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STRONGMAN AND CROSSFIT

- This Specialty is the integration of strongman movement/energy systems into the constantly varied CrossFit model. (That means “Old School” movements with “New School” programming)
- The typical Strongman event consists of 5 workouts in one day. Each workout is less than 60 seconds, so we never tap into anything but the ATP/CP system. Consider what would happen if you trained yourself to have that kind of output during a longer workout! For example, a 7 minute AMRAP of farmer’s carry mixed with gymnastics. This is a perfect expression of “Old School” movements mixed with ‘New School’ programming’. The results are staggering
- This is the best, and most fun, way to increase strength while still increasing work capacity across broad time and modal domains. In CrossFit, we want a stimulus that is constantly varied so that we never stop progressing in our fitness. This is an optimal situation that is true whether you’re a CrossFit Games hopeful or someone looking to get fit after a lifetime of being sedentary
- Strongman movements provide a playground where athletes can test and improve their brute strength while helping their overall fitness level

- Because of the often awkward size/shape/consistency of the objects we use in strongman the lifts tend to have less efficiency than with a barbell
- Case in point: a water-filled keg. This represents a dynamic load that challenges the neuro-muscular system in a way that a barbell cannot compete with. For this reason, as athletes, we need to develop efficient movement patterns with inefficient loads. That response is at the heart of being a great athlete
- Athletes are presented with a constantly changing field of play and a better athlete makes quicker adjustments and responds more favorably to an unfavorable stimuli
WHY DO STRONGMAN?

• “Large Loads, Long Distance, Quickly.” That remark is drilled into the mind of anyone who’s ever ended a Level 1 Seminar. There is no better expression of that than moving a yoke that is 3x BWT across a football field in 30 seconds or carrying 1.25x BWT in EACH HAND the same distance in less than 30 seconds or flipping a 700 pound tire for max reps in 60 seconds. They all equate to “Large Loads, Long Distance, Quickly”. This is the main premise behind why we do CrossFit Strongman, but there are others

INCREASED MAXIMAL LIFTS

• Strongman movements typically focus on using non-barbell equipment and lifting for max exertion in the 30 to 90 second range, thus looking to improve and strengthen your work output in the glycolytic and ATP pathways
• As the lifter increases efficiency in these movements with more unconventional objects, the transference of power to well balanced objects (like a barbell) results in a heavier load being lifted. One reason behind this is that strongman objects typically move the object being lifted away from your body’s midline, while a barbell can be held close to your body through the entire movement allowing for more efficiency throughout the lift
• Strongman equipment also creates a less favorable setup position (removing some of the mechanical advantage from the start of the movement). To prove this, take a look at the setup positions of an athlete’s deadlift and compare it to the same individual’s setup for an atlas stone lift. You’ll see some similarities, but many differences. The stone lift will look much more inefficient, but it comes down to being able to brace your body under the load created by these objects
• Strongman helps an athlete move heavy loads under less efficient and less favorable stimuli, resulting in more brute strength and new PR’s in their max efforts.

IMPROVED GRIP STRENGTH

• Grip strength, while vital to many movements in the CrossFit world, is even more applicable to everyday life. Tasks like turning knobs, mechanical repairs, opening jars, even shaking hands require a strong grip. There are three types of grip strength: Crushing (palm and finger strength), Pinching (grip between thumb and fingers) and Holding (general control of objects)
• One of the best pieces of equipment in a strongman’s arsenal is the axel bar. Over double the width of a normal barbell, the axel does not rotate in your hands, and requires much more strength out of the forearm, palm and fingers to lift the load. Over me, consistent use of an axel is guaranteed to improve your grip strength. In the CrossFit world, this comes into play in many instances
• A few examples include: holding onto the pull-up bar for the last few repetitions, not dropping a barbell under heavy loads, maintaining grip on the slick handle of a kettlebell as it swings overhead.
IMPROVED MIDLINE STABILITY

- We've all heard the term “midline stability” before. It's one of the most vital elements to many movements in the CrossFit world. It can be argued that the Yoke, its name coming from the area of the body around the rear deltoids and lower trapezius muscles, is the best piece of equipment for improving midline stability. Whether carrying the Yoke on your back, or stabilizing it in the crook of your arms, a load will not be able to be carried without a stable midline.
- An athlete’s skeleton operates at its strongest through neutral joint positions (ie: no flexion or extension). The Yoke requires just this, very little flexion or extension at any of your joints while carrying a large load (the average athlete with a 400 pound back squat will be able to carry a 600-700 pound yoke a long distance). The movement is a tough, isometric hold at the core while requiring quick movement of the athlete’s feet. “Large Loads, Long Distances, Quickly”.

