can be light, but don't count the empty bar or very light warm up reps.

**Conditioning:** This workout will present a challenge for everyone. Select a barbell weight that will challenge your athletes to hang onto, but not so heavy they stand around. Time domain is between 5 and 10 minutes. Have athletes consider a DT-style strategy (12 deadlifts, drop. Squat clean + 6 front squats, drop. Squat clean, 4 shoulder to OH, drop.) and use a slightly heavier weight than normal DT.

# GPP Programming

**February, 2019**

*Week of February 11th*

*Day 4*



TEAM MISFIT

## Warm-Up

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HSPU or Sandbag Skill Work for 5-10 Minutes, then steady through:

3:00 on a Machine

5 Wall Walks

1:00 Plank Hold

### *Description*

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If athletes don't have experience with a sandbag, provide some instruction on how to roll the bag into the arms, get it to the knees, and then extend the hips to get it over the shoulder. HSPU skill work can range from getting athletes upside down to letting advanced athletes practice HS walks.

**Mobility Recommendation:** 2:00 couch stretch per side

## Workout

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### **Conditioning**

AMRAP 30 Minutes

500m Row/Ski, 1000m C2 Bike

5 Sandbag Cleans 50-150lbs

12 Handstand Push Ups

\*Alternating Movements with a Partner\*

### *Intended Stimulus*

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**Conditioning:** The goal of this partner workout is to keep your athletes moving at a very steady pace for 30 minutes. No movement should hang anyone up for very long. Coaches should help athletes select the proper sandbag weight and the appropriate amount of HSPU. Your athletes should be able to complete between 6 and 8 rounds. Have your athletes rotate through machines with the theme of being on a machine for about 2 minutes. If you don't have many sandbags, you can either stagger start, let athletes share a bag (it won't take long for athletes to separate so there won't be much of a log-jam at the sandbag), or modify to a moderate-heavy power clean.

# GPP Programming

February, 2019

Week of February 11th

Day 5



TEAM MISFIT

## Warm-Up

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15 Pause Overhead Squats (w/ empty bar)

2:00 T-spine mobility (foam roller or double LAX ball)

15 Power Position Squat Snatch w/ Pause in the catch

2:00 to Accumulate Max Time in a Ring Support Hold

15 Hang Squat Snatch (No Pause)

### Description

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For the first set of OHS, have athletes pause briefly in the bottom to loosen up their squat position. The positional work should be deliberate and focused, really warming up strong positions.

**Mobility Recommendation:** 2:00 duck walk with barbell overhead, walking forward and backward

## Workout

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### Strength

Squat Snatch

Touch-and-go

2-2-2-2-2

(5x2)

### Conditioning

12-9-6

Overhead Squat 135/95lbs

Ring Dips

### Intended Stimulus

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**Strength:** The goal here with the second rep is to force the athlete to be more aggressive when pulling under the bar. An active pull under the bar is a part most CrossFitters do not understand.

**Conditioning:** The time domain for this workout is sub-7 minutes. Overhead squats should never be more than 3 sets in any round and the ring dips should be done very similarly.