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TRAINING, RECOVERY, AND NUTRITION
THE SSA PYRAMID
WARM UP 1
BACK SQUAT

The Squat is the cornerstone of every athlete's power and the foundation of the CrossFit Specialty Course: Sport-Specific Application program.

- For success, an athlete must be able to initiate explosive movement on demand. The athlete must be able to hit “play.” This requires the legs to be able to travel through the desired ROM and initiate contact.

Overall strength is the major byproduct

Develops the athletes size, strength, and power to effectively and violently transfer force on to an opponent

Bar is at the Base of the Traps
- Allows for a more upright position better replicating the athletic position
- Reduces the distance between the bar and the hips
- Hips, posterior, and quads evenly emphasized

Stance is with Toes Forward Feet Shoulder Width Apart
- Increase the ability to generate internal hip torque
- Better transference to athletic movements

Set-up:
- Feet shoulder width apart
- Toes as forward as possible
- Weight on mid-foot
- Chest up
- Grip just outside shoulders (on the line)
- Elbows down
- Scapulas retracted
- Eyes forward

Movement:
- Elbows down
- Drive butt back
- Pull yourself down into bottom position
- Lumbar curve, chest up
- Weight on the middle of the foot
- Range of motion, hip below knee
- Drive up through mid-foot
- Lead w/ hands & push the hips through!
DEADLIFT

- The Deadlift is the 2nd best way to recruit the most musculature in the body
- Reinforces kinesthetic awareness
- Develops the athlete's grip strength and the ability to mobilize the spine and torso.
- A demonstration of absolute strength
- Stance is with Toes Forward Feet in Jumping Position
- Bar Aligns Under the Armpit
  - Torso angle and hip position will vary based on the lifter's flexibility and anthropomorphic dimensions
  - Long torso & short limbs vs. short torso & long limbs

Set-up:
- Feet in jumping position
- Toes as forward as possible
- Grip – Thumbs width off the smooth
- Weight towards heel
- Bar against shins
- Hips above knees and below shoulders
- Flat back
- Scapulas retracted – Bend bar around your shin
- Natural head position

Movement:
- Big breath, contract the mid section
- Lumbar extension, and retracted scapula – Mobilize back through entire pull
- Remove “slack” from the system – Tow truck model
- Sit back, start pull from heels
- Pull bar up against shins, lead with shoulders
- Keep knees back over heels
- Maintain contact with legs up to the “pockets”
PROGRAMMING ASSIGNMENT

Fill in details for the amateur athlete:

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Fill in the details for the collegiate athlete:

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WHAT ARE THE 4 RULES FOR MET CONS?

1.

2.

3.

4.
ASSIGNMENT

Your Name: __________________________________________

Amateur Athlete _______________________________________

Collegiate _____________________________________________

Athlete _______________________________________________
WARM UP 2
FLOOR PRESS

The Bench Press builds a large strong chest

Develops the ability to quickly create separation between you and your opponent in close quarters using your hands

Lying on your back feet flat on the ground
  – Head and hips on the bench/ground
  – Eyes should be lined up slightly past the bar
  – Your hips and shoulders should be as close as possible, creating an arch in the low back

Grip thumbs width outside of the smooth!
  – Grip can vary in width, but should be no wider than thumbs width off the smooth

Set-up:
  – Lie on your back
  – Feet should be flat and stable on the ground about shoulder width apart
  – “Walk” shoulders towards hips creating an arch in the lower back
  – Grip bar thumbs width off the smooth or narrower
  – Active shoulders create a stable platform on the floor

Movement:
  – Take a big breath and hold throughout rep
  – Bar starts over bottom of sternum
  – Lower bar until elbows make contact with the ground
  – Violently drive bar upward maintaining a vertical path
  – Drive feet into ground pushing back, not up
  – Maintain active shoulders throughout set
  – Take a breath between reps
COACHES’ RESPONSIBILITY

SAID

3P Models

1.

2.

