



Program Notes

Introduction

You've asked and we heard, so now available to subscribers is our 9 class on-ramp program! We've experimented with a few different types of beginner programs and have found this format to be the most successful and best combination of duration and effectiveness in preparing beginners for regular CrossFit classes. Below you will find our 9-class Beginner program with everything you need to start executing while still giving coaches the freedom to adapt on the fly. Please note that much like regular class, you may need to modify or adjust movements/days to accommodate your specific beginners. We also recommend providing beginners with the spreadsheet program on the last page of this document so that they can know what to expect and do some research about the movements they will experience on their own. We've also created a Beginners Program playlist on YouTube with quick 10-30 second clips of the movements found in this program. That playlist can be found at the following link:

[TMF Beginners Movements](#)

The Program

Each day consists of the movements to be taught, the workout itself, goals for the athlete to achieve within that day, and then additional coach notes and talking points to use to further introduce athletes to CrossFit and some of its core concepts such as nutrition, scaling, intensity, etc.. Feel free to adjust the movements and days as needed to accommodate your gym's schedule and the proficiency of your beginners.

The movements we've chosen are based on a combination of CrossFit's foundational movements as well as movements our gym programs regularly. We also try to introduce athletes to things like kicking upside-down, snatching (at least from the hang), and kipping (if safe) so that the first time they experience these movements, it's not in a regular class where the coach would need to teach them something from ground zero while the more experienced members are left unattended to.

Team Misfit Beginners Program

Structure and Timing

Our beginners program consists of 8 days where the coach and beginners group work together exclusively, and then on the 9th and final day, the beginner(s) jump into regular CrossFit class but have their beginners coach with them almost like a chaperone. This last day is an important transition period, so we recommend the beginners coach also pairs the new beginner up with a friendly, experienced member who will help provide a good first class experience.

Recommended Weekly Structure

We structure our beginners class to be 3 days per week on a Monday, Wednesday, Thursday rotation (this is more dictated by our gym's schedule, so adjust how you see fit). We recommend keeping at least one day between days 1 and 2, as most beginners will be pretty sore after the first day. We charge our beginners a month's membership after their first class (assuming they want to continue), so the 3 days/week rotation means that beginners will be done the full program by the end of week 3, leaving the last 1-2 weeks of the month for them to take regular classes and make some new friends, making it more enticing to continue their membership after their first month.

Final Thoughts

On-ramping new folks to CrossFit can be a super rewarding part of the job, especially if the experience is top-notch. A massive part of successfully transitioning someone from beginner to lifelong member is the experience they have in their first few classes, so go the extra mile in getting to know your beginners and really showing a vested interest in their health and fitness journey. Give them your phone number (or at least email address) so they can ask questions if they need to, learn their goals, their "why", and make sure they have fun!

Don't hesitate to reach out to the team if you have any questions about the program!

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Day 1

Movements

Air Squats, Jumping Pull Up, Burpees

Workout

AMRAP 15 Minutes
5 Burpees
10 Jumping Pull Ups
15 Air Squats

Goal for the Athlete

Athlete can safely and correctly perform a full air squat with or without a target to sit to, and are introduced to the pull up bar via a more simple pull up variation and/or ring row.

Coach Notes

Workout should allow for continuous movement with the talking point "the best implement you can use to get fitter, especially when starting out is your own bodyweight". Consider ring rows in the warm up as all athletes can perform them to some degree. For fitter athletes, attempting strict pull ups and introducing the kip can be done as well, however there will be another day to introduce kipping. Consider using a medball as a target and/or counter-weight for teaching the air squat.

Class Talking Points

Goals and Nutrition

Ask the athlete about their goals and what they hope to get out of the gym. Very few athletes will have goals that don't also require a change in their nutrition, so use their goals as a segue to talking about sound eating habits.

Nutrition Basics to Get Started

- Eat real, whole, unprocessed foods. Organic, grass-fed, free range are best.
- Avoid any processed foods, especially sugar.
- Shop around the edges of the grocery store, not the aisles.
- Focus first on quality of food, then quantity (eat enough to feel full, but don't overeat).

Day 2

Movements

Deadlift, Jump Rope

Workout

5 Rounds for Time
50 Single Unders
7 Deadlifts

Goal for the Athlete

Athlete can safely pick an object up off the floor with a neutral spine and stabilized midline. Athlete has an understanding and the necessary body awareness to brace their core and can understand how these concepts apply in life outside the gym.

Coach Notes

Spend plenty of time on the deadlift and feel free to work up to heavier-than-workout-weight if safe. This is also a good day to mix the air squat into the warm up as a way to remind athletes of its importance and its points of performance since it's so common.

Class Talking Points

Functional Movements

Defined as having at least one of the following characteristics:

- it is multi-joint
- Uses the Core to Extremity principle
- Elicits a high neuroendocrine response
- Allow you to move large loads, long distances, quickly



Day 3

Movements

Clean, Push Ups

Workout

5 Rounds for Time
Run 100m
10 Push Ups
10 Hang Power Cleans
Rest 1:00

Goal for the Athlete

Athletes can safely pick an object up off the ground and bring it to the shoulders using hip extension and the core to extremity principles. Athletes demonstrate the ability to perform a full range of motion push up, whether from the floor or with elevated hands or band assistance. Athletes are introduced to an interval-style workout.

