

THE PROGRAM

The BOX Program Sample day

Training 1 Summary

TIMELINE:

Min 0: Whiteboard brief

Min 3: Warm up

Min 8: Teaching positions/Skill development

Min 15: Weightlifting/Strength

Min 35: Pre workout brief

Min 45: Workout begins

Min 55: Cool down

Equipment needed:

Pair of dumbbells

Barbell & Bumpers

Rack (Front squats, TTB)

Assault bike (Competitor +)

Useful videos:

Squat warm-up [Video](#)

Front squat warm-up [Video](#)

TTB warm up [Video](#)

Training 1

Warm up:

4 rounds of:

5 Burpees

5 DB Goblet good mornings (*DB in front rack*)

5 DB Goblet squats

5 Kip swings

Weightlifting/Strength:

Front Squat

1. Build to a heavy technical 4RM.

2. Drop down to 60% and complete 20 reps in as few sets as possible.

CrossFit:

9 min AMRAP:

9 Thrusters, 25-45kg

9 Burpee over bar

9 TTB / [Knee to chest](#) / [Sit ups](#)

Competitors+

Conditioning:

Death by AB:

Do 3 cal on the 1st min

*Add 3/2 cal every minute

The workout ends once you can't complete the calories within the minute any more.

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Workout goals

The first part of the session will focus on basic strength, building to a 4RM front squat followed by strength endurance (20 FS). Prioritise quality over quantity and fight for good positions through both parts.

The goal for the **CrossFit** workout is to have members moving with minimal rest at an intense but manageable pace.

The **Competitors +** group today are meant to go hard and empty their tank. The first minutes will be easy but as soon as they advance through the workout they will need to go faster to have some time to rest and finish the calories.

Coaches note

The focus for the **4RM front squat** shouldn't be to find a lifetime 4RM but to find a heavy set with technical good form. Keep the chest up and no "broken backs". For members that are moving well you can allow them to increase weight and push boundaries.

For those of your members that lack sufficient mobility to maintain good positions throughout the movement we would recommend you to put a couple of fractional plates under their heels to reinforce correct movement pattern.

For the **Crossfit** session make sure members choose weights and scaling options appropriate to their level so they can keep moving through the workout. All movements should ideally be performed unbroken. For members that almost have TTB you can have them do legs to 90+ degrees to practice the timing and movement.

Competitors + have a high intensity piece, so make sure they go into this piece warmed up and that they rest the required time.

Specific movement preparations:

Front squat warm up:

5 min Mobility [Video](#)

Examples within the video if needed.

2 rounds with empty barbell:

5 Front squats, slow down, fast up

5 Front squats, slow down, 3 sec pause in the bottom, fast up

5 Front squats, one and halves

TTB

Use this progressions as warm up and to ensure each member knows which movement should perform during the workout.

2x 1 Jump to Hollow + 3-5 Kip swings [Video](#)

5 Straight leg swings

5 TTB

**Bare in mind that over coaching the movement can make you run out of time, the priority is to get the members ready for the workout.*