Limiting Factors MOE
WARM UP 3
POWER CLEAN

The Power Clean is one of the fastest movements in sports

It develops the ability to violently generate a vertical force from the hips which is essential in developing successful athletes

STARTING BAR POSITION & STANCE

– Toes Forward Feet in Jumping Position
– Bar Under the Armpit
  • Torso angle and hip position will vary based on the lifters flexibility and anthropomorphic dimensions
– Long torso & short limbs vs. short torso & long limbs
– Hook Grip on bar, hands outside shoulder width
  • Press the crotch of the thumb tightly against the bar
  • Wrap thumb around the bar before closing the fingers
  • Close fingers around the bottom knuckle of the thumb
  • The hook grip requires less energy to maintain a sounds grip on the bar

LANDING BAR POSITION & STANCE

– Toes forward feet shoulder width apart
– Chest up with bar resting on shoulders
– Hips back and above 90 degrees
– Loose grip
  • The bar should be resting on the shoulders, and only the finger tips should be in contact

POWER CLEAN SET UP AND EXECUTION

Set-up:

– Feet in jumping position
– Toes as forward as possible
– Grip – Thumbs width off the smooth
– Weight towards heel
– Bar against shins
– Hips above knees and below shoulders
– Flat back
– Scapulas retracted – Bend bar around your shin
– Natural head position

Movement:

– Take a big breath and hold throughout rep
– Sit back and pull bar off the ground driving through heels
– Pull bar past knees, keeping knees back and out of way
– Let knees come forward and pull bar to mid thing
– Violent hip extension
– Pull the body under the bar
– Catch bar on shoulders
– Stand up
THE 3 PULLS

The 1st Pull
- Pulling the bar off the ground through the “transition”
  - The transition is pulling the bar past the knees
  - The knees must get out of the way of the bar as it passes, but must return under to establish positioning for the 2nd pull
- Closely resembles a deadlift

The 2nd Pull
- The 2nd pull takes place with the bar somewhere between mid thigh and the top of the femurs depending on anthropomorphic ratios!
- This is where violent hip extension occurs

The 3rd Pull
- Pulling under the bar to establish positing for the catch
SPLIT JERK

The Jerk requires a balance of power, strength, and stability.

Develops a strong healthy shoulder girdle which is essential for effective back squatting
Develops a dynamic and deliberate first step

STARTING BAR POSITION & STANCE

– Toes Forward Feet in Jumping Position
– Bar in front rack position
– Elbows out and forward, positioned in front of the bar
– Bar loaded soundly on shoulders
– Press grip or slightly wider!

LANDING POSITION, STANCE & RECOVERY!

– Split stance with vertical shin on forward foot
– Toes pointing slightly inwards, back heel towards the sky
– Feet should be just inside shoulder width apart
– Arms locked out, head driving through
– To recover, first step towards center of gravity with the front foot, then finish recovery with the back foot
– Always split with dominant foot forward on maximal efforts
– When using the split jerk in conditioning it is prudent to alternate forward foot
WARM UP 4
NUTRITION

- Limit: Fruit, nuts and seeds
- Avoid: Grains, Psuedo Grains, Legumes, Soy, Corn, Nut & Seed oils, veggie oils

*Dairy: Fresh vs. Fermented
APPENDIX

Dynamic Movement Prep
- Arm Swing
- Dead Bugs
- Spiderman
- See-Saw Walk
- Burpee
- Primal Squat
- IT Band slow twisting kick
- Inch worms
- Vertical column side stretch
- Quick Fet
- Pillar complex
- Jimmy Buffet
- Side Pillar Complex
- Leg Cradle to Lunge Complex
- Childs Pose
- Pelvic Tilt
- Ninja Roll up

Acceleration Prep and Drills
- High Knees with Rotation
- Skip with Rotation
- Wall Drill
- Push Up Start
- Resisted Skip
- Resisted Run

COD Prep and Drills
- Cocky Walk
- Ankling
- COD Step-Step Complex
- Shuffle Ladder
- Run Ladder
- 5-10-5
- 15 & 20 yard shuttle

Manual Resistance
- Pull Up
- Hip
- Clamshell
- Butterfly