

THE KEY IS HELPING PEOPLE BREAK PERSONAL
RECORDS WITHOUT BREAKING THEIR BODIES

SAMPLE WEEK OF PROGRAMMING

"Over the past three years, Beyond Strength & Endurance has consistently delivered remarkable outcomes for my members. Their ability to produce results while keeping my members fresh and injury-free has been invaluable."

Rebecca, Owner of EXHALE Fitness

"Thank you for the awesome programming! Our members love it. I'm actually having to look at increasing class numbers!"

Eilidh, Owner of CrossFit Luths

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TWO TRACKS. ONE SATISFIED GYM COMMUNITY.

With Beyond Affiliate programming, you can choose between two different daily tracks, or mix and match according to what your members need. Time frames will match on both tracks so they can be run concurrently in a class.

HYBRID (CROSSFIT)

This track is geared more toward gyms that prefer CrossFit style training, including strength, Olympic lifting, gymnastics and energy systems modalities.

Six days of training per week: We believe in recovery days, whether active or full. Sunday is a great day to make up missed workouts.

Four days per week will have two class sections (strength, Olympic lifting, cardio or skill) and MetCon; the other two days will be one longer MetCon (one partner, usually on Saturdays).

MetCon Time Domains:

2x per week: 20+ minutes
2x per week: 9-12 minutes
1x per week: 12-15 minutes
1x per week: Under 9 minutes

MetCon Formats/Movements:

2x per week: Couplets
2x per week: Triplets
2x per week: 4+ movements

Weekly format will include a balanced mix of AMRAPs, For Time, Intervals and EMOMs.

Training will include all of the traditional CrossFit style movements, plus fun substitutes aimed at variety and fun while providing a constantly varied stimulus.

NOTE: Regardless of what the main lifts are in each phase and cycle, we will never completely get away from any lift.

Scaling/Modifications:

- We do NOT believe modifications should be treated like an Excel formula. For example, ring rows should not always be the modification for pull-ups, or hanging knee raises for Toes to Bar, or pike push-ups for HSPU, etc.
- Therefore, we provide unique options to not only meet each athlete where they are, but also take variety and equipment into consideration for a better class experience.

STRENGTH & ENDURANCE

This track does not include Olympic lifting or high-skill gymnastics. Instead, the focus is on traditional barbell lifts, auxiliary exercises, core strength and building fitness through varied conditioning

Created to run alongside the CrossFit track, Strength & Endurance has correlating time frames so everyone in class is getting what they need, but working hard TOGETHER.

Six days of training per week: We believe in recovery days, whether active or full. Sunday is a great day to make up missed workouts.

Two to three days per week will feature strength training and endurance with a focus on quality, not a score. Two to three days per week will also feature strength + auxiliary strength.

One to two days per week will offer long, endurance-focused training with an emphasis on quality, not a score.

NOTE: Regardless of what the main lifts are in each phase and cycle, we will never completely get away from any lift.

Members that benefit from the Strength & Endurance Track:

- Brand-new members who have never done CrossFit before
- Those who are transitioning from onboarding into classes
- Deconditioned athletes who primarily need to focus on building strength
- Members who want community and a good sweat, without Olympic lifts or high-skill gymnastics
- Those lacking motivation as a result of not training consistently or not seeing results
- Cherry-pickers (we all have them) that won't come on more "difficult" days
- Or maybe your gym is simply "less CrossFitty" with more of a focus on traditional strength and conditioning options.

DAY 1: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:

Lying Hamstring Stretch
Lying Quad Stretch
Pigeon Stretch
Child's Pose

Specific Warm-up

1-2 rounds:

20 Russian Twists (10 each way)
10/8 Calorie Row
10/7 Calorie Bike

Cardio + Core

Alt Every 2 minutes for 12 minutes:

40 Russian Twists (20 each way)
30/24 Calorie Row
20/14 Calorie Bike

SCORE: Slowest time for each movement/machine

WOD Prep

2-3 Rounds:

3 Chest to Bar Pull-ups
3 Handstand Push-ups
100m Run (or shuttles)

WOD

AMRAP 15:

