

The NorCal On-Ramp: Part II, Curriculum

The following is the curriculum for the NorCal Strength & Conditioning / CrossFit NorCal On-Ramp program introduced in the last issue.

WELCOME and INTRODUCTION

“The emphasis of the On-Ramp is on skill development and exposure to our basic movements. It is designed to prepare you to enter our ongoing group classes. We are going to be hammering technique—both to ensure your safety—and success at the next level.”

- We will introduce you to technique and mechanics first, then intensity.
- We will be showing you movements that begin with the relatively non technical and progressively more technical.

- It's important that you are here for each of the 12 sessions as these movements build on one another.
- There will be a workout at the end of each day which will get progressively more challenging as the course progresses.
- The difficulty of these workouts is ultimately in your hands...the degree that you push yourself will determine how much suffering goes on. The class is called “On Ramp” for a specific reason...we want to ramp you up to the level of intensity and output that is inherent in our group classes.
- Shifts in body composition are one of the most motivating ways to measure success. We highly encourage you to take “Before” pictures at the beginning of the On-Ramp class.



DAY	Skill Review	New Skills	WOD
1		DROM (dynamic range of motion) Squat Body Row Push-up	200M run 15-12-9 squat/pushup/body row 200M run
2	Squat	Dead lift Standing press and Push press w/ PVC	10! Med ball dead lift Push press with PVC
3	Dead lift	Rower Thruster	Row 200M 10 thrusters Time each interval (one person rests while partner goes) 3 times each (approx 3 min rest)
4	Dead lift	Kipping Jumping Pull-ups Walking lunges	Run 200m Lunge 30 ft 10 jumping pull-ups 3 rounds
5	Standing press with PVC	Shoulder mobility circuit Standing press out of rack Knee to elbow progression	3 rounds of: 300 M Row 5 KTE 10 dumb bell push press One groups will rest while 2 nd group goes for each round
6	Standing press out of rack	Wall Ball Foot clamp on rope	5 rounds for time: 7 wall ball 7 pushup 7 body rows OR 5 rounds for time 10 wall ball 5 pushup

7	Dead lift, start with PVC series Walking lunges	Kipping pull-up	Chipper: 2 heats with stagger start Run 400m 15 lunges on each leg 15 body rows 15 thrusters 15 KTE Row 400m
8	Standing press out of the rack	Burgener WU Dumb ball cleans Sit-ups	10! Dumb ball hang power clean/sit up
9	Kipping Burgener WU Push ups	Partner ball drills Back Squat	3 rounds for time: 400M Run 15 Push ups
10	Rope Climb Burgener WU Lunge	Back Squat Dumb bell Snatch Russian lunge	Rounds in 10 minutes 10 dumb bell snatch Russian lunge 25 ft
11	Foot clamp on rope	Back squat Rope lowers Kettlebell swings	200M run 20-15-10 kb swings 2 rope lowers
12	Dead lift Kip/pull-up		Repeat Day 1 WOD: 200M run 15-12-9 squat/pushup/body row 200M run

DAY 1:

Trainer A	Trainer B
Welcome and Intro & WU	Verbal explanation of squat, body row and push-up (trainer A does demo)
PRE-WOD explanation, and timing	Records names/times during WOD
Cool Down discussion	Stretching

General Welcome and Introductions

WU: 200 Walk/Jog for warm-up, and arm circles and kicks.

Introduce: Squat ...Explain movement and demo. Group practice—assess and give feedback. Emphasize:

- Feet under shoulders,
- Weight in heels, first movement is hips back
- Low back curve maintained
- Posture: chest up, eyes forward, neutral neck
- Depth below parallel
- Arms can be out in front to counterbalance
- Full hip extension

If good to go:

Skill practice – drill team style--We say down...clients squat.

Take them up to 10, correcting and adjusting people's form as needed

Introduce: Body Row...Explain progression of strength and skill to achieve a pull-up. It all starts with good movement in a body row. Trainer demos the following: Bodyrow – basic & advanced, Eccentric pullup, Kipped pullup

Have clients practice a few body rows and give feedback. Emphasize:

- Squeeze shoulder blades together
- This is not an arm curl
- Torso is rigid, no bouncing out of the bottom
- Dramatic anterior and posterior scapular movement
- Controlled eccentric recovery—not a rapid drop.

