

DEMONFIT



BEGINNER'S GUIDE

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Demonfit Programming and its Goals

Broad Fitness

- Demonfit has two separate programming methods meant to develop athletes in different ways. Broad fitness and Sport Specific.
 - **Broad Fitness** – is based on the programming of CrossFit. CrossFit is a core strength and conditioning program. We have designed our program to elicit as broad an adaptational response as possible. This is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.
 - The CrossFit Program was developed to enhance an individual's competency at all physical tasks. Our athletes are trained to perform successfully at multiple, diverse, and randomized physical challenges. This fitness is demanded of military and police personnel, firefighters, and many sports requiring total or complete physical prowess. CrossFit has proven effective in these arenas. Our athletes are trained to bike, run, swim, and row at short, middle, and long distances guaranteeing exposure and competency in each of the three main metabolic pathways.
 - This program is recommended for anyone not training for football or a similar contact sport.
- *"Trainers and civilians needs are more akin to the firefighter, cop and soldier than they are to the elite athlete. The reason being, you don't know what gameday will look like, you don't know when it will occur and you don't know what the stressor will be, you just don't know."* Coach Greg Glassman

Sport Specific

- **Sport Specific** – is based on the programming of CrossFit Football. CrossFit Football is a strength and conditioning program designed for football players and participants in contact sports. We use organic functional movements performed at high intensity to simulate the demands placed on an athlete during a football game. Football is a game of seconds and inches.
 - CrossFit Football knows the demands placed on players during the game and the distances they will have to travel. With this in mind, we can replicate the stresses and situations a player will face on the field. By combining high intensity movements with a comprehensive strength and speed program, the result is a training program that is unparalleled in the industry.
 - The CrossFit Football program is designed to work for all players regardless of age or experience. The loads, distances, times, intensity, and programming can be scaled, and the program has been designed to meet the needs of athletes at all levels of training advancement.
- *"For football, we know the demands; football is a game of inches and seconds. We know that timeframe and scale, and we know when, where, and how game day is played. Knowing this, we can precisely prepare for the demands of the sport. What we cannot control is the player's talent: his instincts, and his ability to react to stress, pressure, and the opponent. We know what weapons we need in our arsenal and we will know when and how to use them. Optimum training results in optimum performance, and the optimally prepared athlete is in the position to make the best use of his talent, and thus to fulfill his potential as a player." John Welbourn*

Types of Exercises

- We employ 4 basic types of exercises. Weight Lifting, Gymnastics, Plyometrics and Monostructural Exercise.
 - **Weightlifting** – External object control. This includes: deadlift, squat (several variations), clean, snatch, and press (several variations).
 - **Gymnastics** – Body control movements. This includes: air squats (squat variations with no weight), push-up, pull-up, sit-up, glute/ham raises, and ring exercises.
 - **Plyometrics** – Explosive movements in which the muscle is loaded and contracted in rapid sequence. This includes box jumps, broad jumps, ball slams, sprints, clapping push-ups, etc...
 - **Monostructural exercises** – Includes running, rowing, cycling, etc...

Weightlifting

Squat – There are 4 variations of the squat.

Low Bar Back Squat – (top cartoon, right)

High Bar Back Squat – (top cartoon, center)

Front Squat – (top cartoon, left)

Overhead Squat (bottom) -

- Fundamentally the same movement as a high bar back squat, except the bar is locked out overhead and remains locked overhead throughout the movement.

Proper Squat form is as follows: heels shoulder width apart, toes angled out 30 degrees, knee tracks out over toe on the way down. Hips should always go below knee at bottom position (cartoon at right). All weight should be on heels. Heels never, ever leave the ground.

Squatting below parallel is not bad for your knees. If anyone has told you this at some point, they had no idea what they were talking about so don't listen.