6 Chest to Bar Pull-ups
6 Handstand Push-ups
100m Run

SCORE: Rounds + Reps

STRENGTH & ENDURANCE

General Warm-up

3 rounds:

Lying Hamstring Stretch
Lying Quad Stretch
Pigeon Stretch
Child's Pose

Specific Warm-up

1-2 rounds:

20 Russian Twists (10 each way)
10/8 Calorie Row
10/7 Calorie Bike

Cardio + Core

Alt Every 2 minutes for 12 minutes

40 Russian Twists (20 each way)
30/24 Calorie Row
20/14 Calorie Bike

SCORE: Slowest time for each movement/machine

Auxiliary Strength

Alt. EMOM 15:

6 RDLs
8 KB Chops (4 each side) - ([VIDEO](#))
12 Single Arm, Single Leg V-ups
(6 each side)

SCORE: Weight lifted

DAY 1: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Cardio + Core
20:00-32:00 Cardio +Core
32:00-40:00 Transition to WOD
40:00-55:00 WOD
55:00-60:00 Cool-down

Cardio + Core FOCUS:

- High intensity, interval fitness to improve your engine (ability to sustain a higher intensity longer)
- Core strength endurance, use a challenging weight with a plate, MB, DB or KB

EQUIPMENT CONSIDERATIONS:

- You can start people on different stations and rotate through, you will do each station twice
- If you don't have enough of one machine, you can take one out which would make it so you do 3 sets of each movement or add Ski as a 25/20 option

WOD PACE GOAL:

9-11 Rounds

WOD FEEL:

- Delayed Burn
- Go slower than you think in the beginning, taking and extra few seconds before you get on the bar or up for HSPU, then settle into this pace.
- Rounds 1-4 should feel pretty good, every couple rounds after this the fatigue will start to set in
- The time it takes to complete the C2B and HSPU should be similar to the 100m run

WOD STRATEGY:

- In weeks 1-3 we started with 4 Chest to Bar then moved to 8 chin over bar then 10 chin over bar, now we come back down in reps and try to level up again.
- Handstand Push-ups we had a workout with 4 reps, now we bump up to 6 and try to stay unbroken
- Stay unbroken as long as you can on both movements, but with chest to bar being a more difficult level, try to keep it in no more than 3 sets with quick rest
- Steady pace on the run, 45 seconds or less

WOD WEATHER CONSIDERATIONS:

- If it is too cold or the weather is bad then you can modify to a 100yd shuttle, 10yd zones
- Machines wouldn't be the best to sub in here because the row will affect the C2B and Ski will affect the HSPU, Bike could be possible but will provide a much different stimulus than running

WOD SCALING FORMAT CHANGE:

- If someone can do C2B and HSPU, but 6 is too many then change to 3 C2B, 3 HSPU, 3 C2B, 3 HSPU, 100m Run, this will affect the pace goal because of more transitions but allows them to do all the reps of the Rx movement

WOD LEVELS:

BEGINNER: KB Upright Rows, Double DB Strict Press
SCALED: Chin over bar, banded pull-ups, 6 heavy KB upright rows, Modified HSPU or Double DB Strict Press or format change mentioned above
Rx+: Bar MU, Deficit HSPU @4/2"
Comp: Ring MU, Strict HSPU

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Cardio + Core
20:00-32:00 Cardio +Core
32:00-40:00 Transition to Auxiliary Strength
40:00-55:00 Auxiliary Strength
55:00-60:00 Cool-down

Cardio + Core FOCUS:

- High intensity, interval fitness to improve your engine (ability to sustain a higher intensity longer)
- Core strength endurance, use a challenging weight with a plate, MB, DB or KB

EQUIPMENT CONSIDERATIONS:

- You can start people on different stations and rotate through, you will do each station twice
- If you don't have enough of one machine, you can take one out which would make it so you do 3 sets of each movement or add Ski as a 25/20 option

Auxiliary Strength FOCUS:

- Accessory Work for Deadlift
- Focus on quality reps, slow and controlled

THINGS TO NOTE:

- **Time Frames:** The time frames for Hybrid (CrossFit) and Strength & Endurance match to allow coaches to manage both simultaneously.
- **General Warm-up:** We believe that every coach - no matter how experienced - should be able to lead an effective warm-up. We provide suggestions, but ultimately it's the coach's job to get members ready for training. This also allows them to be creative and make their class unique.
- **Equipment Considerations:** We will always give you suggested equipment options (in preferred order for the intended stimulus) to keep the workout experience as consistent as possible for your members.
- **Progressions:** It's just as important to program progressions in the WOD as it is in the strength or skill section of class. Strategy notes will indicate goals for the desired progression of skills within a WOD, when applicable.
- **Weather Considerations:** Since we program for gyms all over the world, weather can sometimes play a factor, especially with running. Therefore, we will always provide options for workouts that include running to keep the stimulus and experience as consistent as possible for your members.
- **WOD Scaling Format Change:** Think of this as the "Murph Mentality." There will be times when members are physically able to do the movements, but can't yet complete the reps as programmed. So, instead of scaling or modifying the movement, changing the format allows them to do the *movements* "as prescribed," but in a different format. The score would be scaled but this modification allows them to progress faster.

DAY 2: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:
Iron Crosses
Up Dog to Down Dog
Samson Stretch
Infant Squats ([VIDEO](#))

Specific Warm-up

3 Rounds:
5 Front Squats @light to moderate weight
10 Lying Straight Leg Raises

Strength

Front Squats
3x4 @75-80%
3x3 @80-85%

WOD Prep

2-3 rounds:
6 Russian KB Swings
4 Burpees over KB
2 Squat Snatch

WOD

AMRAP 10:
8 Russian KB Swings @70/53
6 Burpees over KB
4 Squat Snatch @95/65

SCORE: Rounds + Reps

STRENGTH & ENDURANCE

General Warm-up

3 rounds:
Iron Crosses
Up Dog to Down Dog
Samson Stretch
Infant Squats ([VIDEO](#))

Specific Warm-up

3 Rounds:
5 Front Squats @light to moderate weight
10 Lying Straight Leg Raises

Strength

Front Squats
3x4 @75-80%
3x3 @80-85%

Endurance Prep

2-3 Rounds
5 Russian KB Swings
4 Alt. DB Snatch
2 Burpees

Endurance

AMRAP 10:
10 Russian KB Swings @53/35
8 Alt. DB Snatch @50/35
6 Burpees

SCORE: Rounds + Reps

DAY 2: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-35:00 Strength
35:00-45:00 Transition to WOD
45:00-55:00 WOD
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Cycling a heavy weight, this helps prepare for the rep max in week 7 as well as being able to breath and move under heavy load

TIME OPTIONS (SEE NOTES):

OPEN TIME OPTION: 15 minutes

CONTROLLED TIME OPTION: Every 2:30 for 15 minutes

WOD PACE GOAL:

5-7 Rounds

WOD FEEL:

- Push and Pray
- Continuing to work on cycling the barbell in snatch in different ways
- We had a workout that was Dubs, Sit-ups and 10 Snatch @95/65, then we went to a workout with Lateral Bar Hops, Pull-ups and 6 Snatch @115/80, now we increase the difficulty level with lower weight and reps

WOD STRATEGY:

- This is a heavier than normal weight for swings which will carry over to your deadlift, flex your butt to snap your hips, this will help your back not get tight, stay unbroken throughout
- Steady pace on the burpees
- As we have been doing, try to string some together on squat snatch 3/1, 2/2...go to singles when needed, but try to string some together first

MEMBER CONSIDERATIONS:

- If they have the mobility, but just can't drop straight into a squat snatch then they can do a power snatch + overhead squat for each rep
- If they do not have the mobility for the squat snatch (overhead squat), then have them keep the Rx weight and do power snatch, working on stringing reps together then 4 front or back squats to keep the stimulus similar, this will obviously affect the pace goal a bit

WOD LEVELS:

BEGINNER: 35/26, 6 Wall Balls @14/10, 4 Up Downs
SCALED: 53/35, 75/55 and/or any of the member considerations
Rx+: 88/62, 115/80
COMP: 106/70, 135/95 all must be unbroken