Everybody will do body rows in workout to help strengthen the connective tissue (even if a client can already do pull-ups).

Introduce: Pushup...Demo perfect push-up, and push-up progression alternatives. Emphasize:

- Head/neck alignment: cue eyes looking slightly forward.
- Low back in neutral position: cue pull low back up, tight through core.
- Full depth and extension: cue chest and thighs must touch, and full lock out of elbows.
- Have clients practice full push-ups—assess to determine appropriate scaling.

WOD

200M run
15-12-9
squat/pushup/body row
200M run

Stretching sequence: hip flexors, and hamstrings on the box, straddle, shoulders, ankles & Achilles

Cool down discussion: Nutrition....BREAKFAST...quality protein and fat. That is HW....good breakfast each day this week. TAKE BEFORE PICTURES.

Day 2

Trainer A	Trainer B
WU, Squat Review, Shoulder dislocate introduction	Verbal explain/Introduce DL, med. ball DL, Standing press with PVC, Push Press (trainer A demos)
PRE-WOD explanation, and timing	Records names/times during WOD
Cool Down discussion	Stretching

Inquire about soreness. Talk about connective tissue—and upper body soreness from body rows.

WU: 200 jog and DROM (arms circles and kicks all 3 directions).

Review: squat (just a quick 10-15 squats...enough to check on form).

Introduce: shoulder dislocates with PVC.

- Cue active shoulders, long arms (no bent elbows), open chest

Introduce: dead lift with PVC—emphasize start position/set up and then practice technique with PVC.

- Talk through set up and only have client lift on trainers OK.
- Cue weight on heels, good lumbar curve, long arms

Practice using 35# and 55 # bar – rotate everyone through – emphasize start position/set up.

Introduce: Med ball dead lift—and discuss lifting odd shaped objects

Introduce: standing press start position – get everyone set up with PVC

- Cue active shoulders in overhead position.

Introduce: push press with PVC.

- Emphasize 'dip and drive'...quick pop to full extension with active shoulders
- Pushing up, not forward (head and chin slightly forward in finish position)

WOD

10!

Med ball dl

Push press with PVC (If client is strong and mobile, load with dumbbells appropriately)

Stretching Sequence: Hamstrings on box, glute stretch on mat, shoulders on wall

Cool Down discussion: Omega-3s...Fish oil stimulates blood circulation:

- lowers blood triglyceride levels
- reduces the risk of heart attack
- reduces the risk of dangerous abnormal heart rhythms
- reduces the risk of strokes
- slows the buildup of atherosclerotic plaques
- lowers blood pressure
- reduces stiffness and joint tenderness

Day 3

Trainer A	Trainer B
Introduce Rower (trainer B demos), DROM	Review DL, Verbally explain thrusters (trainer A demos)
PRE-WOD explanation, and timing	Records names/times during WOD
Cool Down discussion	Stretching

DROM: Inquire about breakfasts....during warm-up

Introduce: Rowing Technique...Trainer demo how to get in, generally row...and how to safely exit.

- Emphasize tall chest/shoulders and extending legs prior to pulling with arms, then returning arms prior to bending knees/returning seat

Have clients row a 500 to practice—trainers evaluate and give feedback.

Review: Dead lift--quickly demo to review, then clients can practice with 35# and 55# bars.

- Be critical on set up—and review with PVC if necessary.

Introduce: Thrusters. Explain and demo (combo of squat into a push press). Emphasize full depth and full extension, with active shoulders (head pushes through)

- Cue high elbows, drive through heels, full extension of hips for power

WOD

3 rounds:

Row 200M

10 thrusters

Time each interval (one person rests while partner goes)

3 times each (approx 3 min rest)

Stretching Sequence: Hip flexors and quads on corner of mat, hamstrings with a strap, straddles.

Cool Down Discussion: Gluten Free...what that means and why? Review HW of eating a quality breakfast...no grains...just protein and fat.

TAKE PICTURES TO POST ON LINE!