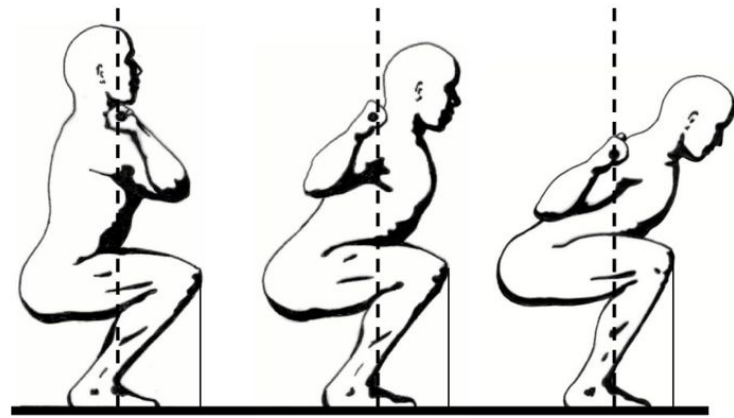
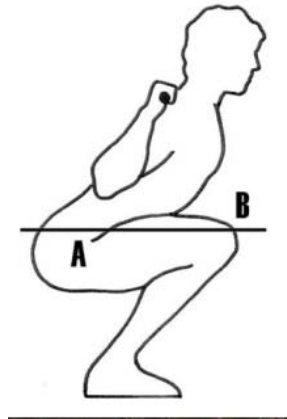


Figure 2-31. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.



Weightlifting

Deadlift

•The deadlift is a simple exercise. There are no variations.

•Start with the bar over your shoelaces, hands placed on the bar just outside your knees. Keep head and chest high, making sure to maintain a straight back throughout. Pull the bar upwards to a standing position, fully extending the hips.



Figure 4-44. The deadlift.

Weightlifting

Clean – The clean has two segments, the starting position and the catch position. There are two variations of each.

Starting positions –

- Full or not specified - start from the floor.
- Hang – start from just below the knee

Catch Positions –

- Power Clean – catch in a $\frac{1}{4}$ squat
- Squat Clean – catch in a full squat or catch above and perform a full squat

Ex. – **Hang Squat Clean** – start just below the knee and catch in a full squat

The Power Clean

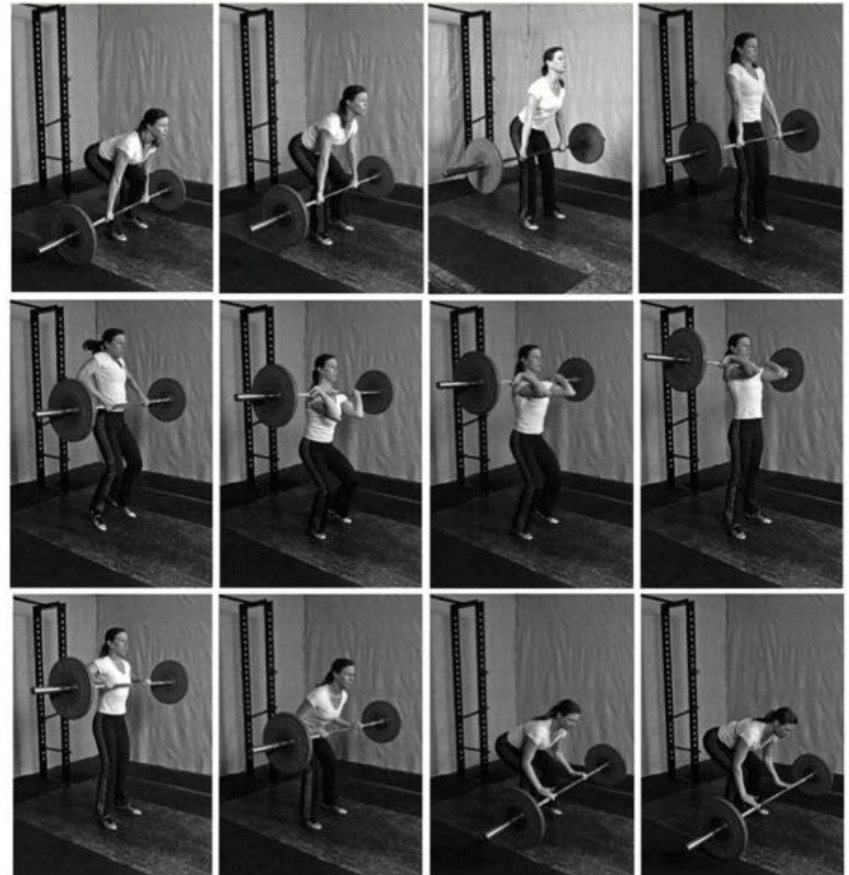


Figure 6-14. The power clean.