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-35:00 Strength
35:00-45:00 Transition to Endurance
45:00-55:00 Endurance
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Cycling a heavy weight, this helps prepare for the rep max in week 7 as well as being able to breath and move under heavy load which helps for The Open

OPEN TIME OPTION: 15 minutes

CONTROLLED TIME OPTION: Every 2:30 for 15 minutes

ENDURANCE FOCUS:

- Lower body muscular endurance

ENDURANCE LEVELS:

BEGINNER: 26/18, 25/15, Up Downs
SCALED: 35/26, 35/20
Rx+: 70/53, 70/50

THINGS TO NOTE:

- **Open and Controlled Time Options:** Some gyms like to allow their members to choose their work/rest times during strength training, while others like to have everyone moving at the same time, and on the same set. We provide both options so you can choose what is best for your gym or each class.
- **Member Considerations:** For movements where mobility might be a considerable factor, like squat snatch or overhead squats, we will provide options aimed at keeping the stimulus and experience consistent for all members.
- **WOD Feel:** Similar to progressions that focus on weight or reps, achieving the intended "feel" of a workout will also help members progress faster. This is a great piece of info for coaches to provide members during the workout briefing.
- **Beginner Level:** When members are brand-new to CrossFit, the most important thing in the WOD is to provide understandable and achievable options. The goal is reducing the confusion and overwhelm so they can simply breathe and move, and feel successful. That's why we offer the Beginner Level for each WOD. Note that the Strength & Endurance Track is also very helpful for beginners and/or those who are new to CrossFit.

DAY 3: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:

Forearm Stretch
Front Rack Stretch
Lat Stretch on Rig
Kneeling Hip Flexor Stretch
Straight Leg Marches in place

Technique Work

2-3 sets of 3-5 reps of 2-position Clean High Pulls ([VIDEO](#))
2-3 sets of 2-4 reps of Power Clean + Pause Touch N' Go Power Clean ([VIDEO](#))

WOD Prep

2-3 Rounds
10/7 Calorie Bike
8 AbMat Sit-ups
4 Unbroken Power Cleans

WOD

Every 4 minutes for 20 minutes:
15/11 Calorie Bike
15 AbMat Sit-ups
10 Unbroken Power Cleans (decrease 2 reps each round) @115/80, 135/95, 155/105, 165/115, 185/125

SCORE: Time for each of the 5 rounds

STRENGTH & ENDURANCE

General Warm-up

3 rounds:

Forearm Stretch
Front Rack Stretch
Lat Stretch on Rig
Kneeling Hip Flexor Stretch
Straight Leg Marches in place

Static Strength

Alt. EMOM 9:
40sec Wall Sit
20sec Push-up Bottom Hold ([VIDEO](#))
20sec Ring Row Hold ([VIDEO](#))

Endurance Prep

2-3 Rounds:
10/7 Calorie Bike
8 AbMat Sit-ups
6 Plate Ground to Overhead

Endurance

Every 4 minutes for 20 minutes:
15/11 Calorie Bike
15 AbMat Sit-ups
15 Plate Ground to Overhead ([VIDEO](#))

SCORE: Time for each of the 5 rounds

DAY 3: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-25:00 Technique Work
25:00-35:00 Transition to WOD
35:00-55:00 WOD
55:00-60:00 Cool-down/Accessory Work

TECHNIQUE WORK MANAGEMENT:

- Take them through on command of both movements for at least the first sets
- We did the Power Clean + Pause TNG Power Clean last week so they should be familiar and improving on body position
- Light weight for both movements

WOD PACE GOAL:

1:15 or less to complete the bike + sit-ups, complete the unbroken cleans by the 2:30 mark

WOD FEEL:

- All the things :)
- This workout will have a varied feel as it progresses, early it will feel like a full send with the 10 and possibly the 8 unbroken cleans, then it will go to a push and pray style as the bike and sit-ups start to take a bit longer, then we get to that delayed burn as the reps drop but the weight increases
- To help choose what level, the weights should be around 50, 55, 60, 65 and 70%...for some this could be a little higher or lower but at least gives some reference