Coach Notes

Remind athletes of the importance of a flat back in the setup position similar to the deadlift. We like to teach athletes the Clean from the top down, starting in the power position and working to the floor if time allows. If possible, teaching athletes the difference between the power clean and squat clean would be beneficial but isn't completely necessary. Show athletes push up scaling options (elevated hands, chest inside a band, etc.).

Class Talking Points

Core to Extremity

For movements like the clean, the power is generated from the largest movers in the body (the hips), with the smaller movers (shoulders, arms) acting as connectors to the big muscles.

Day 4

Movements

Strict Press, Push Press, Push Jerk, Box Jump/Step Up
Warm Up: Handstands/Wall Climbs

Workout

Strength
Strict Press Sets of 3

Conditioning
AMRAP 7 Minutes
7 Box Jumps
7 Dumbbell Push Presses

Goal for the Athlete

Athletes learn how to safely press an object overhead with and without the use of the hips while maintaining a neutral arch in the spine without overextending. Athletes are exposed to lifting for load with adequate rest via the strength portion of the day's work.

Coach Notes

The number one focus is teaching athletes the awareness needed to put something overhead safely. Ensure athletes aren't leaning back in their presses and if they are, identify if it's a mobility issue or a body awareness issue. Work through the pressing series (press, push press, and push jerk) if time allows, but primarily focus on the strict press and the push press. The strength portion is performed with a barbell, the workout is performed with dumbbells in order to introduce athletes to a different implement.

Class Talking Points

Importance of Non-Exercise Movement

Overhead work will usually reveal mobility issues that can be traced to sitting at a desk or in a chair for extended periods of time. This may be a good chance to talk to athletes about going for a 5-10 minute walk 1-3 times per day so that muscles and joints don't become tight and restricted.



Day 5

Movements

Kettlebell Swing, Rowing, Toes to Bar

Workout

For Time
Row 1,000m
Then,
3 Rounds
20 KB Swings
10 Toes to Bar
Then,
Row 500m

Goal for the Athlete

Athletes become familiarized with the C2 machine and are introduced to kipping gently and safely on the pull up bar if able. Athletes are introduced to the kettlebell and reiterate the importance of the hinging movement pattern and aggressive hip extension.

Coach Notes

This might be a good day to immediately start teaching athletes to row, as it will also double as a warm up. Rowing focus is on sequencing in the stroke and having athletes use a 2-4 damper so as not to develop the bad habit of rowing on too high of a damper. For the KB swing, ensure athletes aren't "squatting" their swing - teach them to hinge properly. Athletes should become familiar with kip swings and the variations of toes to bar (knee raises, sit ups, etc.). This workout intentionally has a muscle fatiguing element (lots of grip work), so scale appropriately.

Class Talking Points

Scaling

Most athletes will not be performing standard toes to bar, so today is a good day to talk about why scaling allows for athletes to get the best workout for their ability level. Toes to bar are also a movement that athletes can gradually get their feet closer to the bar, which means there are lots of ways to scale it and progress.

Day 6

Movements

Back Squat, Assault Bike

Workout

Strength
5x5 Back Squat, building in weight

Conditioning
For Time
30/22 Calorie AAB

Goal for the Athlete

Athletes revisit the squat, but this time in the form of a strength session. Athletes are familiarized with the Assault Bike and the concept of intensity.

Coach Notes

Focus should be on reiterating the points of performance of the squat. Don't be afraid to put a medball under an athlete's butt as a target for them squatting out of a rack. For athletes who are limited by their fitness or mobility, an alternative to the back squat is the front squat or goblet squat. Watch out for the dreaded butt wink for all athletes.

The Assault Bike sprint should be that - a sprint with the goal of introducing athletes to extremely high intensity effort and the feeling it creates. For some athletes, getting a true sprint may mean reducing the calorie requirement down, so use your judgement to do so. Make sure there's time after the bike sprint to cool down in class.

Class Talking Points

Intensity

Intensity is the one variable most directly related to positive adaptation, or results (improved work capacity, fat loss, and health). Intensity can be in the form of a heavy stimulus (as a percentage of the athletes overall capacity or 1 rep max), or a hard sprint on the bike. Either way, the physical response to either will last much longer than the time the athlete is in the gym (a heavy set of squats can burn calories and fat for hours afterward). Let athletes know that intensity is relative to their ability level.



Day 7

Movements

Barbell Snatch/Overhead Squat, Wallball

Workout

10 Rounds For Time
10 Wallballs
8 Dumbbell Snatches

Goal for the Athlete

Athletes become familiar with the wide grip required for the Snatch and overhead squat, learning the different variations of the lift. Athletes use a dumbbell in the workout to keep the complexity of the workout down while to allow for a better workout while still performing a similar movement. Athletes apply the concepts of the squat and push press in the form of the wallball. Athletes are exposed to the need for full range of motion in the shoulders, back, hips, knees, and ankles required by the snatch.