OTHER PIVOTAL REASONS INCLUDE:

- Strongman increases real world strength as we are required to move odd objects, such as a grocery bag or a chile, as efficiently as possible on a daily basis. Barbells exist only in a gym setting.
- Posterior chain development, a necessity to someone striving to become a good CrossFitter.
- Strongman programming provides CrossFitters with a variety of different stimuli. All of those stimuli are aimed at achieving an increase in work capacity which translates to an increase in your CrossFit ability.
- Simultaneously integrated metabolic conditioning and strength training.
STRONGMAN TESTIMONIALS

These elite CrossFitters increased their strength by including strongman movements in their programming:

Rob Orlando:
- Bench 425 @ 230 BW to 375 @ 185 BW,
- Deadlift 550 @ 230 BW to 593 @ 191 BW,
- Squat 550 @ 230 BW to 475 @ 185 BW,
- Jerk 365 @ 225 BW to 300 x 3 @ 185 BW (40 second @ regionals). Or, 300 x 10 reps @ 227 BW to 315 x 6 @ 185 BW,
- Yoke 650 x 80 feet w/ 1 drop @ 230 BW to 700 x 60 feet w/ no drops @ 185 BW,
- 10 minute 1 mile run score @ 230 BW,
- 5:59 1 mile run @ 185 BW,
- 13:30 2 mile run
- 1000 pound tire flip @ 185 BW

David Lipson:
- Bench Press 315 to 375,
- Squat 475 to 550,
- Deadlift 530 to 650,
- Clean and Jerk: 255 to 300+

Timothy Burke:
- Power Clean 265 to 290,
- Back Squat 425 to 455,
- Deadlift 450 to 525,
- Strict Press 190 to 205

Jason Leydon:
- Clean 225 to 250,
- Deadlift 425 to 440,
- Squat 335 to 350,
- Front squat 280 to 295

WHAT ARE OUR GOALS TODAY?

- Teach you safe, proper, and efficient movement using these objects
- Teach you how to coach these movements
- Strongman training methodology/programming
TEACHING THE TIRE FLIP
Standard= (3.75 x Body Weight) x (10 reps) <1 minute

1. Teaching the Movement
   - Stance = slightly wider than hip width. Wide enough to accommodate the arms inside the knees
   - Feet are positioned behind the re so that you’re driving into and up on the re at the same me
   - Athlete is crouched down on their toes leaning into the tire
   - Chin rests on the tire
   - Hands are inside the feet and grasping the bottom of the tire
   - Bicep and shoulder are pressed firmly against the tire

2. Seeing the Movement
   - Drive through the heels
   - Extend the legs while hips and shoulders rise at the same rate
   - Keep shoulders, chest and biceps pressed firmly against the tire while lifting up and driving
   - forward (think offensive lineman in football)
   - Bicep is flexed and fixed at about 15 degrees
   - When the legs have reached full extension drive forward violently and step into the tire with the “weak” side. Then, kick the dominant knee into the tire while pulling the arms upwards
   - Switch the hands and push the tire over
CORRECTING THE TIRE FLIP

Fault: Feet are too far away from the base of the tire
- Fix: Bring the feet in closer to the tire so that the spine is more perpendicular to the floor
- Fix: Have the athlete press his/her body into the tread of the tire rather than the sidewall
- Fix: Cue the athlete to have their chin and eyes up and fixed on a point straight ahead

Fault: Hips Rise Early During the Initial Lift
- Fix: Cue the athlete to drive up more than forward
- Fix: Bring the feet closer to the base of the tire

Fault: Loss of Lumbar Curve
- Fix: Cue the athlete to “Arch” their lower back with chest and chin up
- Fix: Decrease the load until proper lumbar curve can be maintained
- Fix: Have the athlete push against the tire with their midsec on during the initial lift and flip.
- Fix: Increase lumbar mobility in the Sumo stance

Fault: Athlete Changes Hand Position Early
- Fix: Have the athlete come to full extension at the hip and knee, stop, and then work the tire over without flipping the hands

SCORING THE TIRE FLIP

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<td>Weight of Tire:</td>
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<td>Flips in 60</td>
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TEACHING THE ATLAS STONE
Standard= (1.25 x Body Weight) x ( 3 Reps) < 60 Seconds

