



3 DAY FOUNDATIONS CLASS

DAY 1

1. Jump Rope

- Grab rope at top handles, keep hands tight to side of body, relax shoulders, minimize arm movement except through wrist
- When jumping stay on ball of feet and minimize knee, focus on only driving through foot

2. SQUAT

- **BILATERAL**

- **Air squat**

- Feet hip-to-shoulder width apart
- Even pressure distributed through whole foot
- Posterior pelvic tilt
- Break at hip, then knee on descent
- Vertical torso
- Drive feet into ground and squeeze glutes as standing

- **No hands front squat**

- Create shelf across collarbone by reaching forward, then elevating shoulder

- **Front rack/squat**

- Rotate hands back into body and keep elbows high

- **Back rack/squat**

- Bar is resting across top delts, shoulder blades squeezed, pull bar down into body

- **UNILATERAL**

- **BW split squat**

- Long split stance
- Focus on driving big toe into ground on front foot for stability
- Vertical torso on descent (elevator shaft), focus on only dropping back knee
- Bottom position knee over heel on front leg
- Weight distribution 66% front leg, 33% back leg



3 DAY FOUNDATIONS CLASS

- Hips and shoulders stay stacked on ascent
- **Reverse lunge**
 - Drive through front leg/hip to stand
- **Forward walking lunge**
 - Focus on taking big steps to reach correct bottom position

3. HORIZONTAL PRESSING

- **Hand release push up**
 - Reach at the top, hands just outside shoulder width
 - Flex quads, posterior pelvic tilt, engage lower abdomen
 - Retract scapula and keep elbows in on descent
 - Drive through whole hand on ascent
- **Bench Press**
 - 5 points of contact: 2 feet, butt, upper back, head
 - Grip just outside shoulder width, wrap thumbs
 - Engage upper back (squeeze scaps together) and lats
 - Lower bar in arching motion to lower chest then drive back up in same path
- **Close grip bench press**
 - Same as above just narrower grip
 - Keep elbows tight
- **Burpee**

4. GYMNASTIC FLEXION MOVEMENTS

- **Sit Up**
- **Kipping/K2E**
- **Hollow & arch hold/rock**
 - Hollow: squeeze quads and abs, point toes, biceps to ears, rock on lower back
 - Arch: squeeze glutes and hamstrings, thigh upper back, point toes, biceps to ears, rock on hip flexors, extend at low back



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- **Foot supported kip swing/K2E**
 - Start in arch position and move to hollow hold position, while holding bar and keeping feet on ground, this will teach your body the positions it should hit during kip swing
 - Start in arch position, propel self backwards using a straight arm push and hip movement, travel back to hollow position, then once come back forward and reach position plant feet to finish rep where you started
 - Same as above just raise knees when reaching hollow position
- **Continuous Kip swing/K2E**
 - Same as above except all reps are performed from hang

5. METCON

- **6-12 AMRAP**
 - 6 Sit Ups
 - 5 Front Squat
 - 4 Hand Release Push Up
 - 3ea Reverse Lunge
 - 2 Burpee



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DAY 2

1. PULLING

- **Romanian Deadlift:** Hip to mid-shin
 - Tight upper back, flat back, keep bar close to body
 - Feet hip width apart, heavy heels/ weight in heels throughout entire movement
 - Slight bend in knees, descend by shifting hips back
 - Bar slides down legs as hamstring stretch/tension increases
 - On ascent drag bar back up leg as squeezing glutes and driving hips forward
- **Good morning**
 - Same as above just bar on back rack
- **Deadlift**
- ***Top down: hip to floor***
 - Same as RDL above except when reach mid shin break at knee until bar reaches floor while keeping hamstrings engaged and weight in heels
- ***Ground up: teaching how to create tension at start off floor***
 - Feet hip width, tight upper back, bar right next to shins
 - Squat to bar, grab just outside of legs
 - Shifts pressure in foot to heels
 - Project hips back until tension in hamstring is created
 - Initially push ground away to begin ascent then drive hip forward to finish rep

2. KB Swing

- Start with feet hip width and the kettlebell on the ground in front of you, pull the KB back into your hip
- The bottom position of the KB swing should be a hinge position similar to a deadlift (hips back and slight knee bend)
- On ascent think about extending legs and snapping hips forward to project kb upward
- The arms are more or less just guiding the kb overhead



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3. VERTICAL PRESSING

- **Z Press:** sit on 3-6 inch box if mobility is restricted
 - Posterior pelvic tilt, engage lower abdomen
 - Grab bar just outside shoulder width with straight wrist
 - Elbows stack underneath wrist
 - Tuck chin
 - Press bar in a slight arching motion back so its finishing position is directly over the base of the neck
 - Slightly drive head back through “window” arms have created
 - Fully lockout elbows and elevated shoulder to fully reach for ceiling at the finish of press
- **Shoulder Press**
 - Same as above except squeeze glutes along with lower abdomen/posterior pelvic tilt prior to initiating the press
- **Push Press**
 - Grip bar just outside shoulder width, with bar resting across collarbone in front rack if mobile enough
 - Perform a controlled 3 inch dip sitting straight down, while maintaining a vertical torso and keeping pressure evenly distributed throughout the whole foot
 - On ascent, drive straight up after the hips extend press the bar till lock out - follow the guidelines from above
- **HS Hold - off box/against wall**
 - Stack hips over shoulders over hands and maintain a neutral spine & head position
- **Wall Walk**
 - Same as above, take small steps with hands gradually working way towards wall

