

# SwanStrong Gym

## Affiliate Programming

### MONDAY

#### Class Brief (0-5 mins):

- Today's strength work is 6 x 4 of Deadlift
- Each rep resets on the floor, meaning you are not "touch & going" these reps
- Control your barbell on the way back down to the floor, do not crash back down once you have hit the top of the rep
- There is a lot of strength to be gained from controlling your barbell back down, it will make you stronger when it comes to performing reps in workouts
- In today's WOD, we will be performing a movement many of you may not have done yet: the Devil Press
- Devil Press is a burpee onto dumbbells, followed by a double dumbbell snatch (make sure you demo correct form for your clients)
- Choose a weight that allows you to move through the 6 reps without needing to rest each round
- There is a 15 min time cap on this workout

#### Warm Up (5-15 mins):

##### General Body Loosen Up:

- Leg Swings (all directions x 10)
- Body Twists x 10 each way
- Iron Cross x 10 (lying on back)
- Hip Circles x 5 each way
- Arm Circles x 10 forwards/ 10 backwards

##### 2 rounds:

45 seconds of skipping (single skips only)

10 Lunge & Twist

10 Kipping Swings on pull-up bar

10 Empty Bar Deadlifts with Pause @ bottom position

5 Empty Bar Muscle Snatches

5 Empty Bar Strict Press

5 Jumping Squats

**Strength/ Skill (15-35 mins)**

Deadlift

6 x 4 (with reset)

**WOD (35-50 mins)**

5 rounds for time of:

6 Devil Press (22.5/15kg)

12 Toes-to-Bar

24 Double Unders

*Time cap: 15 minutes*

**Scaling Options:**

Devil Press: Reduce weight, Devil Press with Clean (instead of Snatch), No Push-up in Burpee

Toes-to-Bar: Reduce reps per round, T2B attempts, hanging knee raises, V-ups, sit-ups (18 reps)

Double Unders: Reduce reps (max 1 minute on each round), single skips (48 reps), Row 200m (if someone cannot jump)

**Cool Down (50-60 mins)**

Slow Stretching: Chest, Shoulders, Hips, Hamstrings, Calves

## **TUESDAY**

### **Class Brief (0-5 mins):**

- Starting today with some gymnastics strength work
- Strict HSPU capacity work, try to choose a rep scheme that is repeatable for 10 sets
- If you cannot do strict HSPU, use an abmat to reduce ROM, box pike HSPU, do HSPU slow negatives or seated DB Press
- Make this hard but prioritise high quality movement
- Today's workout is a chipper
- Go hard on the bike but save a little in the tank so that you can get straight to work on the sit-ups
- Choose a barbell weight that you could do 10 unbroken reps of power clean & shoulder to overhead with
- In the box step over, keep your chest high and press primarily through the leg that is on the box
- This movement requires patience, don't be too frenetic
- Try your best to hang onto the dumbbells for all 20 reps
- Time cap: 15 minutes
- Coaches only note: Start a new wave every 4 mins (put a 4 min cap on the calorie target for each group)

### **Warm Up (5-15 mins):**

Partner up and Row/ Ride Assault Bike for 3 rounds of 30 sec

\*One partner works, the other rests

\*Do first interval at moderate pace, second round at faster pace, third round almost at full sprint pace

3 rounds:

5 x kick up to handstand (with or without wall)

5 x Push-ups (close grip if you can do it)

10 x Hollow Rocks or 10 second in Hollow Hold

10 x Band Pull Aparts

10 x Band Press Outs (strict press with band)

### **Strength/ Skill (15-30 mins):**

EMOM x 10:

2-10 Strict HSPU

**WOD (30-50 mins):**

For time:

60/40 cal Assault Bike

50 Sit-ups

40 Power Cleans (50/35kg)

30 Shoulder to Overhead (50/35kg)

20 Dumbbell Box Step Overs (22.5/15kg & 24/20")

- ***Coaches only note: sub assault bike for 60/40 cal row or 800m run depending on equipment restrictions***