WOD STRATEGY:

- Steady pace on the bike, 1:15 or less
- Breath and move on the sit-ups
- Take an extra breathe as needed to make sure you are ready to string all of the cleans together, keep quality high as you cycle through them, make your plate changes easy so there is minimal time spent on this
- To clarify, the clean reps go 10,8,6,4,2

WOD PARTNER OPTION:

- Partner AMRAP 20
- 30/21 Calorie Bike
- 30 AbMat Sit-ups
- 20 Power Cleans @135/95
- Must do sets of 5 or 10 unbroken cleans

WOD LEVELS:

BEGINNER: 12/9 Bike, 12 Sit-ups, 12 KB Sumo Deadlift High Pulls
SCALED: 95/65, 115/80, 135/95, 155/105, 165/115 and/or not unbroken
Rx+: 135/95, 155/105, 165/115, 185/125, 205/145
COMP: 155/105, 165/115, 185/125, 205/145, 225/155

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-24:00 Static Strength
24:00-35:00 Transition to Endurance
35:00-55:00 Endurance
55:00-60:00 Cool-down/Accessory Work

STATIC STRENGTH FOCUS:

- Static strength is a great way to understand body position, bracing your core and get the muscles fully engaged in each movement

ENDURANCE FOCUS:

- Choose a challenging plate weight for the ground to overhead
- Interval fitness...the goal is to push hard to complete the work in 2:30 to 3:00, which leaves 1:00-1:30 rest

PARTNER OPTION:

- Partner AMRAP 20
- 30/21 Calorie Bike
- 30 AbMat Sit-ups
- 30 Plate Ground to Overhead

THINGS TO NOTE:

- **Class Management:** Our coaches' notes focus on how to facilitate the sections of class, and how to communicate the training and stimulus to the members. We believe there's no need for a daily novel that explains every technical aspect of each movement. Your coaches should know how to coach movements, and we believe in their ability to do so. Separate of daily training, we provide coach education monthly for Beyond gyms.
- **Simultaneous Training:** In today's training, the Strength & Endurance track runs alongside the technique work in the Hybrid (CrossFit) track. The goal is to give you something that is easy and quick for your coaches to explain for both groups, and allows them to focus on working with the technical aspects of the Oly lift while the other members work on strength.
- **Unbroken Cleans:** Occasionally, we will intentionally program a movement to be unbroken. This is an important part of CrossFit, and is specifically designed to provide a different stimulus than allowing members to break up the reps however they want.
- **Individual and Partner Option:** For each week's longer workout, and the Saturday training, we will provide both an individual and partner option. While partner workouts are a fun part of CrossFit (and training in general) and should be encouraged, there are sometimes circumstances where an individual option is important to have.
- **Beginner Option:** Today's training, in both tracks, is another example of providing a unique modification for cleans to accommodate the needs & abilities of your newer members.

DAY 4: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:
Thread the needle
Scorpions
Straight Arm Bicep/Shoulder Stretch on Rig
Standing Tricep Stretch
Single DB Push-up to Row

Specific Warm-up

3 Rounds:
3 Bench Press
3 Barbell Bent Over Rows

Strength

Bench Press 4x6 @73-77%
Barbell Bent Over Rows 4x6
Double DB Chest Flys 3x12
Ring Rows 3x12

WOD Prep

2-3 Rounds:
4 Box Jumps
6 Single DB Box Step-overs
8 Alt. DB Snatch

WOD

For Time:
20 Box Jumps @24/20"
30 Single DB Box Step-overs @50/35, 24/20"
40 Alt. DB Snatch @50/35

SCORE: Time of completion

STRENGTH & ENDURANCE

General Warm-up

3 rounds:
Thread the needle
Scorpions
Straight Arm Bicep/Shoulder Stretch on Rig
Standing Tricep Stretch
Single DB Push-up to Row

Specific Warm-up

3 Rounds:
3 Bench Press
3 Barbell Bent Over Rows

Strength

Bench Press 4x6 @73-77%
Barbell Bent Over Rows 4x6
Double DB Chest Flys 3x12
Ring Rows 3x12