Day 4

Trainer A	Trainer B
Warm-up on Rower, DROM	Verbally introduce Kip (Trainer A demos)
Review DL	Verbally introduce Jumping pull-ups and lunges (Trainer A demos)
Pre-WOD explanation, timing of WOD	Record names and times during WOD
Cool Down discussion	Stretching

WU: 500 Row (review technique if necessary), DROM

Introduce: Kip

- On ground first—superman/back extension position with PVC in hand to help get body in correct extended position.
- On bar—push head through then pull-back—movement generated from chest and shoulders, not in legs or hips.

Review: Deadlift...modify and add weight. 55# and 65-75#

Introduce: Jumping Pull-up

- Using rings, or boxes on the bar—set up each client in an area.
- Emphasize full extension of arms at bottom of movement and pulling to arm-pits at top of movement.
- Use legs...not just a pull of the arms.

Introduce: Walking lunges

- Long steps, with knee staying above heel--not traveling over toe.
- For balance—step slightly to the right or left of center and turn toe slightly out.
- Full depth—knee should nearly contact ground each step, and then come to a full stand as moving to next forward step.

WOD

Run 200m
Lunge 30 ft
10 jumping pull-ups
3 rounds

Stretching Sequence: Hamstrings on the box, hanging from the rings, ITB band (drop leg across body—while lying flat), shoulders.

Cool Down Discussion: Food logs...grocery shopping email. Also—discuss the impact of gluten.

Day 5

Trainer A	Trainer B
Warm-up on Rower, DROM, Introduce shoulder mobility circuit, and then review standing press with PVC.	Verbally introduce standing press out of the rack. (Trainer A demo)
Verbally introduce KTE (Trainer B demo)	Pre-WOD explanation, timing of WOD
Record names and times during WOD	
Stretching	Cool Down Discussion

WU: 500 Row, DROM

Introduce: Shoulder mobility circuit

- 5 over head pass through with PVC with active shoulders
- 5 overhead squats with PVC
- 5 kips on bar

Review: Standing press with PVC. Emphasize:

- Shoulder blades pulled together in the back
- Pull head back slightly
- Full extension of arms with active shoulders.

Introduce: Standing press-- taking a bar out of the rack. Emphasize:

- Body becomes rack by allowing bar to lay across deltoids and collar bone
- Split leg (versus feet side by side) stance under the bar on the rack
- High Elbows (wrist/forearm flexibility may be an issue)
- Step out of rack, readjust grip, feet in hip width stance.
- Drop elbows and pull shoulder blades together to prepare for press.

With 15# trainer bar, have each client practice taking bar out of the rack, do 5 standing press, and return bar to rack.

Introduce: Knee to elbow (KTE)...demo progression: full shin to bar, knee to elbow, knee to chest and knee to waist. Emphasize:

- Solid grip
- Keeping long arms and not bending elbows in process.
- Pulling down on bar (similar to kipping motion)
- Keeping head in neutral position and not throwing it back at top of movement.

Have clients experiment with the different progressions of this skill.

WOD

3 rounds of:
300 M Row
5 KTE
10 dumb bell push press

One groups will rest while 2nd group goes for each round

Stretching Sequence: Hip flexors on mat, Glutes on mat, straddle, Achilles, try bridging

Cool Down Discussion: What are we eating for breakfast? How many folks have eating only protein and good fat since we started 10 days ago? Talk about Work to Rest Ratio.

Day 6

Trainer A	Trainer B
Warm-up with a 400 run, DROM, shoulder mobility circuit	Verbally introduce Rope lower and foot pin (Trainer A demo)
Review standing press out of the rack. (Trainer B demo)	Introduce Wall Ball (Trainer A demo)
Pre-WOD explanation, timing of WOD	Record names and times during WOD
Stretching	Cool Down Discussion

WU: 400 run/walk, DROM and Shoulder mobility circuit

Review: Standing press out of the rack, with some load—25#-35#

- Cue safe bar removal from rack—and safe return
- Active shoulders—and solid core (no ribs pushing forward)

Introduce: Wall ball...demo and explain. Emphasize:

- Full depth to “fanny target”.
- Use power from hip extension to generate force through arms to ball
- Accuracy and rhythm are key to efficiency.

Introduce: Rope lower/foot pin. Explain safety reason for foot pin (climb up and become fatigue—foot pin can save your arms—and you can safely return to ground). Emphasize:

- Rope on outside of foot and inside of knee
- Capture rope between sole of top shoe and laces of bottom shoe
- If feet are side by side—foot clamp is less solid.
- To recover, slide top foot to the side—and this allows you to control tension and speed of decent.