4. GYMNASTIC PULLING MOVEMENTS

- **Ring Row**
- **Kip Swing/Pull Up**
- **Hollow & arch hold/rock**



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- Hollow: squeeze quads and abs, point toes, biceps to ears, rock on lower back
 - Arch: squeeze glutes and hamstrings, thigh upper back, point toes, biceps to ears, rock on hip flexors, extend at low back
- Foot supported kip swing/Pull Up
- Start in arch position and move to hollow hold position, while holding bar and keeping feet on ground, this will teach your body the positions it should hit during kip swing
 - Start in arch position, propel self backwards using a straight arm push and hip movement, travel back to hollow position, then once come back forward and reach position plant feet to finish rep where you started
 - Same as above just extend hip to propel self upward when reaching hollow position and pull to get chin over bar, once chin goes over bar push self back away from bar to travel in same arching motion on way down as did on way up
- Continuous Kip swing/Pull Up
- Same as above except all reps are performed from hang

5. METCON

- **6-12 AMRAP**
- 6 Ring Row
 - 5 Deadlift
 - 4 Push Press
 - 3 Front Squat
 - 2 HR Push Up



3 DAY FOUNDATIONS CLASS

DAY 3

1. Box Jump

- Start tall on dip phase keep weight dispersed evenly throughout whole foot, hips will go back as knee slightly bend
- On ascent think about pushing feet into ground and aggressively extending hips forward
- Land soft on the box, with hips back and feet flat

2. CLEAN

- **Position 1 (mid-thigh) Clean (power/squat)**
 - Grip bar just outside of legs, knuckles down elbows out, tight upper back
 - Perform jump, then shrug from power position (position 1)
 - Same as above, except high pull, keeping bar close to body, pulling up shirt
 - Same, except perform catch by scooping elbows through at top of high pull
 - Try to have bar land in front rack at the same time as feet hit ground, moving feet fast is key
 - Catch position should be very similar to power position, hips back, slight bend in knee, feet shoulder
 - To progress to squat have athlete catch in power, pause briefly then perform squat from that foot position, will also teach them to not jump to wide
 - - *May just end staying at position 1 with client*
 - - *PVC for all movements above then switch to barbell and work back through*
- **Position 2 (above knee) Clean (power/squat)**
 - Slide bar down from mid thigh to top of knee by shifting hips back
- **Position 3 (below knee) Clean (power/squat)**
 - Slide bar down from top of knee to mid shin by breaking at the knee
- **Clean Pull w/ Pause at Position 1,2, & 3**



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- Start in position 1@mid thigh, slide the bar down thigh as hips go back until bar reaches position 2@above knee, then break at knee as bar slides down leg past knee to position 3@mid shin
- Then on ascent shift knee back as bar slides up leg from position 3 to position 2, torso angle should not change during this portion of the pull
- As bar slides up leg from knee to mid thigh, think about having a big chest

3. SNATCH

- **Position 1 (hip) Snatch (power/squat)**

- Grip bar just outside of legs, knuckles down elbows out, tight upper back
- Perform jump, then shrug from power position (position 1)
- Same as above, except high pull, keeping bar close to body, pulling up shirt
- Same, except perform catch by punching bar to ceiling at top of high pull
- Try to have bar land overhead locked out at the same time as feet hit ground, moving feet fast is key
- Catch position should be very similar to power position, hips back, slight bend in knee, feet shoulder, head through window, bar over base of neck
- To progress to squat have athlete catch in power, pause briefly then perform squat from that foot position, will also teach them to not jump to wide
- - *May just end staying at position 1 with client*
- - *PVC for all movements above then switch to barbell and work back through*

- **Position 2 (above knee) Snatch (power/squat)**

- Slide bar down from mid thigh to top of knee by shifting hips back

- **Position 3 (below knee) Snatch (power/squat)**

- Slide bar down from top of knee to mid shin by breaking at the knee

- **Snatch Pull w/ Pause at Position 1,2, & 3**

- Start in position 1@mid thigh, slide the bar down thigh as hips go back until bar reaches position 2@above knee, then break at knee as bar slides down leg past knee to position 3@mid shin



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- Then on ascent shift knee back as bar slides up leg from position 3 to position 2, torso angle should not change during this portion of the pull
- As bar slides up leg from knee to mid thigh, think about having a big chest

4. Jerk

- Power jerk

- Grip bar just outside shoulder width, with bar resting across collarbone in front rack if mobile enough
- Perform a controlled 3 inch dip sitting straight down, while maintaining a vertical torso and keeping pressure evenly distributed throughout the whole foot
- On ascent drive straight up, after the hips extend move your feet as you are pressing the bar to lockout
- Try to time the bar lockout overhead with your feet hitting the ground on the catch
- The catch position should have the feet roughly shoulder width, hips back with a slight knee bend, and the bar over the base of the neck
- Once bar is in control overhead stand extend legs to finish rep

- Split Jerk

- Same as above except on catch, you split one foot forward and back to land in a split stance
- Prior to performing the split the athlete must figure out which leg is dominant and will be going forward
- Split distance will be the same forward and back, as you split try to add a bit of width to your stance, and have a bend in each knee, so the bottom position of the catch looks like a partial lunge
- On Recovery bring back front foot first, then back forward, then front to even up with back foot and extend legs to finish rep

5. Metcon

- 6-12 AMRAP
- 6 Hang Clean
- 5 Sit Up (knee Raise)
- 4 Push Press
- 3 Ring Row
- 2 Hang Snatch



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