Auxiliary Strength

Every 2 minutes for 8 minutes (4 sets):
Back Squats
2x8 @60-65%
2x6 @65-70%

SCORE: Weight lifted

DAY 4: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-38:00 Strength
38:00-47:00 Transition to WOD
47:00-55:00 WOD
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Moderate rep range that will help prepare for the rep max in week 7
- Bent Over Rows to balance out the push/pull ratio for back strength and shoulder health
- Accessory push/pull work

OPEN TIME OPTION: 18 minutes

CONTROLLED TIME OPTION: Alt. EMOM 8 for bench and rows, then 2-minute transition, then Alt. EMOM 6 for flys and ring rows

WOD PACE GOAL:

6:00-8:00

WOD FEEL:

- 0-100 Real Quick
- Breathe, move, push hard

WOD STRATEGY:

- Steady pace on the box jumps
- Hold the DB wherever you want, try not to break, just keep taking steps
- Go for a max set every time you pick up the DB

WOD LEVELS:

BEGINNER: 16/12" (find a height to jump on even if it stacking rubber plates), no weight on step-overs, 25/15 for snatch

SCALED: 20/16", 35/20

Rx+: 70/50

COMP: 30/24" on box jumps, Double 50/35 for step-overs @24/20", Double 50/35 on snatch

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-38:00 Strength
38:00-47:00 Transition to Auxiliary Strength
47:00-55:00 Auxiliary Strength
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Moderate rep range that will help prepare for the rep max in week 7
- Bent Over Rows to balance out the push/pull ratio for back strength and shoulder health
- Accessory push/pull work

OPEN TIME OPTION: 18 minutes

CONTROLLED TIME OPTION: Alt. EMOM 8 for bench and rows, then 2-minute transition, then Alt. EMOM 6 for flys and ring rows

AUXILIARY STRENGTH FOCUS:

- Accessory for Front Squat

THINGS TO NOTE:

- **Strength Percentage/Weight:** A majority of the time, percentages will be provided for lifting movements. While some members will ask specific questions, like, "Is it one weight straight across, or building, or a specific percentage for each set?" Ultimately, in order to accommodate varying levels of strength and ability among all of your athletes, we've found that providing a range will best meet everyone where they're at.
- **Push/Pull Ratio:** Shoulder health is a critical part of keeping members safe while helping them progress. Shoulder problems are not a result of doing CrossFit, they are caused by poor programming (and occasionally peoples' egos). Therefore, we're extremely conscious of making sure we are protecting your members' shoulder health. We balance pushing and overhead movements with pulling movements in each day's training. This allows members to feel better and come more consistently.
- **Box Jumps:** This is one example of how we avoid a "cookie cutter" mentality when programming modifications. Step-ups as a modification for box jumps simply will not help your members get box jumps. Only jumping will. So, unless someone has a specific injury that does not allow them to jump at all, it is best to have them jump on anything, even if it is a 10# bumper plate.

DAY 5: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:
Hip Openers
Banded Lateral Walks
Glute Bridges
Lying Glute Stretch

Specific Warm-up

3 Rounds:
3 Deadlift
30sec Side Plank (15sec each side)

Strength

Deadlift Strength Cluster: 4 sets:
1 rep every 20 seconds for 2 minutes
(7 reps) @70, 72, 75, 77%
—2 minutes rest between rounds—
*Reps are at 0:00, 0:20, 0:40, 1:00, 1:20, 1:40, 2:00

WOD Prep

3 Rounds
5 Toes to Bar
3 Thrusters

WOD

7 Rounds For Time:
10 Toes to Bar
5 Thrusters @115/80

SCORE: Time of completion

STRENGTH & ENDURANCE

General Warm-up

3 rounds:
Hip Openers
Banded Lateral Walks
Glute Bridges
Lying Glute Stretch

Specific Warm-up

3 Rounds:
3 Deadlift
30sec Side Plank (15sec each side)

Strength

Deadlift Strength Cluster: 4 sets:
1 rep every 20 seconds for 2 minutes
(7 reps) @70, 72, 75, 77%
—2 minutes rest between rounds—
*Reps are at 0:00, 0:20, 0:40, 1:00, 1:20, 1:40, 2:00

