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Arenal Fitness Basics...

and then some

CrossFit Attitude

10 Ways to Be a Better CFitter

compiled by our friends in the CrossFit community

10. Hold the bar straight.
9. Pay attention to your breathing.
8. Use less chalk. Really.
7. Read the CrossFit Journal articles and watch the videos. What's this going to take? Like 15 min a day? Worth the time and worth the \$25 per year. Stop whining and commit.
6. Stop whining and commit. Yeah, that was so good and simple, it needed to be said again and for like all of life.
5. Put sh** away where it belongs. You might call it housekeeping but, really, it's a form of discipline. You don't want bumpers or collars or KBs or whatever all over the place. Pick your item, use it, and put it away. Mental discipline is as important as physical discipline, maybe even more so.
4. Get to class 15 minutes early, all the time. Use that extra time not to chat or work on stuff you're good at — use it to suck. Suck at L-sits, suck at deadhang pull-ups, suck at KB snatches. All the stuff you and your ego have been avoiding. Put on your big girl panties and do the stuff you don't want to do. It's called being a grown-up. And a CrossFitter. Go do it.
3. Shut up about programming. Nobody's ever happy with programming unless they're the ones doing the programming. Do the workouts. If you're getting stronger and quicker and feel better, guess what? The programming is working. And if you're not getting stronger or quicker and you don't feel better, grab a coach and address your concerns privately. (Note: I am talking to myself here. If anyone hears me complain one word about programming for the next 30 days, feel free to call my ass out and institute a 10 burpee fine on the spot. If you want to follow this way, that's cool too.)
2. Pay attention. Stop chatting and daydreaming and goofing off. Focus.
1. Stop praying at the bar. Gather yourself, address the bar, breathe, and lift. Don't make it more complex — in movement or thought — than it needs to be. Lift the flippin' bar.

Glossary

When you first walked into Arenal Fitness, there were probably some things written on our walls and whiteboards that looked like a foreign language and you thought to yourself, “What am I getting myself into?” There is a lot to learn and to take in so, in case you forgot what some of the terminology is, here is a list of CrossFit’s most common jargon:

WOD – Stands for Workout of the Day (or some variation thereof). This all started when Greg Glassman, founder of CF began posting a daily workout for his athletes to follow. Every day, there will be a different WOD posted on our whiteboards. You never do the same WOD, 2 days in a row or even 2 months in a row. You are constantly shocking your system so you never hit those plateaus in your performance you would normal hit during a more traditional fitness regimen.

CFitters – the people who do CrossFit workouts.

KBellers – the people who do CrossFit Kettlebell workouts.

AMRAP – stands for As Many Rounds (or sometimes Reps) As Possible. This a very common workout structure where you have a set amount of time to do as much work as you can. Most AMRAPs are 20 minutes long, but you will occasionally see some 10, 12, 15, 30 minute or other length workouts.

RFT – stands for Rounds For Time. The opposite structure of an AMRAP, in a RFT workout you have a set amount of work to do and we see how long it takes you.

EMOM – Every minute on the minute. A programming method where you will perform an exercise/set/reps every 60 seconds.

GHD – Stands for Glute Hamstring Developer. This is a piece of equipment used for back extensions, hip extensions and GHD sit-ups (a very difficult type of sit up). It’s one of the few pieces of specialty equipment CrossFit uses.

SS – stands for Samson Stretch. A full body stretch done at the end of every warm-up where you are down on one knee driving your hips forward to stretch your hip flexors, and your arms overhead extending your arms up and back to stretch your upper body.

SP or SPT – stands for Shoulder Pass Throughs – holding a PVC pipe with your arms straight, move your arms from the front of your body to the back of your body without bending your elbows, passing your head through the space between your arms. Start with your hands at a wide grip and little by little narrow your hands just enough so you can pass through the sticking point in the range of motion.

Goat – Your *goat* is a specific exercise or WOD that you hate to do and you suck at. We don't know where the term originated from, but we do know that everyone has one! CrossFit philosophy gets us to address our weaknesses, face our goats, and work to improve those area(s) that we suck at the most.

The Girls – These are the named benchmark workouts that the entire CrossFit community around the world understands. Like Hurricanes, they are named after women and will tear you apart. As you repeat these WODs over time they allow you to see your progress through faster times or more reps. Everyone has a favorite and most hated Girl. When CrossFitters ask about your “Fran” or “Angie” time, they're talking about workouts, not last weekend's conquest! [Here's a PDF](#) released from CrossFit HQ with all the details.

The Heroes – These are the same principle as the girls but they are named to commemorate fallen military and law enforcement personnel who were also CFitters. The Heroes are usually longer and more grueling than the average workout to recognize, in some small and inadequate way, the sacrifice made by these men, women, and their families.

Pukie – This is CrossFit's mascot. Pukie is a clown that vomits. It stems from CrossFit's unique ability to make athletes revisit their breakfast. Although the goal is never to make anyone throw up, occasionally it happens when you're approaching the limit of your mental and physical tolerance. It takes a lot of mental strength to push yourself to puking in a workout so it's become a bit of a badge of honor. Most people don't get there, but then again, most people don't want to.



