

ISF On Ramp Session Template

On-Ramp: \$99 for 3 one on one sessions to start new athlete. If experienced with CrossFit may not need to do all 3 sessions

Session 1:

Movements of the Day:

Air Squats
Lunges
Med Ball Cleans
Wall Balls
Deadlift

WOD: 8 min AMRAP

8 Deadlifts
8 Wall balls
8 Push Ups
8 Alt. Lunges (4 ea leg)

Review:

Don't Drop Barbells
Always use clips on barbells
Loading the Barbell properly
Unloading barbell properly
Water/ Hydration
Protein
Sleep
Stretch / Roll

Session 2:

Review: Air Squat, Lunges, Med ball Cleans, Wall Balls, Deadlift

Movements of the Day:

Concept 2 Rowing Technique - Legs, Legs/Torso, Legs/Torso/Arms. Also explain the monitor and briefly touch on cadence and drag factor.
Kettlebell Swing
Push Press
Front Squat
Power Clean
Full Squat Clean

WOD:

5 min:
125m Row
10 kb swings
10 db push press

Admin: Answer Athlete Questions

Review:

Time Caps
Start and finish together
Cheer for People
Put Equipment away (but not until last person finishes)

Session 3:

Review: Row, kettlebell swings, shoulder press, push press, front squat, power clean, full squat clean

Movements of the Day:

Push Jerk
Split Jerk
Clean and Jerk
Power Snatch
Thrusters
Pull Ups
Dips
Box Jumps

WOD:

21-15-9
Thrusters
Box Jumps
Ring Rows
(Time Cap 10 min)

Admin: Answer Athlete Questions

Chalk (use and clean up)
Tracking Workouts (SugarWod)
Recovery/ Rest Days
Hand Maintenance
Setting Goals