Auxiliary Strength

Alt. EMOM 10:
5 Barbell Strict Press
10 Plank Rows (5 each arm, [VIDEO](#))

SCORE: Weight lifted

DAY 5: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-36:00 Strength
36:00-45:00 Transition to WOD
45:00-55:00 WOD
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Strength Clusters allow you to lift a weight for a certain amount of reps that you normally would not be able to do if the reps were connected. For today this is 7 reps at 70-77% as singles instead of 7 connected reps

WOD PACE GOAL:

8:30-10:30

WOD FEEL:

- Push and Pray
- As your heart rate increases and your core fatigues the heavier thrusters will start to be very challenging, it will be all about forcing yourself to pick up the barbell when you don't want to

WOD STRATEGY:

- No more than 3 sets on T2B, very short rest if breaking up, 6/4, 5/5, 4/3/3
- Big focus on leg drive to get momentum into the barbell, breath at the top, make sure the barbell gets all the way back to your shoulders before lowering into your squat

WOD LEVELS:

BEGINNER: 20 Weight Plate Russian Twists (10 each way) or Lying Straight Leg Raises, 75/55
SCALED: 20 Weight Plate Russian Twists (10 each way) or Hanging Straight Leg Raises, 95/65
Rx+: 135/95
COMP: all reps must be unbroken, 155/105

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Strength
20:00-36:00 Strength
36:00-45:00 Transition to Auxiliary Strength
45:00-55:00 Auxiliary Strength
55:00-60:00 Cool-down

STRENGTH FOCUS:

- Strength Clusters allow you to lift a weight for a certain amount of reps that you normally would not be able to do if the reps were connected. For today this is 7 reps at 70-77% as singles instead of 7 connected reps

AUXILIARY STRENGTH FOCUS:

- Upper body/Core Accessory Work

THINGS TO NOTE:

- **Strength Clusters:** Creativity beyond the normal strength reps and percentages not only provides more consistent PRs, but it also makes training more fun. This format is simple to implement in class by using the interval timer on your gym clock.
- **Scaling/Modifying Options:** This is another example of a unique option for modifications, versus the normal "if you can't do this, then you always do that" options. The Toes-to-Bar movement works grip and core. Russian Twists are also a grip and core movement. For those members who've spent years flailing around on the rig without progressing because they lack grip and core strength, this is an effective scaling option.

DAY 6: WORKOUT OVERVIEW

HYBRID (CROSSFIT)

General Warm-up

3 rounds:

Iron Crosses
Samson Stretch
Lat Stretch on Rig
Banded Curls
Banded Tricep Extensions

WOD Prep

2-3 Rounds:

10/8 Calorie Row
10 Double Unders/Plate Hops/Single Unders
2 Clean & Jerks

WOD

Partner 16 Rounds For Time:
12/10 Calorie Row
30 Double Unders
5 Clean & Jerks @155/105

*alternate movements with partner

SCORE: Time of completion

STRENGTH & ENDURANCE

General Warm-up

3 rounds:

Iron Crosses
Samson Stretch
Lat Stretch on Rig
Banded Curls
Banded Tricep Extensions

Endurance Prep

2-3 Rounds

10/8 Calorie Row
10 Double Unders/Plate Hops/Single Unders
4 Single DB Hang Clean & Jerks

Endurance

Partner 16 Rounds For Time:
12/10 Calorie Row
30 Double Unders
10 Single DB Hang Clean & Jerks

*alternate movements with partner

SCORE: Time of completion

DAY 6: NOTES

HYBRID (CROSSFIT)

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to WOD
20:00-52:00 WOD
52:00-60:00 Cool-down

WOD PACE GOAL:

28:00-32:00
(1:45-2:00 per round average)

WOD FEEL:

- Steady Eddy or Betty, Delayed Burn
- With the alternating movement format, rounds will alternate back and forth of how they feel, the rounds you do row and clean and jerks will be more of that delayed burn feel, the rounds of just dubs will have that steady state feel