Coach Notes

Similar to the clean, teach athletes the snatch from the top down, where the minimum goal is teaching the hang power snatch. If athletes have the athleticism and mobility to overhead squat and/or squat snatch safely that's great, but consider a power snatch + overhead squat rather than jumping straight into the squat snatch. Wallballs are another chance to reiterate the squat. Note that the workout is done with a dumbbell in order to introduce a different DB movement, but the coach can decide to change that if needed.

Class Talking Points

Mobility

The snatch will quickly expose mobility and flexibility issues in most new athletes. This is a good chance to revisit the idea of getting up and walking throughout the day, using a standing desk, and doing some additional mobility and stretching at home. Poor range of motion = higher potential for injury. Provide athletes with basic stretches they can do at home to start improving this issue.

Day 8

Movements

Thrusters, Pull Ups

Workout

"Fran"
21-15-9
Thrusters
Pull Ups

Goal for the Athlete

Athletes apply the squat, press, kip, and pull up in the classic CrossFit benchmark workout as the last class.

Coach Notes

Once again, reiterate how important the squat is to human functionality and within the gym. You can relate the thruster to the wallball as a way to help athletes understand the movements better since they just performed the wallball in the previous class. Athletes who demonstrated the strength to do jumping pull ups on day 1 and the control to kip properly on day 5 may be ready to attempt a kipping pull up, but use caution. It may be ok to teach and practice the kipping pull up, but then switch to a band-assisted or jumping pull up for the workout itself to keep the intensity up.

Class Talking Points

Core Values and Transitioning to Regular Class

Introduce members to your gym's Core Values.

Remind them that the next class will be a regular CrossFit class but that you will be there with them, so coordinate when that will be!

Beginners Program

Day	Movements	Workout	Goal for Athlete
1	<i>Air Squats, Jumping Pull Up, Burpees</i>	AMRAP 15 Minutes 5 Burpees 10 Jumping Pull Ups 15 Air Squats	Athlete can safely and correctly perform a full air squat with or without a target, and are introduced to the jumping pull up bar and/or ring row.
2	<i>Deadlift, Jump Rope</i>	5 Rounds for Time 50 Single Unders 7 Deadlifts	Athlete can safely pick an object up off the floor with a neutral spine and stabilized midline. Athlete has an understanding and the necessary body awareness to brace their core.
3	<i>Clean, Push Ups</i>	5 Rounds for Time Run 100m 10 Push Ups 10 Hang Power Cleans Rest 1:00	Athletes can safely pick an object up off the ground and bring it to the shoulders using hip extension and the core to extremity principles. Athletes demonstrate the ability to perform a full range of motion push up, whether from the floor or with elevated hands or band assistance. Athletes are introduced to an interval-style workout.
4	<i>Strict Press, Push Press, Push Jerk, Box Jump</i> <i>Warm Up: Handstands/Wall Climbs</i>	<i>Strength</i> Strict Press Sets of 3 <i>Conditioning</i> AMRAP 7 Minutes 7 Box Jumps 7 Dumbbell Push Presses	Athletes learn how to safely press an object overhead with and without the use of the hips while maintaining a neutral arch in the spine. Athletes are exposed to lifting for load with adequate rest.
5	<i>Kettlebell Swing, Rowing, Toes to Bar</i>	For Time Row 1,000m Then, 3 Rounds 20 KB Swings 10 Toes to Bar Then, Row 500m	Athletes become familiarized with the C2 machine and are introduced to kipping safely on the pull up bar if able. Athletes are introduced to the kettlebell and reiterate the importance of the hinging movement pattern and aggressive hip extension.
6	<i>Back Squat, Assault Bike</i>	<i>Strength</i> 5x5 Back Squat, building in weight <i>Conditioning</i> For Time 30/22 Calorie AAB	Athletes revisit the squat, but this time in the form of a strength session. Athletes are familiarized with the Assault Bike and the concept of intensity.
7	<i>Snatch/Overhead Squat, Wallball</i>	10 Rounds For Time 10 Wallballs 8 Dumbbell Snatches	Athletes become familiar with the wide grip required for the Snatch and overhead squat, learning the different variations of the lift. Athletes use a dumbbell in the workout to keep the complexity of the workout down while to allow for a better workout while still performing a similar movement. Athletes apply the concepts of the squat and push press in the form of the wallball. Athletes are exposed to the need for full range of motion in the shoulders, back, hips, knees, and ankles required by the snatch.
8	<i>Thrusters, Pull Ups</i>	"Fran" 21-15-9 Thrusters Pull Ups	Athletes apply the squat, press, kip, and pull up in the classic CrossFit benchmark workout as the last class.
9	<i>Class</i>	Class	Athlete is introduced to more members of the community and become familiar with the general flow of a regular class (showing up a few minutes early, coming up to the whiteboard to hear the workout for the day). The athlete takes the full class with the guidance of the beginner's coach for the final time.