Rhabdo – Rhabdo is short for Rhabdomyolysis, a potentially lethal condition in which your muscles are trashed to the point that the cells spill their contents into your blood stream,



leading to kidney failure. This is an extremely rare metabolic disorder, but there have been a handful of cases associated with high intensity exercise programs such as CrossFit. While the mascot “Uncle Rhabdo” has led some to believe that CrossFitters make light of this serious condition, we are in fact extremely cautious and take great care to avoid the risks of rhabdo with all our new athletes.

Scaled – When attending a CrossFit class everyone does the same workout...the young, old, fit, and not-so-fit. So how does that work? By scaling down the workouts to an individual’s specific abilities. All of the WODs are infinitely scalable so anyone of any fitness level can do a version that suits their skill level – Big Dawgs, Porch, Pack, Puppies, or Buttercups. If the WOD is too much we can scale down the weight, reps, time, or alter the movements. CrossFit is primarily concerned with functional movements – those skills we need outside the gym – so we are all on the same path, just at different points. *Everybody* scales the workouts in the beginning and it is a big deal to work up to the point of being able to complete a workout without scaling. Which leads us to....

As RX’d – This is completing the workout exactly how it was prescribed without any scaling. Full reps, full weight, full range of motion all in the right order. A lot of the WODs are truly brutal so just completing them as RX’d is a big accomplishment.

PR – Stands for Personal Record. Even though you’re working out with others you’re really only in competition with yourself. When you improve a WOD time or lift a weight you’ve never done before you just got a PR... nice job!

SDHP – This is an exercise with a name so long it had to be changed to an acronym. It stands for Sumo-Deadlift-High-Pull. Sumo is the stance, Deadlift initiates the movement the high pull finishes it.

HSPU – Another acronym. This one stands for HandStand PushUp. Get yourself into a handstand, lower yourself until your head touches the floor, and then push yourself back up into a handstand. Definitely a great party trick!

Kipping – Kipping pull ups are a gymnastics move that allows you to transfer horizontal momentum into vertical momentum. This allows you do pull ups at a faster pace and get more done in a row. At first sight, some people will think it is cheating. But in fact, Kipping uses a lot more muscles allowing you to get more work done fast, thus increasing the power output and the intensity of the move versus a strict deadhang pullup.

KBS – Kettlebell Swings

Box – The box is the name we've given to the facility where CrossFit happens. This was most likely just to separate us from the Gold's Gyms and Pilates Studios out there in world. It's not a gym, it's not a studio, it is a box. All you need is a simple box to workout in. No need for all the frills you will find in a "Globo Gym"....

Globo Gym – the big commercial corporate America gyms with thousands of members and you are lucky if any of the employees actually know your name. At Arenal Fitness, we know your name (and then some) and you are part of our Arenal Fitness family!!!

Buy In – A workout with a "buy in" will have exercises that are completed prior to the workout itself but will be included in your time/score.

Cash Out – A workout with a "cash out" will have exercises that are completed after the workout itself but will be included in your time/score.

Chipper – This title is given to a particular type of WOD with 4 or more exercises that you do one time through – You start at the buzzer and chip away at the reps until you finish.

Complex – A strength circuit consisting of a set of two or more barbell/kettlebell movements completed without letting go of the barbell/kettlebell.

DOMS – [Delayed onset muscle soreness](#) – As the name suggests, muscle soreness that gets you a couple of days later after those energetic squats. Stairs may be a struggle but you'll live. Have a good stretch if you have time.

Ground To Over Head/GTOH/G2OH – A repetition consists of getting a weight from the floor to overhead in any manner you wish. Some movements to achieve this could be a power snatch, power clean and push jerk or the clean & jerk whatever you feel comfortable with.

Hook Grip – The hook grip is a method of gripping the barbell. You will grip your thumb between the bar and your fingers. It takes some time to learn and be prepared for sore thumbs (it gets easier) but once that bar is locked in, it can only go where you want it to! ([Article](#))

Max Effort/ME – Give whatever it is, everything that you have got. Everything. If this is cardio based this is where you will find a real battle between your mind and your body. Max effort can also be used for strength based movements. Don't sacrifice that perfect form though!

No Rep – A repetition that does not meet the CrossFit standards. Example are squatting where the hip crease does not pass below the knee or a pull up where your chin does not pass the bar from which you hang.

Personal Best/PB & Personal Record/PR – Completely personal to you. This is your BEST weight lifted, quickest time or the most number of reps you could achieve. Personal bests are set to be broken; keep note of yours to unlock that feel good moment in months to come when you beat it!

Rep Max/RM – The maximum weight you could lift/press/squat over a given rep range.

Repetition/Rep – A single completed movement as prescribed by CrossFit standards. Shortened to rep across the board.

Score – This is what you exchange your blood, sweat and tears for. Your score may be a time, a weight or rounds and reps. Get it on the whiteboard, in your notebook and make sure you beat your score next time around.

Set – A set is a collection or number of repetitions for a given exercise. As an example, your strength programming requires a total of 15 repetitions. Not easy in one sitting. Break this down into 3 SETS of 5 repetitions with adequate rest in between to hit your 15 reps.