**Scaling Options:**

Assault Bike: Row 60/40 cal or Run 800m, time cap this at 4 mins

Sit-up: Anchor feet under dumbbells, reduce reps if needed

Power Clean: reduce weight, use dumbbells

Shoulder to Overhead: reduce weight, use dumbbells

Box step over: reduce weight, reduce step over height, no weight

\*If you do not have enough space/equipment for step overs, you can stack plates or you can change this to a step up and have people on either side of the box

**Cool Down (50-60 mins):**

Slow stretching: Shoulders, Chest, Hips, Lower Back, Quads, Hamstrings

## WEDNESDAY

### Class Brief (0-5 mins):

- Today's strength work is a 10 min EMOM of Hang Power Cleans
- 3 Hang Power Cleans each minute
- Hang onto the barbell for all 3 reps
- Make sure you are using a hook grip
- Focus on hitting good start and receiving positions each rep
- Start position: Feet under hips, Knees only slightly bent, hamstrings loaded, shoulders over the bar, chest up and bar resting just above the knee
- Finish position: High elbows, feet under shoulders, knees bent into a quarter squat
- Today's workout is some interval style sprints
- Only 1 min of work at a time, you have to go as fast as possible
- Choose a KB weight that you can do unbroken each set
- Transition quickly to the Burpee Box Jumps
- Just keep moving, you get a rest after each minute!

### Warm Up (5-15 mins):

General Body Loosen Up:

- Leg Swings (all directions x 10)
- Body Twists x 10 each way
- Iron Cross x 10 (lying on back)
- Hip Circles x 5 each way
- Arm Circles x 10 forwards/ 10 backwards

With an empty barbell:

- 10 x Good Mornings (bar on back)
- 10 x Deadlifts
- 5 x Hang Clean Pull (to shrug only)
- 5 x Hang Muscle Clean
- 10 x Jumping Lunges (no barbell)
- 10 x Hang Power Cleans

### Strength/ Skill (15-30 mins):

EMOM x 10:

3 Hang Power Cleans

**WOD (30-50 mins):**

7 x AMRAP 1 min:

15 Kettlebell Swings (24/16kg)

Max reps Burpee Box Jumps (24/20")

Rest 1 min between rounds

Rx+: 32/24kg Kettlebell (only choose this option if you can do them unbroken)

**Scaling Options:**

Kettlebell Swing: Reduce weight, Russian Swing (eye level swing)

Burpee Box Jump: Reduce box height, step up, kickback burpee

**Cool Down (50-60 mins):**

Slow moving cool down: Slow easy leg swings (front to back, side to side), Iron Cross (lying on back) x 20, Slow Walk Out Inchworms (no push-up) x 10, Seal Stretch (arch up from floor) x 30 sec, Downward Dog x 30 sec

## **THURSDAY**

### **Class Brief (0-5 mins):**

- Kicking off today with 4 x 5 Back Squats
- This is designed as a heavy squat session, make sure each of your 4 sets are challenging
- Perform at least 3-4 warm up sets before your first heavy work set
- A great way to attack this session is to use the same heavy weight for all 4 sets
- Getting stronger is about how much time you spend under weights that are at high percentages of your max
- Today's workout is a CrossFit benchmark: Karen
- Karen is a single movement test, it is as much a mental test as it is a physical one
- If you are good at Wall Balls, aim for as big an opening set as possible
- If you are not so good at Wall Balls, break it up into manageable chunks and count your rest
- Pick a number for your rest and count to it before picking the ball back up. Eg. 5, 4, 3, 2, 1 and go again
- Time cap: 15 minutes

### **Warm Up (5-15 mins):**

Easy 400m Jog

20 x Easy Pace Air Squats (work on ROM)

15 x Good Morning with Barbell

10 x Push-ups

15 x Sit-ups

10 x Empty Bar Squats

5 x Burpees over Bar

### **Strength/ Skill (15-35 mins):**

Back Squat

4 x 5

### **WOD (35-50 mins):**

"Karen"

For time:

150 Wall Balls (20/14lbs)

Time cap: 15 minutes

**Scaling Options:**

Wall Ball: reduce weight, reduce target height

**Cool Down (50-60 mins):**

Slow stretching: Quads, Glutes, Hamstrings, Triceps, Shoulders

## **FRIDAY**

### **Class Brief (0-5 mins):**

- Starting with some strength/ technique work on the Power Snatch
- 7 x 3, going every 90 seconds (like an EMOM)
- These can be touch & go or drop and reset, your choice
- Your goal today should be to go heavy but with as close to perfect technique as possible
- If you can make all 3 reps look nearly identical, you have the right weight
- If your third rep looks a lot different to your first, the weight is probably too heavy
- The barbell in today's workout is designed to be light. You should be looking to touch & go all of your reps
- Bar MU should challenge you but they shouldn't put a halt in your workout
- A great way to get volume is to reduce your reps each round (do 2 or 1 per round and get recovery before you go again)
- Aim for 5+ rounds

### **Warm Up (5-15 mins):**

General Body Loosen Up:

- Leg Swings (all directions x 10)
- Body Twists x 10 each way
- Iron Cross x 10 (lying on back)
- Hip Circles x 5 each way
- Arm Circles x 10 forwards/ 10 backwards

With an empty barbell:

- 5 x Snatch Grip Deadlift
- 5 x Snatch Pull (shoulders only)
- 5 x Snatch Grip High Pull
- 5 x Muscle Snatch
- 5 x Overhead Squat
- 5 x Hang Power Snatch
- 5 x Power Snatch
- 5 x Overhead Squat

Before workout:

3 rounds:

- 3-5 Power Snatches (add weight each round)
- 1 Bar Muscle Up or your scaled equivalent movement

**Strength/ Skill (15-35 mins):**

Power Snatch

7 x 3

Start a new set every 90 seconds

**WOD (40-50 mins):**

AMRAP 10 mins:

10 Power Snatches (35/25kg)

3 Bar Muscle Ups

**Scaling Options:**

Power Snatch: reduce weight, work from hang, Dumbbell Snatch (beginners)

Bar Muscle Up: Reduce reps to 2 or 1, Jumping Bar Muscle Up, Strict Pull-up (use band if need), Burpee Pull-up or Burpee C2B Pull-up

**Cool Down (50-60 mins):**

Slow Stretching: Lats, Chest, Shoulders, Hamstrings, Hips

## **SATURDAY**

### **Class Brief (0-5 mins):**

- Starting today with some upper body strength work
- Bench Press & Bent Over Row performed as a super set
- Go heavy across each of your sets
- Choose a Bent Over Row weight where you can keep your body completely still, any hitching to get the weight up means it is too heavy
- Today's workout is an EMOM, but you will be working for most of it
- Attack it like you would a 20 min AMRAP, meaning you have to pace yourself a bit
- Scale row cals so that you finish inside 45 sec
- Scale Cindy reps so that you can complete the round comfortably within the minute
- Good ROM is key in Cindy, don't do half reps to get the work done, scale thr reps if you need to

### **Warm Up (5-15 mins):**

Easy 500m Row

3 rounds:

10 x Kipping Swings on Pull-up Bar

5 x Inchworm Push-ups

10 x Lunge & Twist

20-30 sec in Squat Hold

20-30 sec in Plank Hold

### **Strength/ Skill (15-30 mins):**

Bench Press\*

3 x 5

Bent Over Row\*

3 x 10

\*Perform these movements as a superset.

### **WOD (30-50 mins):**

EMOM x 20:

Odd: Row 15/12 cals

Even: 1 round of "Cindy"

**Scaling Options:**

Row: reduce cal to finish under 45 seconds, run 200m (scale distance) if not enough rowers/ don't have any, Assault Bike 15/12 cal

Cindy: reduce reps to 4 Pull-ups, 8 Push-ups, 12 Squats or 3 Pull-up, 6 Push-ups, 9 Squats

Pull-up: Jumping pull-up, band pull-up, ring row

Push-up: Knee push-up

Squat: Squat to depth marker

**Cool down (50-60 mins):**

Slow stretching: Chest, Lats, Shoulders, Quads, Hamstrings, Glutes