1. Teaching the Movement
   - Stance = wide enough to accommodate the stone
   - Stone sits between the ankles with clearance for the arms
   - Weight toward heels
   - Both lower and thoracic spine are flexed
   - Arms straight, (acting like straps) hands/palms gripping the bottom of the stone facing one another; fingertips pointing towards each other

   **Execution: (LIFT)**
   - Slowly dead-lift the stone from the ground
   - Slide feet towards the midline and pinch the knees together creating a shelf.
   - Bend at the knees and lower the stone into the lap
   - Re-Grip the stone with arms and hands in the “Cobra” position. Chest and abdomen are pulled tightly to the stone
   - Extend the knees and hips rapidly, drive heels down, and roll the stone up the midsection towards the dominant shoulder while aggressively pulling the stone upwards with the arms
   - Stand to full extension with the stone sitting on the dominant shoulder to complete the movement

   **Execution: (LOWER)**
   - Lean back while lowering the stone across the midsection trapping the stone in the lap
   - Re-Grip the stone with arms fully extended, wrists flexed, fingertips pointing towards the midline and cradling the bottom of the stone
   - Lower the stone to the floor

2. Seeing the Movement
   **Primary Points of Performance:**
   - Thoracic back are engaged
   - Arms are straight at the elbows when breaking the stone from the ground
   - Hips reach full extension prior to “lapping” the stone
   - “Cobra” position from the lap
   - Fast and aggressive hips from the lap to the shoulder including a slight to moderate hyper extension of the upper body
   - Athlete stands all the way up and shows control of the stone at the top
CORRECTING THE ATLAS STONE

Fault: Arms are bent at the elbow prior to lift
- Fix: Straighten out the arms and have the athlete’s forearms facing in towards the stone
- Fix: Make sure the wrist is flexed to 90 degrees with fingertips pointing towards the midline
- Fix: Have athlete come to full extension at the hip and knee prior to bending the elbows. Show the athlete that the arms are just “straps” holding the stone until its lapped

Fault: Slow Hip Extension from the Lap to the shoulder
- Fix: Decrease the load and work on speed and explosiveness from the lap position

Fault: Stone Falls Short of the shoulder
- Fix: Have the athlete re-grip while the stone is rolling up the midsection. The re-grip will be from the “cobra” position to a point underneath the stone. This re-grip is similar in action to a power clean
- Fix: Have the athlete lean back and be patient while rolling the stone up towards the shoulder

Fault: Loss of lordotic and thoracic engagement
- Fix: Touch the person at the lumbar curve and back and cue to “Arch!”. Do not relent
- Fix: Stop and decrease the load to where engagement can remain until the stone passes the hips

Fault: Weight On or Shifting to Toes
- Fix: Have athlete settle into the heels and pull hips back, maintaining tension in the hamstrings at start of movement, and focus on driving through heels
- Fix: Check that the stone is located directly between the athlete’s ankles
- Fix: Check that the athlete is grabbing the stone in the middle

SCORING THE ATLAS STONE

SCORECARD

Name: 
Age: 
Bodyweight: 
Date: 
Weight of Stone: 
Reps in :60 

CrossFit Specialty Course: Strongman Training Guide
TEACHING THE KEG LIFT AND PRESS
Standard= (.75 x Body Weight) x (5 reps) < 60 Seconds

1. Teaching the Movement
   • Stance = hip width apart
   • Keg sits in front of the toes as close to the athlete as possible
   • Arms are fully extended, chin is up, knees are bent at an angle (similar to a barbell power clean) Lower back is curved and locked in
   • Shoulders are back and tight

   Execution: (lift)
   • Slowly deadlift the keg off the ground while dragging it up the shins (similar to a stiff-legged deadlift)
   • Arms stay straight until the hips and knees are at full extension
   • Bend the knees and “lap” the keg
   • Re-Grip with the dominant hand grabbing the far rim of the keg
   • Extend the hips violently while rolling the keg up the midsection using the dominant hand to rotate the keg towards the dominant shoulder Re-Grip again taking the dominant hand from the “top” of the keg to the “bottom” of the keg. The keg is sitting in the “rack” position
   • Dip, Drive, and Press the keg to the locked out overhead position