Shoulder To Overhead/STOH/S2OH – A repetition will consist of taking a weight from your shoulders to overhead in any way you wish. You can strict press, push press, push jerk, split jerk, squat jerk, whatever feels good for you.

Tabata – A blend of CrossFit and circuit training. It's short but intense making it popular with those conscious of time. Dr Tabata (the guy behind it all) carried out controlled testing of his training methods which gave a 28% increase in anaerobic fitness levels on those taking part.

[\(Source\)](#)

Exercise Descriptions

We start with [CrossFit's 9 Foundational Movements](#) and build off of them into many more exercises.

Cardio and Stretching

Rowing

- The initial pulling stroke consists of 3 actions of one fluid movement in one count
 1. push body back as a unit with an aggressive drive of the legs
 2. extend the back
 3. pull handle to touch the bottom of the sternum and pause for one count
- Return to the starting position while leaning forward slightly for 2 counts
- One whole movement is legs, arms, arms, legs

- Explain the display (This is goals to work towards..not necessarily where they are now.):
 - Time on the left
 - Strokes per minute on the right (low to mid 20's)
 - Pace per 500 meters in the middle (close to 2:00 minute mark)
 - Meters rowed
 - The graph display showing stroke strength. Graph line should spike up with the push off of the legs, plateau and then drop down as you come forward.

Faults

- Pulling with legs while not maintaining a straight back (this completely negates the power generated by the legs)
- Pulling only with arms and not driving with the legs
- Dropping the arms on the return

Single Unders/Jump Ropes

- The passing of a jump rope overhead and performing one jump as the rope passes under your feet.
 1. Stand with your body erect
 2. Squeeze your glutes like you are pinching a penny in your butt
 3. Hold your ankles together
 4. Hold your arms to the side of your ribs as if you are holding an object under your arm
 5. Flick or turn at your wrists towards your midline

Faults

- Donkey kick behind the body
- Piking or rounding forward

Double Unders

- Builds off the position of single unders only 2 passes of the rope for every 1 jump
 1. Jump higher like a pogo stick
 2. Flick the wrists at a quicker pace such as 1, 2, 1, 2

Samson Stretch

- Kneel down on the floor on one knee and the other foot flat on the floor out in front.
- Lean forward towards the front foot without the front knee passing beyond the toe.
- Feel a stretch in the hip flexors (front of hip) of the kneeling leg and the hamstrings of the front leg.
- Switch legs 2 -3 times on each side

Shoulder Pass Throughs

- Hold a PVC pole with a wide grip in front of your hips
- Maintain a straight arm, no bend of the elbow at any point
- Shrug shoulders high towards your ears

- Pass the PVC pole overhead and down towards the back of your hips
- Shrug shoulders high towards your ears
- Return the PVC pole overhead and down towards the front of your hips

Body Weight/Gymnastics Movements

Bodyweight / **BW** – Used as a way of measuring your progress should weight loss/gain be a personal goal. Bodyweight workouts are also very popular where your bodyweight is the only resistance needed across different movements.

AbMat Sit Ups ~

- Make sure the logo is upside down i.e. the thickest end of the mat is under the small of your back
- Place bottoms of your feet together with your legs “butterflyed” out
- Sit back to full extension to touch your shoulder blades to the floor and return to the top position sitting up onto your tailbone without letting your feet come off the ground

Faults

- Not sitting back to full extension
- Using momentum to come up, or dropping back down too rapidly
- Letting feet drift apart and legs come together

Back Extension

- Generally done on a G.H.D. (Glute Ham Developer) or Back Extension Bench
- Start with your hip bones on the edge of the pad and roller pads lined up with the back of your Achilles/ankle holding your body parallel to the ground
- Tuck your chin to your chest, and begin one vertebrae at a time curling/rounding your back until you feel a stretch in your hamstrings.
- Return to a parallel position with the floor by engaging your hamstrings and lower back, and then straightening one vertebrae at a time until you are back to the starting position

Faults

- Lower your entire body at one time, not starting with your head

- Not going low enough

Box Jump

- With feet shoulder width apart jump with both feet and land on the box
- Land with both feet making sure that your hips and knees are fully extended at the top
- You may also finish your hip extension by jumping back off the box coming to full extension

Faults

- Not jumping and landing with both feet
- Not coming to full hip extension
- Landing with locked knees

Box Jump Over / BJO – Much the same as the box jump but the repetition is counted once you have passed over the box to the opposite side to where you started. Full hip extension at the top of the movement is not necessary here.