Have clients practice on rope several times. Trainer can help by holding rope in place to generate correct foot clamp.

WOD

5 rounds for time
7 wallball
7 pushup
7 body rows

OR

5 rounds for time
10 wall ball
5 pushup

Stretching sequence: Lying on mat series (hamstrings, ITB band, glutes), stretch wrists and shoulders, review bridging

Cool Down Discussion: How to eat out? Restaurants that have good choices, and restaurants that will modify...and how to modify.

Day 7

Trainer A	Trainer B
500 Row, DROM, shoulder mobility circuit	Verbally introduce kipping pull-up and pop-offs (Trainer A demo)
Review DL	Review all WOD skills.
Pre-WOD explanation, timing of WOD	Record names and times during WOD
Stretching	Cool Down Discussion

WU: Row 500-1000, DROM circuit and shoulder mobility

Review: Dead lift. Start with PVC lifting series then move to the bars. Should be lifting between 35# and 75#. Be super critical on form—and go back to lighter weight.

Introduce: Kipping pull up. Demo 'pop-offs' and describe how to generate force from shoulder joint. Demo knee drive and hip extension and describe how that adds the 2nd piece of momentum needed to do kipping pull-up.

Have clients practice kipping and negative pull-ups as appropriate. Emphasize:

- Long legs during kipping.
- Put force on bar by trying to pull shoulders as high as possible in back part of kip.
- If time permits—demo and practice hip opening exercises on mat to encourage hip extension for power.

Review: Walking Lunges

- Long steps, with knee staying above heel—not traveling over toe.
- For balance—step slightly to the right or left of center and turn toe slightly out.
- Full depth—knee should nearly contact ground each step, and then come to a full stand as moving to next forward step.

WOD

Chipper: 2 heats/stagger start if needed

Run 400m
15 Walking lunges
15 body rows
15 thrusters
15 KTE
Row 400m

Stretching sequence: Hip flexor and quad sequence on mat, shoulders, and hanging from the rings

Cool Down Discussion: Two weeks into this—time to make adjustments to lunch. Keep breakfast the same (quality protein and fat)...transfer those skills to lunch!

Day 8

Trainer A	Trainer B
400 run, DROM, shoulder mobility circuit	Introduce some form of Burgener warm-up (can be simplified)
Review Standing Press out of rack	Introduce Dumb bell cleans (Trainer A demo)
Demo/introduce Sit-up, Pre-WOD explanation, timing of WOD	Record names and times during WOD
Stretching	Cool Down Discussion

WU: 400 run/walk, DROM

Review: Standing press out of the rack. 3 sets of 5 at appropriate weight (25#-45#).

Introduce: Dumbbell hang power cleans. Demo each step and have clients perform each step before moving to the next. Take clients through each step without weight, then add weight...connect movement to Burgener Warm-up with PVC. Emphasize:

- Begin with just jumping up and landing—encourage loose arms, and letting shoulders shrug naturally.
- Go through motion without any weight—then add dumbbells.
- Look for full hip extension, and big shrug.
- NO bicep curls!

Introduce: Sit up on the mat. Emphasize:

- Hooking ankles to increase use of hip flexors and hamstrings
- Drive arms up for momentum and to increase turn-over.
- Head must touchdown in the back of each sit up and chest must touch knees in the front.

WOD

10! Dumbbell clean/sit up

Stretching Sequence: On stomach—press up to stretch abs after sit ups, hamstrings on the box, hip flexors on the box, shoulders against wall, and Achilles.

Cool Down Discussion: Struggles and making both breakfast and lunch quality meals....talk about meal ideas and ways to make quality food portable.

Day 9

Trainer A	Trainer B
500-1000 Row, DROM, shoulder mobility circuit	Introduce partner ball drills
Introduce Back Squat (Trainer B demo)	Review kipping and kipping pull-ups
Pre-WOD explanation, timing of WOD	Record names and times during WOD
Stretching	Cool Down Discussion

WU: Row 500-1000, DROM, Shoulder mobility circuit

Introduce: Partner medicine ball drills. Soccer throw-in, shot put, trunk rotation, knee to step through.