2. Seeing the Movement
   Primary Points of Performance:
   • Keg is touching the athletes’ toes prior to deadlift
   • Arms are fully extended, lumbar curve is locked and tight, shoulders are back, chin is up
   • Keg drags up the shins to the lap position
   • Fast and aggressive hip drive from the lap to the shoulder including a slight to moderate hyper extension of the upper body
   • Prior to the press the keg is in the rack position with a slight anterior lean of the upper body
   • At the top of the press the hip, knee, shoulder, and elbow are locked and straight
CORRECTING THE KEG LIFT AND PRESS

Fault: Loss of Lumbar Curve
• Fix: Cue to pull the hips back and lift the chest/shoulders
• Fix: Touch the person and say, “Arch!!!”
• Fix: Abort and decrease load until lumbar arch can be maintained

Fault: Early Arm Bend on the deadlift
• Fix: Remind athlete to do a full deadlift before “lapping” the keg
• Fix: Have athlete stand tall and make eye contact directly in front of them prior to “lapping” the keg

Fault: Keg is Raised to “Weak” Side Instead of Dominant Side
• Fix: Remind them that the keg must move to whichever hand in on the “top” of the keg from the lap position

Fault: Not Enough Upper Body Lean When Rolling Keg Up Midsection
• Fix: Cue the athlete to look skyward when transitioning from the lap to the shoulder
• Fix: Remind them what the back looks like when they do GH Sit-ups and try to recreate that arched and loaded position.

Fault: Sloppy “Rack” Position Prior to Press
• Fix: Reinforce elbows up and have the person look skyward prior to dipping and driving
• Fix: Make sure the keg is sitting on the shoulders so that it won’t slide down the chest when the athlete dips
• Fix: Encourage the athlete to take a posterior lean to accommodate the large diameter of the keg
• Fix: Decrease the load to an empty keg and have the athlete practice arching their back while staying tight thru the midline

SCORING THE KEG LIFT AND PRESS

SCORECARD

Name: ________________________________
Age: ________________________________
Bodyweight: __________________________
Date: ________________________________
Weight of Keg: ________________________
Reps in :60 ___________________________
TEACHING THE LOG CLEAN AND PRESS

Standard = (1.25x Body Weight)

1. Teaching the Movement
   - Stance = hip width apart. Shins are resting against the log.
   - Arms are fully extended.
   - Head is neutral.
   - Heels are placed firmly on the floor.
   - Lumbar curve is tight and fixed.
   - Shoulders are slightly in front of the hands.

   Execution:
   - Deadlift the log to full extension at the hip and knee without bending the arms.
   - Push the hips back and bend the knees slightly to create a shelf where the log can rest in the lap.
   - Pull the log to the chest; chin touches the top of the log.
   - Extend violently at the hip and knee while rolling the log up the midsection towards the rack position.
   - Rack the log with elbow pressed high and the log resting on the shoulders.
   - Head is pressed back in the rack position.
   - Press is similar to keg press with a lean back, dip/drive sequence.

2. Seeing the Movement
   
   Primary Points of Performance:
   - Log is against the shins to start the movement.
   - Lumbar and midline are tight and fixed.
   - Heels are driven down into the ground.
   - Log drags up the shins and maintains contact with the thighs to the lap.
   - “Coiled” position prior to clean from the lap.
   - Chin touching the log and arms pulling hard in the “coiled” position.
   - Log moves up with the athlete when the clean is initiated and log rolls into rack position.
CORRECTING THE LOG CLEAN AND PRESS

Fault: Log Does Not Drag Against Shins and Thighs During the Deadlift
• Fix: Cue the athlete to move forward until the log touches the shins prior to the deadlift
• Fix: Have the athlete push the hips back during the pull from the ground while maintaining lumbar curve
• Fix: Slow the deadlift down with a smaller load and force the athlete to rub the shins and thighs. Repeat

Fault: Log Separates from the Chest During the Clean
• Fix: Decrease the load and slow the movement down so that the athlete can feel the log “roll” up the chest rather than curling up with the biceps
• Fix: Cue the athlete to put the chin on the log by sinking deeper into the hole while pulling the log tightly to the chest

Fault: Weak Rack Position Prior to Press
• Fix: Cue the athlete to drive the elbows up and rest the log on the shoulders while keeping the head back and out of the way
• Fix: Spine should be fully erect or slightly extended with a posterior lean
• Fix: Midline should be tight and fixed

SCORING THE LOG CLEAN AND PRESS

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CrossFit Specialty Course:
Strongman Training Guide | MOVEMENTS
TEACHING THE VIPER PRESS
Standard = (1.25x Body Weight)