Burpees (strength goal) ~

- From standing lower your body to the floor face down to the top of a push-up position by placing your hands on the floor and kicking your feet out behind you
- Perform a push-up
- At the top of the push-up, bring your feet back under you, return to standing, then finish with a jump with hands raised

Faults

- Not touching chest to floor
- Not jumping at the end
- Not putting hands up and standing erect while jumping

Burpees (metcon goal) aka – kipping burpee –

- Start standing tall with arms over head and feet hip width apart (or slightly closer together) in a “narrow squat” stance

- Simultaneously jump back to a plank/top of a push up position and reach for the ground placing your hands on the floor half a foot in front of where you were originally standing
- Land in the bottom of a push up position, with elbows in close to the body
- Hop back into a narrow squat simultaneously releasing your hands off the floor
- End each rep with a nice straight vertical jump

Bar Facing Burpee / BFB – A burpee that is completed facing the bar finishing the rep with a two-footed jump over the bar to the other side. Each burpee must be performed perpendicular to and facing the barbell. Your head cannot be over the barbell. The chest and thighs touch the ground at the bottom. You must jump over the barbell from both feet and land on both feet. One-footed jumping or stepping over is not permitted. The next rep will then begin on the opposite side facing the barbell.

Burpee Box Jump Over / BBJO – The burpee box jump-over starts with the athlete facing the box while touching their chest and thighs to the ground, and finishes with the athlete jumping over the box. In the bottom position, to ensure the athlete remains perpendicular to the box on each rep, the center of the athlete's chest must be on the line, and the feet and hands must be straddling the line. There is no requirement to stand tall while on top of the box. A two-foot takeoff is always required, and only the athlete's feet may touch the box. The athlete may jump on top of the box using a two-foot landing and then jump or step off to the other side, or the athlete may jump completely over the box. If jumping over the box, the feet must go over the box, not around it, and the athlete must use a two-foot landing. Each rep is counted when the athlete lands on the ground on the opposite side, where they may begin their next rep.

Burpee Over Bar / BOB / Bastards – A repetition consists of a burpee completed alongside of the bar with a two-footed lateral jump to the other side of the bar.

Dips

On dip [bars](#) or [rings](#) (watch video from 5:43-7:00)

- lower your body while bending at the elbows and shoulders
- Keep hands close on rings and avoid letting the elbows flare out
- Lower until elbows form a 90-degree angle and return to full extension

Faults

- Not going low enough

- Not returning to full extension
- Letting elbows flare out and rings drift away from body

GHD (Glute Hamstring Developer) Sit - Ups -

- Done on G.H.D.
- Butt should be half off the edge of the square hip pads, knees slightly bent, with ankle or top of feet touching the roller pads
- Slowly lean back until you can touch the floor with one hand (or both hands for an advanced movement)
- From this bottom position, aggressively straighten or lock out your knees causing you to explosively sit-up, lock out the legs and try to reach past the toes with both hands.

Faults

- Not going to full extension (fully reaching for the floor)
- Not coming all of the way up to reach your toes

Handstand Push Up (HSPU) with modifications and variations - [Strict](#) and [Kipping](#)

- Hands shoulder width apart
- Fingers spread and index fingers pointed straight forward
- Body in hollow body position with the ears glued to shoulders
- Descend by sending shoulders (and head) forward while keeping lower arm vertical
- Make sure your head and hands at the bottom of the push up form a triangle shape on the ground
- Push back up to handstand while maintaining hollow body position during the entire movement

Note: Feet slide up and down the wall and ideally should never lose contact

- [on the floor](#) (Watch video from 0:00-1:39)
- [bent knee on box](#)
- [pike position on box](#) (watch video from 1:39-2:56)

- [front facing wall / wall walks \(watch video from 3:40-4:51\)](#) – Chest faces towards the wall and only toes resting against the wall by pointing toes
- [back facing wall \(watch video from 2:56-3:40\)](#) – Chest facing towards the wall and only toes resting against the wall by pointing the toes
- [kipping facing wall](#) – As the body descends try to synchronize hip and knee extension
 - Make sure your head and hands at the bottom of the push up form a triangle shape on the ground
 - From the hole explosively extend the hips and knees
 - Follow lower body extension with an aggressive push back up to handstand while maintaining hollow body position

Faults

- Arching the back
- Hands too wide
- Not tucking your chin in

[Hip Extension](#)

- Generally done on a G.H.D. (Glute Ham Developer)
- Start with your hips crease a few inches off the end of the square hip pads and the roller pads touching your Achilles/back of ankle
- Maintaining a straight back/natural curvature of your spine lower your body until your body and legs form a 90-degree angle at your hip
- Return to a parallel position with the floor by engaging your hamstrings and lower back

Faults

- Rounding the back
- Not going low enough

[Knees to Elbows\(K2E\) Strict](#) -

- Hanging from a bar or rings bring your knees up in an arc to touch your elbows by rotating your torso back and lifting your legs
- Return to the hanging position

Faults

- Swinging

- Throwing the head back
- Not touching knees to elbows

Knees to Elbows(K2E) Kipping -

- Hanging from a bar or rings bring your knees up in an arc to touch your elbows by rotating your torso back and lifting your legs
- Return to the hanging position

