

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. 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.

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6	<i>Back Squat, Assault Bike</i>	<p><i>Strength</i> 5x5 Back Squat, building in weight</p> <p><i>Conditioning</i> For Time 30/22 Calorie AAB</p>	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>	<p>10 Rounds For Time 10 Wallballs 8 Dumbbell Snatches</p>	Athletes become familiar with the wide grip required for the Snatch and overhead squat, learning different variation of the lift. Athletes apply 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.
8	<i>Thrusters, Pull Ups</i>	<p>"Fran"</p> <p>21-15-9 Thrusters Pull Ups</p>	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.