1. Teaching the Movement
   - Stance = hip width apart. Shins are resting against the log
   - Arms are fully extended
   - Head is neutral
   - Heels are placed firmly on the floor
   - Lumbar curve is tight and fixed
   - Shoulders are slightly in front of the hands

   Execution:
   - Deadlift the log to full extension at the hip and knee without bending the arms
   - Push the hips back and bend the knees slightly to create a shelf where the log can rest in the lap
   - Pull the log to the chest; chin touches the top of the log
   - In one violent motion extend the hips, knees and back while rolling the log, up the chest keeping the log in constant contact with the upper body
   - When the log is rolling thru the rack position quickly get the elbows underneath the hands and press to the overhead position

2. Seeing the Movement
   Primary Points of Performance:
   - Chest in contact with the log, chin touching the top of the log, arms pulling the log into the body
   - Heels on the floor
   - Head is flexed forward with chin tucked to the log
   - Power is generated like a “whip” from the lap to the overhead position
   - Aggressive hip drive and back extension Quick elbows getting underneath the hands for the press
CORRECTING THE VIPER PRESS

Fault: Slow Roll Up the Body and Slow Transition Into the Press
   • Fix: Decrease the load and build speed thru the transitions
   • Fix: Cue the athlete to move like a “whip” so they coil up and then release the stored energy in one fluid motion

Fault: Shallow Posterior Lean During Press
   • Fix: Decrease the load and instruct the athlete to look skyward when making the transition from the lap to overhead

SCORING THE VIPER PRESS

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<td>Reps in :60 _________________</td>
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TEACHING THE CONTINENTAL AXLE CLEAN
Standard= (1.1 x Barbell Clean) x 1RM

1. Teaching the Movement
   - Exactly the same as the deadlift described in the Level 1 Coaches’ manual
   - “Mixed” grip

   **Execution: (LIFT)**
   - With a “mixed” grip power clean the axle to the top of the abdomen
   - Midsection is pushed out to create a shelf for the axle to sit
   - Upper body takes a posterior lean
   - Axle rests on the top of the abdomen Perform a small dip (similar to a power clean) prior to re-gripping the axle into a double over hand position
   - Dip while leaning back and “clean” the bar from the belly to the rack position
   - Press is any variation the athlete wants to perform overhead press is identical to press illustrated in Level 1 Coaches’ manual

2. Seeing the Movement

   **Primary Points of Performance:**
   - Axle is “cleaned” aggressively to the first position on top of the abdomen.
   - Posterior lean and hyperextension while axle rests for regrip
   - Second clean to accommodate the re-grip
   - Third clean from the belly to the rack position.
CORRECTING THE CONTINENTAL AXLE CLEAN

Fault: All Faults and Corrections from both the Deadlift and Med Ball Clean can be applied to the Axle Clean. In addition we add the following:

Fault: Axle Slides Off the Belly Prior to Second Clean.
- Fix: Cue the athlete to lean back further, stick out their belly as far as possible, and be patient!! If need be, have the athlete dip several mes trying to inch the axle up higher with each successive mini-clean.
- Fix: Apply chalk to the front of the shirt where the axle will land on the belly.
- Fix: Decrease load and practice leaning back, creating a shelf, and sticking out the belly.

SCORING THE CONTINENTAL AXLE CLEAN

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TEACHING THE FARMER’S HANDLES

Standard (Farmer’s Carry) = (1.25 x Body Weight In Each Hand) x (100 . Without Dropping)

1. Teaching the Movement
   - Stance = Feet hip width to shoulder width apart
   - Weight on your heels
   - Hips over knees thus engaging the posterior chain
   - Shoulders pulled back and maintain mid line stability i.e. deadlift
   - Arms straight down.

   Execution: (LIFT)
   - Drive thru the heels
   - Extend legs while hips and shoulders rise at the same rate
   - Once the hands pass the knees, the hip opens all the way up
   - Take small steps at first and gradually pick up speed
   - Walk a tightrope keeping the upper body as “quiet” as possible and moving the feet as quickly as possible
   - Slow down gradually until stopped
   - Lower the handles to the floor while maintaining lumbar arch

2. Seeing the Movement

   Primary Points of Performance:
   - Drive through your heels
   - Push your knees back and raise your chest up
   - Keep the weights close to your side
CORRECTING THE FARMER’S CARRY

Fault: Loss of Lumbar Arch Prior to Deadlift
- Fix: Press on the lumbar region and tell the person to, “Arch!!!”
- Fix: Have the athlete drive their chin and shoulders upward while deadlifting the handles
- Fix: Decrease the load until proper lumbar arch can be maintained