Faults

- Swinging
- Throwing the head back
- Not touching knees to elbows

Muscle-Up – modifications and variations –

- Start in a dead hang hollow body position with shoulders glued to your ears
- Hands are turned out and in a false grip
 - a. From a normal grip, roll the meat of the hand over the ring leaving the thumb on the starting side until the wrist opposite the thumb is in full contact with the ring.
- Initiate movement by pulling your shoulder blades back and down and making your neck long
- Make sure your ribs stay down, abs and butt engaged
- Follow through with a pull and allow hands to rotate freely as you direct your hips towards the rings
- When the pull reaches its peak, transition into a dip by sending the head up and over the rings while raising the toes up
 1. Stick your nose as far over the rings as possible
 2. Drive your elbows from down in front of you to up and behind you
 3. Keep the rings as close to your body as possible
 4. Tighten your gut
 5. Have the meat of your thumb trace a line from the collarbone to the armpit, just above the nipple
- If done correctly this should look like a sit up done around the rings
- Once in the hole of the dip treat the rest of the movement as a regular ring dip

- Finish with elbows in full lock out and hands with thumbs in the ten & two o'clock position

Faults

- Not starting with fully extended arms
- Not pulling rings to mid-chest before trying transition
- Not fully locking arms at the top

Training tips: You should be able to do both a pull-up to the sternum, and several ring dips before attempting this.

- [beginner progressions](#)
- [strength band](#)
- [kipping bar](#)
- [kipping](#) – Initiate a kip by swinging feet front and back, and follow swing motion through to hips and then shoulders
 - The body should bow from global extension to global flexion
 - At the apex of the “from – Reverse C” portion of the swing you will spot the bar, and do the fastest pull that will get your hips to the rings
 - Followed immediate by doing a fast sit up into a pike position
- [strict](#)

Pull Ups – [Jumping Pull Up](#) (watch video from 0:00 – 1:00)

- Standing on a plyo box or floor, grip the bar shoulder width apart, flat feet and knees bent
- Arms are fully extended at the bottom position
- Using the drive of your legs, jump up and pull until chin is above the bar level
- Adjust the box height to maintain full range of motion. The height of the box is determined by when standing with arms fully extended overhead, the bar should be at the bend of the wrist.

Faults

- Arms not at full extension at bottom of movement
- Not getting the chin up over the bar

Pull Ups – [Jumping Kipping Pull Up](#) (watch video from 1:00-1:38)

- Build on the Jumping Pull Up mechanics
- Swing forward to a reverse “C” on your toes

- Swing back to heels using the assistance of legs, jump and pull until chin is above bar level
- At top of movement, forcefully push away from the bar, use momentum to reach reverse “C” again

Faults

- Arms not at full extension at bottom of movement
- Not getting chin up over the bar
- Pausing before jumping/should be one fluid movement

Pulls Ups – Strength Band (watch video from 1:38-2:32)

- Attach a strength band to the center of the bar, beginners start with a wider/thicker band for greater assistance and then lower the band assistance as you progress.
- Stand on a box to the side of the pull up bar area
- Grip the pull up bar as you would grab a barbell, shoulder width apart (various grips are ok)
- Step your dominant foot into the bottom of the band lowering your body weight onto the band
- Cross your free leg in front of the banded leg or hold it tight next to the banded leg (make it one unit)
- Same range of motion for all pull ups - chin up over the bar, lower to full arm extension

Pull Ups - Kipping Pull Up

- Hang from the bar with feet together
- Initiate a swinging motion with an in and out of a reverse “C”
- Drive from the hips, using a hip snap, just like Kettlebell swing and simultaneously pull your chin up over the bar
- At top of movement, forcefully push away from the bar, use momentum to reach reverse “C” again.

Faults

- Not enough speed (or “lowering”) on the way down.
- No hip snap

Concepts of the [Kipping Pull Up - Step 1](#) [Step 2](#) [Step 3](#) [Step 4](#)

Pull Ups- Strict Strict Chest To Bar Pull Up Kipping Chest To Bar
Butterfly L-Sit

Chin Up / CU – Hold onto the bar with a supinated grip (palms facing your body). From a full extended position, you'll pull with everything you've got until your chin passes above the bar.

Push Up

- Lie flat on stomach chest touching the floor with feet together
- Hands are pointed forward positioned under shoulders
- Push from the floor by straightening arms to full extension
- Body moves as a single unit maintaining a straight line
- Head is neutral
- Lower body flat to floor

Faults

- Sagging Hips
- Reaching with the chin
- Head drops down
- Partial range of motion
- Snaking

Hand Release – A push-up variation where you must release your hands from the ground as your chest and hips touch. You then place your hands back down and complete the rep.

Ring Push Ups

Ring Rows

- Using gymnastics rings hanging from overhead, line up the bottom of the ring with the center of your chest/nipple line

- Maintaining a stiff plank of the body, lower yourself onto your heels
- Head neutral
- Retract your shoulder blades and pull yourself to the rings staying on your heels and keeping your arms to the side of your body

Faults

- Leading with your hips
- Bending your wrists
- Leading with the torso
- Flaring elbows away from side
- Dropping hips and rounding shoulders

Rope Climbs ~ beginner with knees bent ~

- Lay flat on the floor with the rope hanging in line with mid-torso
- Knees bent, feet flat on the floor
- Reach up to grab the rope with both hands just enough to raise your shoulders slightly off the ground
- Squeeze your hamstrings and glutes lifting your hips off the ground and your body is hovering parallel to the ground
- Continue hand over hand pulling yourself to a stand position
- Reverse the movement and lower yourself back down gently to the starting position, don't drop down