WOD STRATEGY:

- Row should be 45 seconds or less
- Try to stay unbroken on double unders
- Steady singles on Clean & Jerks

EQUIPMENT CONSIDERATIONS:

- First option would be to add Ski as an option (if you have them) if you do not have enough rowers
- Second option would be a 200m Run or a 200yd shuttle if weather doesn't allow being outside
- Bike would provide a pretty different stimulus, 10/7 if you need to do that

INDIVIDUAL OPTION:

- 10 Rounds For Time
- 12/10 Calorie Row
- 25 Double Unders
- 4 Clean and Jerks @155/105
- this time frame will be shorter, around 20:00

WOD LEVELS:

BEGINNER: 10/8 Calorie Row, Line Hops, 75/55
SCALED: 30 Plate hops @45# rubber plate or 40 Single Unders, 135/95, the weight should be around 60-70% of your Clean & Jerk 1rm
Rx+: 165/115
COMP: Unbroken Dubs, 185/125

STRENGTH & ENDURANCE

CLASS FLOW / TIMELINE:

0:00-15:00 General/Specific Warm-up
15:00-20:00 Transition to Endurance
20:00-52:00 Endurance
52:00-60:00 Cool-down

ENDURANCE PACE GOAL:

28:00-32:00
(1:45-2:00 per round average)

SAME FEEL, STRATEGY & EQUIPMENT CONSIDERATIONS AS HYBRID TRACK

INDIVIDUAL OPTION:

- 10 Rounds For Time
- 12/10 Calorie Row
- 25 Double Unders
- 8 Single DB Hang Clean & Jerks
- this time frame will be shorter, around 20:00

ENDURANCE LEVELS:

BEGINNER: 10/8 Calorie Row, Line Hops, 25/15
SCALED: 30 Plate hops @45# rubber plate or 40 Single Unders, 35/20
Rx+: 70/50

THINGS TO NOTE:

- **Individual Option:** As discussed on Day 3, this allows you to choose which day your members do a partner workout each week.
- **Double Under Modification:** Especially in a partner WOD, it's important to find a way for each person to move consistently. Using Double Unders as an example, if one partner can breeze through singles but would get frustrated by constantly whipping themselves with the rope trying doubles, plate hops is a great modification. It increases the heart rate similar to Double Unders, and removes the frustration of one partner needing rest while the other can easily continue.
- **Community Connection:** Combining the Hybrid and Strength & Endurance tracks allows everyone in class to get a great workout, working hard together. Those who love CrossFit can do the barbell Clean & Jerks, while those who just want to breathe and move with some dumbbell work will still have an effective day of training.
- **Simultaneous Tracks:** Take one more look back at both tracks for the week, noticing how the training is designed to allow people to show up to class as much as they want to. We want to make people stronger and fitter without wrecking them. Remember, "The key is helping people break personal records without breaking their bodies."

HERE'S WHAT TO EXPECT WITH BEYOND STRENGTH & ENDURANCE



A CONSISTENT CLASS EXPERIENCE.

Classes shouldn't run over or only have eight minutes of work. Programming too much volume or not enough movement time is unacceptable.



BALANCE IN TRAINING.

Every day, every week, every training cycle should be on purpose and have a progression. Both tracks will cycle through various lifts, however, we will never completely get away from or go extended periods without doing the main movements.



BETTER MEMBER RESULTS.

Programming for longevity means fitter members with less injuries. We're not trying to wreck people. Your gym grows when you have happy members.



CREATIVITY AND FUN.

Training should be fun! Want your members to be consistent and tell all their friends? Creative scaling options and logistics create a kick-ass class experience.



BETTER COACHING EXPERIENCE.

Help your team fall in love with coaching again. GTFOR with "extensive coaches notes." Nobody reads these novels, get the "cliff's notes" version of what you need to know to deliver an awesome class experience.



THE "COOL KIDS CLUB" PERKS.

Beyond has fun perks like an accessory store, workout vault, travel WODs, athlete levels, gym posters and more. Because at Beyond, you're a VIP. And VIPs get perks.