Correcting Problems

Olympic weightlifting coaches have spent a lot of time analyzing the clean and all its constituent elements, and even a cursory examination of this material would require more time and patience than the reader and the author combined possess. And it is not necessary for our purposes here. Most of this material applies to the full squat clean anyway, since that is the

Weightlifting

Snatch – The snatch is very similar to the clean in that there are two starting positions and two catch positions.

Starting positions –

- Full or not specified – start from the floor
- Hang – start from just below the knee

Catch positions –

- Power (top) – Catch in $\frac{1}{4}$ squat position
- Full, Olympic or Squat (bottom) – Catch in a full squat position

Ex. – Hang Squat Snatch - Start just below the knee and catch in a full squat.



Weightlifting

Press – The press has two basic variations, the overhead press and the bench press.

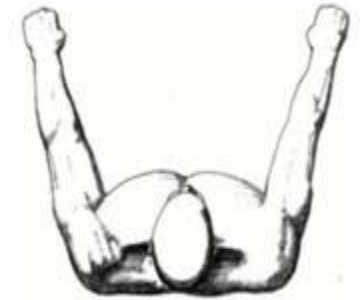
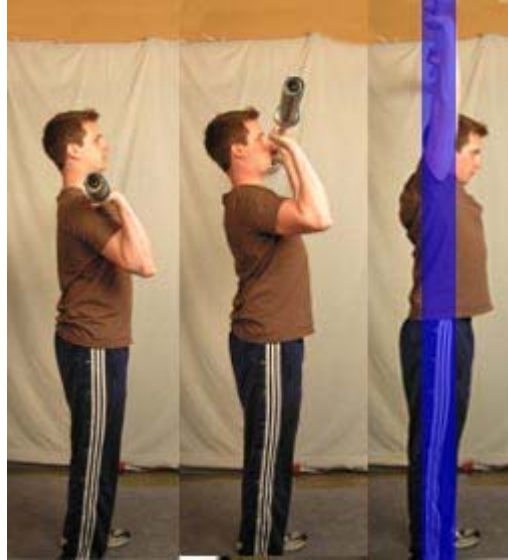
Overhead Press (top left) – No leg drive, use only the shoulders to push weight vertically.

•Variations include Push Press and Push Jerk.

•**Push Press** (center left) – Use leg drive to help propel the bar upward, catch with locked knees.

•**Push Jerk** (bottom left)– Use leg drive to propel the bar upward, catch in $\frac{1}{4}$ squat position.

Bench Press (far right)- A barbell bench press' starting position is to be lying on a bench, with the shoulder blades pinched together to avoid recruiting the anterior deltoid during the lift. Feet are kept flat on the ground or end of the bench, with the buttocks always in contact with the bench. The weight is gripped with hands equidistant from the center of the bar, with the elbows bent to 90° and the elbows beneath the wrists. Movement starts by lifting the bar off the pins, and lowering it until it touches the chest. The weight is then pushed off the chest, terminating when the arms are straight, at which point the weight can be lowered again. Do not bounce the weight off the chest.



Weightlifting

Thrusters (top) – A front squat and a push press combined into one movement.



Kettle Bell Swing (center) – A two handed swing that travels all the way to vertical on the up swing.



Russian Swing (bottom)– Same movement as a kettlebell swing except the swing only goes to shoulder level.

