



8 Week Crossfit Program

Designed by Primal Performance

Primal

Warm Up

This is a general warm up that will get you ready for most anything. However, if you have a specific area that needs extra attention (i.e. returning from injury, rehabbing an injury or just chronically tight) our performance coaches would be happy to help you out and design something extra for you.

1

TO GET THE BLOOD MOVING

- 500m row or 3min run at 5% incline

2

DYNAMIC MOVEMENTS

- 20m side shuffle (each side)
- 20x (each) high knees, butt kicks, leg swings each leg, hops

3

MUSCLE ACTIVATION AND RANGE MOVEMENT

2 rounds of:

- 15 squats (hands on heads)
- 10 push-ups (2 seconds down 2 seconds up)
- 10 TRX rows
- 30s side plank (each side)
- 30s static hang from bar

Important

Make sure to email trainprimal@primalperformance.ca about major questions you have with the program. Refer to the Primal Performance exercise library on YouTube for videos of each movement. Never sacrifice form for more weight or more speed. That will come with time. We have always liked the motto "Slow is Smooth, Smooth is Fast"

Crossfit Program

Week 1

Notes: On the last set of each strength lift you need to perform as many reps as possible until technical failure.

	TYPE	STRENGTH	CONDITIONING / ACCESSORY	MIDLINE/MOBILITY
Monday	Strength	<ul style="list-style-type: none">- 3x5 Deadlift (75, 80, 85% sets of 5)- 3x5 Strict press (75, 80, 85% sets of 5) 4 Rounds: <ul style="list-style-type: none">- 5 GHD raises- 10 Behind neck snatch grip press	3x3mins AMRAP: <ul style="list-style-type: none">- 10 Box jump overs- 10 Push-ups- 10 Push-ups- 10 KB swings- (3min Rest)	3x60s Plank w/ 45lb + 25lb plate on back
Tuesday	Oly	Every 90s for 15mins: <ul style="list-style-type: none">- 5 Snatches (full)- On last snatch, 5 OHS	3 Rounds: <ul style="list-style-type: none">- 5 Rope climbs- 15 Shoulder to OH (95/55)- 15 OHS (95/55)	Mobility choice
Wednesday	Strength	<ul style="list-style-type: none">- 3x5 Back squat (75, 80, 85% sets of 5)- 3x5 Bench press (75, 80, 85% sets of 5) 4 Rounds: <ul style="list-style-type: none">- 20 Lunges- 3s Tempo ring dips (in each phase)	12min AMRAP: <ul style="list-style-type: none">- 6 Gound to overhead (135/95)- 12 Overhead back step lunges (45/25)- 20 dubs	4x60s Farmer carry heavy as possible
Thursday	Oly	<ul style="list-style-type: none">- 12min to build up to a heavy 3 rep power clean- (Rest 5 mins)- 12min to build up to a heavy 3 rep push press	3 Rounds: <ul style="list-style-type: none">- 60s Row for cals- 60s Box jumps- (2min Rest)- 60s 80% Shuttle run- 60s Burpee box jumps- (2min Rets)	Mobility choice
Friday	Recovery/Gymnastics/Body	<ul style="list-style-type: none">- 4x8 Front squat- 4x8 Pendlay row 5 Rounds (not for time): <ul style="list-style-type: none">- 6 Turkish get-up- 12 Single arm KB swings	Body Sculpt (see appendix A)	
Weekend	Rest			