Faults

- Initiating movement with hips
- Arching your back

Rope Climbs ~ beginner with knees straight ~

- Lay flat on the floor with the rope hanging in line with mid-torso
- Legs straight ~ no bend in your hips, knees, and ankles
- Reach up to grab the rope with both hands just enough to raise your shoulders slightly off the ground
- Squeeze your hamstrings and glutes lifting your hips off the ground and your body is hovering parallel to the ground
- Continue hand over hand pulling yourself to a stand position pivoting on the corner of your heels

- Reverse the movement and lower yourself back down gently to the starting position, don't drop down

Faults

- Initiating movement with hips
- Arching your back
- Allowing your hips and knees to bend
- Putting your feet flat on the floor before you get to the standing position

Rope Climbs - Vertical - [Progression 1](#); [Progression 2](#); [Progression 3](#); [Progression 4](#) -

- Stand with rope hanging in between your legs
- Reach overhead and grab the rope as high as possible, with one hand above the other
- Raise the knee of your dominant leg to hip height outside of the rope
- Swing your dominant foot in a circle towards your midline and kick out to fully extend that leg, this should wrap the rope around your leg and ankle
- While holding the wrapped leg up flexed only at the hip, lift the other foot off the ground and step on the rope that is over your wrapped ankle
- If you had kept your hips away from the rope during the wrap you should feel the wrap tighten as you hang, allowing you to stand on it securely
- As you stand up, pull the rope in towards your body from overhead to your chest
- This is your chance to reach up as high as possible, one hand after another
- Separate your feet and bring your legs up to your thighs, this will allow the rope to slack and slide around the wrapped leg
- Repeat front kick and step to reset wrap, stand, and pull again

Faults

- Letting slack develop above feet
- Only squeezing with feet

Rope Climbs - [basket/Russian Wrap](#) [Spanish Wrap](#)

Toes To Bar (T2B) -

- Initiate a kip by swinging feet front and back, and follow swing motion through to hips and then shoulders
- The body should bow from global extension to global flexion
- At the apex of the "from - reverse C" portion of the swing initiate an aggressive "toes to bar"
- At the apex of the from portion of the swing initiate aggressive toes to bar
- Once toes meet the bar (or pass the arms) explode quickly out of the piked position, sending toes back down directly into a hollow body position
- Don't allow feet to come behind you or you will lose the timing and tension needed on the system to link them efficiently
- Keep the head in during entire movement

Note: Ideal situation would be toes passing through the arms with legs together

Leg Movements and Squat Progressions

Air Squat

- Stance = shoulder width
- Gaze forward, head neutral
- Weight in Heels
- Chest up, Shoulders back
- Tight belly
- Butt travels back and down
- Pull yourself down
- Knees track over feet
- Hip crease drops below parallel
- Rise to full extension
- Every bit of musculature is working

Faults

- Losing the lumbar curve
- Weight shifts to toes
- Knees roll in

- Not going low enough
- Dropping/laziness
- Not rising to full extension
- Chest forward

Back Squat

- Use the same technique as in the bodyweight squat
- Place the bar across your back using your hands to help support and lock the bar in place
- Slowly lower yourself with the weight while actively pulling yourself into the squat with your hip flexors
- After reaching proper depth drive with the hips (do not just stand up)

Faults

- Same as in the bodyweight squat
- Not driving through the hips

Front Squat

- Builds off squat mechanics
- Bar sits on front of shoulders
- Loose fingertip grip
- Elbows HIGH, parallel to ground

Faults

- Bar racked improperly – death grip, held in front
- Elbows drop

Front Squat with Kettlebell

- Builds off front squat mechanics with the barbell
- 1 kettlebell in each hand
- Hands at the top of the sternum/center of chest under chin with the bell resting in the bend of the arm
- Overlap handles and interlock fingers

Goblet Squat with Kettlebell

- Builds off Front Squat mechanics with KB but you are only using one KB holding it with both hands on the sides of the handle

Overhead Squat (OHS)

- Builds off squat mechanics
- Bar OVERHEAD, frontal plane
- Active shoulders
- Elbows locked

Faults

- Bar forward of frontal plane
- Lazy shoulders and arms

Overhead Squat with Kettlebell

- Builds off OHS squat mechanics with barbell
- Hold one Kettlebell overhead next to the ear
- Outstretch the opposite arm parallel to the ground for balance and stability

Walking Lunges

- Stand with feet hip width apart
- Step one leg out in front
- Lower body to the ground so the back knee kisses the ground – knee, hip and shoulder are in straight alignment
- Front leg – ankle and knee in alignment
- Pressing through the front heel, stand to a fully extended hip and onto the next step repeating the same movement.

Faults

- Not lowering to full range of motion
- Not stepping far enough and front knee goes beyond the toe
- Dropping the torso forward
- Placing hands on legs for assistance in movement

[Dumbbell Front Rack Lunge](#)

[Dumbbell Overhead Walking Lunge](#)

Press Progression

[Bench Press/BP](#) – A compound lift that focuses on upper body strength.