Fault: Bent Elbows During the Deadlift and/or Carry
- Fix: Straighten the athlete’s elbows prior to the initial lift
- Fix: Cue the athlete to use their arms like “straps” and straighten them

Fault: Handles Swing During the Carry
- Fix: Cue the athlete to walk a tightrope
- Fix: Have the athlete set the handles down and re-pick them if they can’t be controlled laterally
- Fix: Remind the athlete that the upper body, including the arms/hands, should remain “quiet” while the lower body moves thru space

Fault: Upper Back Rounds During the Carry
- Fix: Cue the athlete to pinch the shoulder blades back and down, and decrease load
- Fix: Cue the athlete to keep the head position neutral with eyes looking straight ahead
- Fix: Remind the athlete to maintain midline stability including thoracic spine

SCORING THE FARMER’S CARRY

SCORECARD

Name: ____________________________
Age: ____________________________
Bodyweight: _______________________
Date: ____________________________
Weight of Carry: ___________________
Reps in :60 ________________________
TEACHING THE YOKE
Standard= (3 x Body Weight) x (100 . Without Dropping) <20 Seconds

1. Teaching the Movement
   Setup: Height of the crossbar should be set individually so that, when lifted, the apparatus is approximately 8” off the ground
   • Stance = hip width apart or one foot in front of the other with the hips directly underneath the crossbar
   • Yoke crossbar sits just below the traps similar to a back squat
   • Chest is upright and tight, knees are bent, and hips are just slightly behind the crossbar

   Execution: (LIFT)
   • Stand up from the parallel squat or split squat position
   • Maintain a tight midline and begin taking slow methodical steps to get the load moving forward
   • Gradually pick up speed while walking a straight line
   • Head position is neutral
   • Gradually slow down and then lower the yoke to the floor

2. Seeing the Movement
   Primary Points of Performance:
   • Crossbar is located in the correct back squat position below the traps
   • Hips are slightly behind the crossbar
   • Heels are driving down into the ground
   • Midline is tight and erect
   • Foot speed is increased and decreased gradually
CORRECTING THE YOKE

Fault: High Bar Position
- Fix: Cue the athlete to lower the bar to the meat of the back also known as the Yoke

Fault: Hips Not Fully Extended While Walking
- Fix: Cue the athlete to pick up their chin and chest bringing their hips underneath the crossbar
- Fix: Give the athlete a focal point across the room that is above eye level

Fault: Yoke Swings Left and Right or Front to Back
- Fix: Cue the athlete to begin walking slowly, heel and toe a tightrope, for the first several steps
- Fix: Cue the athlete to set the apparatus down and re-pick it
- Fix: Remind the athlete that the upper body should remain dead still while the lower body moves thru space
- Fix: Decrease the load until a more rhythmic pattern emerges

SCORING THE YOKE

SCORECARD

Name: ____________________________
Age: ____________________________
Bodyweight: ______________________
Date: ____________________________
Weight of Yoke: __________________
Reps in :60 ______________________
STRONGMAN PROGRAMMING

- I would add bullets here with sample WODs and key points to address in Strongman programming.
- An example would be 3 on, 1 off sourced from www.crossfit.com (or similar programming) enhanced with 3 Strongman WODs per week.
- Those 3 incremental Strongman WODs are 2 technique and 1 fairly “time trial” driven.
PERFORMANCE STANDARDS FOR MASTERY OF STRONGMAN MOVEMENTS

1. **Shoulder a stone** = (1.25 x Body Weight) x (3 Reps) < 60 Seconds
2. **Keg Clean and Press** = (.75 x Body Weight) x (5 reps) < 60 Seconds
3. **Log Clean and Press** = (1.25 x Body Weight)
4. **Viper Press** = (1.25 x Body Weight)
5. **Axle Continental Clean** = (1.1 x Barbell Clean) x 1RM
6. **Axle Double Overhand Grip** = (Body Weight + 30 Pounds) x 60 Seconds
7. **Axle Deadlift** = (.85 x Barbell Deadlift) x 1RM
8. **Farmer's Carry** = (1.25 x Body Weight In Each Hand) x (100 . Without Dropping)
9. **Yoke Carry** = (3 x Body Weight) x (100 . Without Dropping) <20 Seconds
10. **Zercher Yoke Carry** = (2x Body Weight) x (250 .) < 120 Seconds