

Bell City CrossFit -- Fundamentals Syllabus (2-Class, Group)

Fundamentals Class 1

What is Crossfit?

- Constantly Varied: Time Domain & Modalities → Gymnastics, Monostructural, Weightlifting, Power-Lifting
- Functional Movement: sit to stand, properly pick something up, stand up from the floor
- Relative High Intensity
 - Perspective: Technique → Consistency → Intensity

MAIN MOVEMENTS: SQUATS

[Air Squats](#)

[Front Squat](#)

[High Bar Back Squat](#)

[Overhead Squat \(aka OHS\)](#)

MAIN MOVEMENTS: Shoulder to Overhead (S2OH)

[Press](#)

[Push Press](#)

[Push Jerk](#)

[Split Jerk](#)

Supplementary Movements

[Wall Ball](#)

[Hollow Hold](#)

[Situps](#)

Knee Raises / [Toes to Bar](#)

[Burpee](#)

[Reverse Lunges](#)

[Push-Ups](#) (elevated/banded)

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Fundamentals Class 2

MAIN MOVEMENTS: HINGE + Hip Extension / Power

[Deadlift](#)

[Med Ball Clean](#)

[Power Clean](#)

[Power Snatch](#)

*[Hook Grip](#)

Gymnastics

[Pull-Ups](#)

[Kipping Pull-Ups](#) - Buy in to kip: Have 2-3 Strict Unassisted Pull Ups first (prerequisite shoulder strength)

[Jumping Pull-Ups](#) - Use these as a scale for kipping pull ups.

[Ring Rows](#)

[Toes to Bar](#)

[Hanging Knee Raise](#)

Supplementary Movements

[Box Jump](#)

[Rowing](#)

[Single Unders](#)

[Double Unders](#)

[Kettlebell Deadlifts](#)

[Kettlebell Swings](#)

[Dumbbell Thruster](#)

EXIT LECTURE

[Other CrossFit Exercise Demos](#)

[CrossFit Terminology Glossary](#)

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Journaling:

Download ZenPlanner Member app. Qualitative and quantitative data. Informative and affirmative.

Reserve Classes via the Member app within 72 hours of class time. Cancel > 3 hours of class time.

Recovery/Soreness:

To Recover Well/Minimize Soreness - Nutrition, Hydration, O2, Sleep, Movement.

Remember:

- Leave your ego outside of the box
- Full Range of Motion (ROM)
- The importance of scaling workouts (Movement, Weight, Volume)
- Core to extremity: All good movement starts in the core and radiates out to the extremities.
- Technique: Mastering basics, before adding intensity to any movement, will lead to better performance in the long run.

Our common movement themes

1. Staying on your heels
2. ROM
3. Active shoulders
4. Midline stability

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