Shoulder Press

- Stance = hip width
- Root through heels
- Tight belly
- Grip slightly outside shoulders
- Elbows in front of the bar
- Press to overhead
- Line of action = straight up and down
- Active shoulders
- Elbows locked

Faults

- Not overhead
- Leaning back

- Elbows too low/high
- Leaning back

Shoulder Press with Kettlebells

- Same as the shoulder press mechanics with barbell
- Hold 1 kettlebell in each hand at shoulder level with the bell resting in the bend of the arm
- Press to a straight arm finishing at full extension with the arms next to the ears

Push Press

- Builds on shoulder press mechanics
- Dip
 1. Knees forward
 2. Pelvis in anterior rotation
 3. Chest Up!
- Drive (to full extension)
- Press
- Line of action = straight up and down, plum line

Faults

- Chest comes forward
- Too slow
- Muting the hip
- Not coming to full extension of the arms and body
- Head not going through the window

Push Press with Kettlebells (One Arm Push Press)

- Same as the Push Press mechanics with barbell
- Hold 1 kettlebell in each hand at shoulder level with the bell resting in the bend of the arm

Push Jerk

- Builds on shoulder press mechanics
- Dip
- Knees forward

- Pelvis in anterior rotation
 - Chest Up!
 - Drive (to full extension)
 - Press and dip (same time)
- Or
- Jump and land in a partial squat with bar overhead

Faults

- No extension
- Landing too wide
- Not standing with the weight
- Not aggressive

Split Jerk

- Same jumping mechanics as push jerk
- Legs split in midair, landing in partial lunge position, toes turned in/pigeon toed
- Land with weight locked out overhead
- Walk feet together/reposition feet

Faults

- Pressing weight overhead
- Insufficient power from hips
- Disengaging weight before returning to starting position

Dumbbell Split Jerk

Thrusters with barbell

- Start in same “rack” position as a shoulder press (Abs tight, legs locked, elbows forward...)
- Go into a front squat, and then forcefully drive up from a squat into a shoulder press
- Without “re-racking,” drop back into a deep squat, and drive back up

Faults

- Not using momentum to transition into the next repetition
- Coming up off of heels during press

- All the same faults as the shoulder press (see above)

Thrusters with Kettlebells

- Same mechanics as Thrusters with a barbell
- Hold 1 kettlebell in each hand at shoulder level with the bell resting in the bend of the arm same as a Kettlebell front squat
- Go into a Kettlebell front squat, and then forcefully drive up from a squat into a shoulder press
- Finish at full extension with the arms next to the ears

Thrusters with medicine ball/Wall Ball

- Same mechanics as the barbell Thruster
- Start in same “rack” position as a shoulder press holding your hands on each side of the ball (Abs tight, legs locked, elbows forward...)
- Stand arms distance from the wall
- Drive the ball up and forward to hit the wall over the 10 foot line

Faults

- Ball is too heavy and can't clear the target
- Ball is too light and is thrown well above the target approx. 8" +

Cluster – A barbell movement that involves a squat clean into a thruster. Each repetition starts from the ground.

Deadlifts

Deadlift

- Stance = hip width
- Grip is a thumbs distance from the outside of the legs and does not interfere with knees
- Weight in heels
- Maintain a straight spine or natural spinal curvature – look 4-6' on the ground in front of you

- Shoulders pinned back
- Shoulders over or in front of hands
- Arms straight
- Bar in contact with legs (maintained throughout)
- Roll your weight onto your heels
- Stand to full extension
- Finish with your shoulders behind the bar

Faults

- Loss of lumbar curve
- Bar goes around the knees
- Bar loses contact with the legs
- Hips rise without chest
- Not rising to full extension
- Initiating movement by pulling with your arms
- Pitching forward

Deadlift with Kettlebell

- Builds off the same mechanics as a barbell deadlift
- Place 1 kettlebell in the center of the feet
- Following the deadlift mechanics stand to full extension with arms against body and Kettlebell hanging centered between legs

Sumo Deadlift

Sumo Deadlift Highpull (SDHP)

- Wide stance – feet wider than shoulders
- Narrow grip – hands thumb's distance apart in the center of the bar
- Weight in heels
- Torso Upright
- Accelerate through the hips and legs to full extension
- Shrug
- Pull to under the chin
- Elbows high and outside towards your ears
- Return = arms, hips, and legs

Faults

- Too slow
- Pulling too early with the arms
- Not coming to full extension
- No use of legs
- Knees collapsing inward

Sumo Deadlift High Pull (SDHP) with Kettlebell

- Using the same mechanics as the SDHP with barbell
- Place 1 kettlebell in the center of the feet

Olympic Lifts and Clean Progression

Clean and Power Clean

- Stance = shoulder width or slightly wider
- Weight in heels
- Torso upright – straight spine
- Shoulders over weight
- If using a kettlebell or medicine ball, weight is on the floor between feet
- If using a barbell, begin in the barbell deadlift position
- If using a medicine ball, arms straight, palms on the outside of the ball, finger tips pointing down