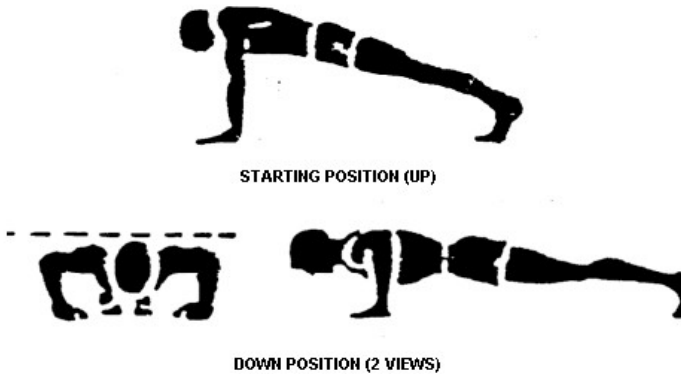


Gymnastics

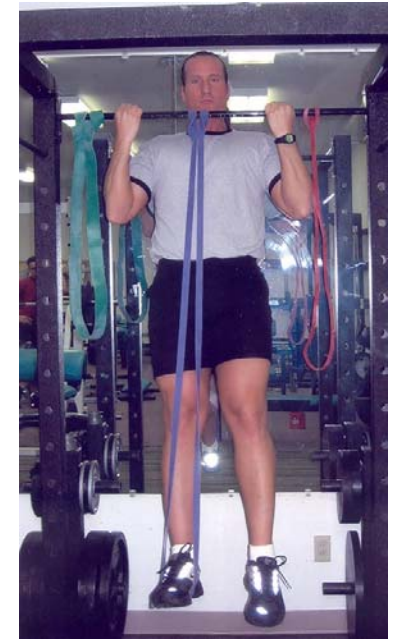
Air Squats (top) – heels shoulder width apart, toes angled out 30 degrees, knees track out over toes. Every rep goes below parallel at the bottom and extends hips fully at the top.



Push-ups - Hands shoulder width apart, elbows locked out in starting position. Lower yourself until your chest touches the floor, keeping your elbows tight to your sides. Every rep chest touches floor at the bottom and elbows lock out at the top (center left). Can be modified by placing knees on the floor for individuals who cannot perform push-ups on the toes (center right).



Pull-ups – Hands slightly wider than shoulders palms facing away, elbows locked at bottom starting position. Pull upward until your chest touches the bar. Simply getting your chin over the bar does not count. Return to starting position making sure to lock out elbows on each rep. Can be modified by hooking a foot through resistance bands for individuals who cannot perform an unaided pull-up (bottom right).



Gymnastics

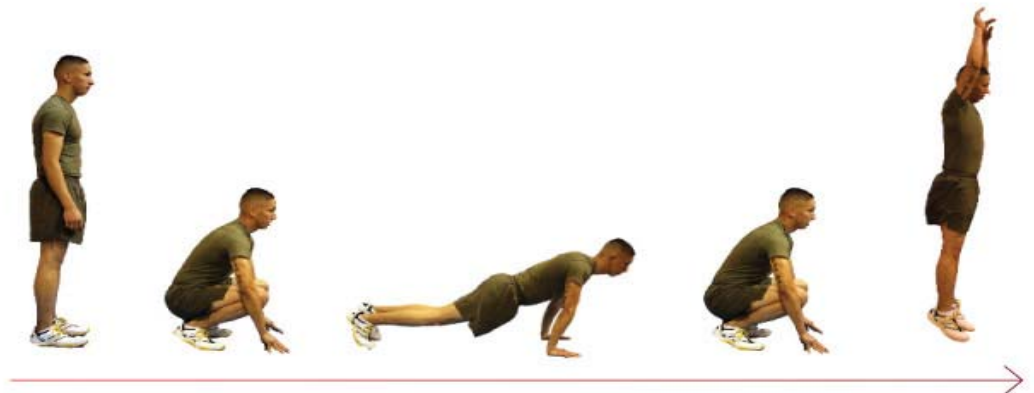
Dips (top) – Start with elbows locked, then lower yourself until upper arm is below parallel. Do not bend at the waist. Keep torso straight and lower hips as much as possible.



Glute/Ham Raises (center)– Place feet in Glute/Ham Developer with toes facing the ground. Lower your torso until perpendicular to the floor while keeping your legs straight. Then raise your torso, getting as close to vertical as possible. Keep abs tight throughout.