Introduce: Backsquat. Discuss the difference between a CrossFit squat (hips back) and an Olympic lifting squat (hips sit between feet). Emphasize:

- Safely removing and returning bar from/to rack
- Tall chest
- Weight pushing through heels
- Lock breath in for stability
- Depth = hips below knees
- Safely dumping the bar

Review: Kipping and kipping pull-ups

WOD

3 rounds for time:
400M Run
15 Push-ups

Stretching Sequence: Hamstring/ITB series with strap, shoulders on the wall, wrists, bridging

Cool Down Discussion: Options for after the 'On-ramp' class. PASS OUT REFERRAL POST CARDS

Day 10

Trainer A	Trainer B
400 Run, DROM, shoulder mobility circuit, and simplified Burgener WU	Review pull-up and introduce hip over technique on mats
Review Back Squat	Introduce Dumb bell snatch
Pre-WOD explanation, timing of WOD	Record names and times during WOD
Stretching	Cool Down Discussion

WU: Run/walk 400

Review: Pull-up or rope climb techniques. For those clients that are ready--take them through hip extension series on the mats---to help encourage hip opening during pull-up.

Review: Back squat

Introduce: Dumbbell snatch. Demo and explain. A snatch uses some similar mechanics as a clean (hip extension and shoulder shrug), but the weight is moving from the floor to over head...versus a clean that is just lifting to shoulder height.

Have clients practice without weights—and then add dumbbells. Emphasize:

- Progression of movement.....core to extremity.
- Full hip extension
- Keep weight close to body
- Lock shoulder out on the top (ACTIVE!)

Introduce/Review: Russian lunge. Review the regular lunge, and introduce the Russian lunge. Demo the torso twist toward the front leg—holding weight at chest level.

WOD

Rounds in 10 minutes:
10 dumb bell snatch R
Russian lunge 25 ft
10 dumb bell snatch L
Russian lunge 25 ft

Stretching Sequence: Hamstring series and glute/hips on box, Achilles stretch, shoulders.

Cool Down Discussion: Making dinner happen.... we've done breakfast, we've progressed to lunch... now how to make it work happen.

Day 11

Trainer A	Trainer B
500-1000 Row, DROM, shoulder mobility circuit	Review Rope climb/lower/foot clamp
Review Back Squat	Introduce swings
Pre-WOD explanation, timing of WOD	Record names and times during WOD, and lead clients in the Finisher
Stretching	Cool Down Discussion

WU: Row 500-1000, DROM, Shoulder mobility circuit

Review: Rope climb and foot clamp. Practice rope lower and climb—even if clients have a rope climb.

Review: Back squat

Introduce: Kettle bell swings. Demo and explain. Practice without a kettle bell—just using hands as the weight. Emphasize:

- Hips back as first movement
- Keep torso as upright as possible (don't let weight pull chest down)
- Keep arms long—and use full hip extension to generate force versus pulling with elbows.

Have clients practice with light kettle bell—and ease them from swinging just to shoulder height—then to forehead height, then all way straight overhead.

WOD

Team workout: Teams of 3 at least

3 rounds:

30 kb swings

6 rope lowers

OR

200M run

20-15-10

kb swings

2 rope lowers

Finisher: ½ round of Tabata sit-ups, and ½ round of back extensions on mat.

Stretching Sequence: Hip flexor and glute series on the mat, hanging off the rings, shoulders on the wall

Cool Down Discussion: Making food work when you have a family or spouse that doesn't eat the same.... possible recipes...

Day 12

Trainer A	Trainer B
500-1000 Row, DROM, shoulder mobility circuit	Review pull ups, kipping pull ups
Review DL	Pre-WOD explanation, timing of WOD
Record names and times during WOD	Cool Down Discussion
Stretching	After photos

WU: Row 500-1000, shoulder mobility circuit.

Review: Dead Lift, with appropriately loaded weight

Review: Kipping and Pull-ups

WOD

200M run

15-12-9

squat/pushup/body row

200M run

Compare times from first day!

Stretching Sequence: Hip flexor series on the mat, glute stretch, straddle and shoulders.

Cool Down Discussion: Signing up for group classes. Final thoughts on food.