- Accelerate through the heels from the ground to full extension of the hips and legs
 - Weight travels from the floor to the shoulders via 3 pulls – triple extension of ankles, knees, and hips
 - 1st pull: deadlift bar to mid-thigh
 - Transition to vertical torso
 - 2nd pull: vicious extension against the ground creating momentum and elevation on the bar
 - active shoulders/powerful shoulder shrug
 - elbows high and outside, no arm bend
 - 3rd pull: aggressively pull body under bar to deep squat for a squat clean, to a small dip of the hips for a power clean
- Bar is received on shoulders
- Rise to full extension as in front squat

Faults

- Forward torso at 2nd pull
- Pulling too early with arms i.e. “muscling” the weight up
- Over-analysis/ insufficient aggression
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

[Clean with Kettlebell \(Double KB Clean\)](#)

[Medicine Ball Clean](#)

[Dumbbell Power Clean](#)

[Muscle Clean](#)

[Clean and Jerk](#) - Same as clean but finishes with either a Split Jerk or Push Jerk

[Hang Clean](#) and [Hang Power Clean](#) – A variation of the clean where the movement is initiated from an upright position called the “hang”, which looks like a nearly finished deadlift

[Dumbbell Hang Power Clean](#)

[Dumbbell Hang Clean](#)

[Snatch and Power Snatch](#)

- 3 pulls same as clean
- Builds on deadlift, [Burgener warm-up](#), overhead squat
- Burgener Warm-Up

- a. starting with the triple extension
 - b. Wide grip “scarecrow” method - bringing the elbows up high and outside
 - c. then up to the snatch and then the full exercise
- Jumping stance feet under hips
 - Landing stance under shoulders
 - Bar is received overhead
 - Squat snatch – catch the bar overhead and complete a full overhead squat
 - Power snatch – catch the bar overhead with a small dip of your hips
 - Rise to full extension as in overhead squat

Faults

- Bar travels away from body
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Hang Snatch and Hang Power Snatch - Starts from the “hang” position, same as hang clean

Muscle Snatch Snatch with Kettlebell Dumbbell Power Snatch

Dumbbell Hang Power Snatch Snatch Balance Dumbbell Hang Snatch

Dumbbell Snatch

Miscellaneous

Slam Ball

- Raise ball overhead and then forcefully throw it to the ground by engaging abdominals, hip flexors, and arms, while simultaneously dropping into a deep squat
- Catch the ball when it rebounds from the floor and repeat while still in the deep squat
- Catch the ball and repeat

Faults

- Leaning forward to catch ball
- Not having a deep enough squat to catch the ball

Good Mornings

V-Up

Hollow Rock

Dumbbell Swing

L-Sit

Bear Complex – The bear complex consists of 1 power clean, 1 front squat, 1 push press, 1 back squat & 1 push press. All completed without letting go of the bar.

Kettlebell (specific) Movements

Russian Kettlebell Swing

- Squat position
- Chest up
- Arms straight
- Torso upright with a straight spine
- Look straight ahead

- Place the Kettlebell centered on your body slightly out in front of your feet with the handle horizontal or perpendicular to your feet
- Grip the Kettlebell with both hands
- Pull the kettlebell between your legs hitting the mid-forearm on the inside of your thighs
- Pop hip forward/aggressively stand to a full extension of the ankles, knees, and hips
- Arms straight
- At mid-swing when arms are at eye level, retract shoulder blades (like pinching a pencil). Elbows will bend to a soft lock.
- Return to the starting position

Faults

- Weight shifts to toes
- Knees roll in
- Not going low enough
- Lifting with your back, not your legs
- Dropping chest towards floor

American Kettlebell Swing

- Using the same mechanics as the Russian Kettlebell Swing
- At mid-swing when arms are at shoulder level, retract shoulder blades (like pinching a pencil). Elbows will bend to a soft lock.
- Continue the swing movement to full extension
- Arms straight overhead by ears with the Kettlebell straight overhead as an extension of the arm.

Power Swing

- Using the same mechanics as the Russian Kettlebell Swing
- Body stays tight and contracted in both directions of movements/aggressively perform a Russian swing
- Arms held tight to the side of the body
- Aggressively push the kettlebell back and down to starting position

One Arm Swing

- Using the same mechanics as the Russian Kettlebell Swing
- Place 1 kettlebell between your feet
- Grip the center of the handle with one hand
- Mirror movement with the opposite arm out to the side of your body

Hand to Hand Swing

- Using the same mechanics as the One Arm Swing
- When your opposite arm mirrors your swinging arm, grip the Kettlebell at the top of the movement and switch hands

½ Rotation Switch

- Using the same mechanics as the Hand to Hand Swing
- Start with the Kettlebell between your feet with the handle paralleling your feet
- Grip the “ear” or corner of the Kettlebell closest to your heel
- As you swing through the movement rotate your arm so your thumb is up towards the ceiling at the top of the movement
- Rotate thumb down as you return to the starting position

Swing Release

- Using the same mechanics as the Russian Kettlebell Swing
- At the top of the movement with the Kettlebell angled down, release the handle like a T-Rex
- Re-grip the handle on the way down to the starting position

Floor Press

Figure 8

Turkish Get Up

Turkish Get-Up

Bottoms Up Clean

Windmill