Burpees – Start in a standing position, then drop and do a push-up, then return to standing position and jump. All is done in one fluid motion.



Gymnastics

Rings – Several exercises are performed on the Olympic rings.

Ring Rows (upper left) – Lay on your back facing the ceiling under the rings. Pull upwards until thumbs touch the armpits. Keep the body stiff. Do not let the hips sag.



Ring Push-ups (upper right) – Place a box just a little shorter than the rings under your feet. Then perform push-ups with the same form outlined earlier.



Ring Pull-ups – Same standards as normal pull-ups.



Ring Dips (center) – Same standards as normal dips.

Muscle Ups (bottom) – Is a pull-up and dip combined into one movement.



Plyometrics

Box Jumps (top) – Stand facing the box and jump onto the box landing both feet on top of the box. Stand up fully after landing. No running start.



Broad Jumps (bottom)- Plant feet and jump as far forward as possible. No running start.



Warm-up Exercises

Commonly used calisthenics during the Warm-up

Top Mobility – Wrist, elbow, and shoulder mobility.

Rotate each joint on each arm clockwise and counter clockwise 10 times.

Then perform 10 shoulder rotations with PVC, take a wide grip and rotate over the head while maintaining grip.

Then 10 Push Press with the PVC.

Bottom Mobility – Ankle, knee, and hip mobility.

Same as above for the ankle and knee joints. 10 rotations clockwise/counter clockwise for each leg.

Then grab a brace and perform 10 leg swings per leg, keeping the knee locked to loosen the hips.

Then 10 Overhead Squats with PVC.

- **Ninja Mobility** – Sit down with your legs straight out in front of you. Then roll back onto your shoulders and try to touch your feet to the ground behind your head. Then roll forward into a sit and reach.
- **Russian Lunge** – Perform a lunge and twist towards the up knee at the bottom.
- **Sit-ups** - Keep heels together like in a butterfly stretch and place an abmat below your lower back. Sit completely upright at the top. Make sure to squeeze abs and maintain a stiff torso throughout. Do not bow the lower back.
- **Jump Squats** – Perform an air squat followed by a vertical jump. Jump as high as possible. Land and smoothly lower into the next squat.

Nutrition

- What you don't know can hurt you. In this country the American Dietetics Association recommends a high-carb, low fat, grain based diet. This is a pro-inflammatory diet, counterproductive for muscle growth, recovery and performance. Grains cause stomach problems for some people and play havoc on your body's chemistry. Removing gluten improves digestion and improves recovery.
- Protein and fat are good for you and will not cause you to gain weight even if you do not limit intake. Carbs are the enemy. Try to eliminate any refined carbohydrates and grains from your diet. I.E. bread, cereal, tortillas, corn, any beans, any legumes (peanuts), and sugar.
- Shop the outer edges of the supermarket where the foods can and will go bad if they sit for too long. Stay away from the center isles where the food is chalked full of preservatives and other nasty things we won't go into. If you look at the back and it has more than 3 or 4 ingredients, don't buy it.
- Athletes try to eat at least 1 gram of protein for every pound of lean muscle mass. Ex. If I weigh 180 pounds and have 10% body fat, I should be eating at least 162 grams of protein per day. You can keep track of this by signing up for a free account at www.fitday.com
- www.marksdailyapple.com is a great online resource if you are interested in more nutritional info

Nutrition

- Good Foods –
 - Meats (even bacon)
 - Vegetables (especially the green leafy ones)
 - Fruits and Berries (Apples, strawberries, blueberries, etc...)
 - Nuts and Seeds (Almonds, Pistachios, no peanuts or peanut butter)
 - Fats – Avocados, Olive Oil, Coconut Oil, Heavy Whipping Cream
 - Milk (Vitamin D not skim or 2%)
 - Eggs (lots of them)
 - Focus on eating good foods and don't worry about counting calories.
 - Paleo Brands sells some awesome microwave dinners that are a little pricey but very convenient and super healthy. They can be ordered here www.paleobrand.com/store

Nutrition

- Bad Foods –
 - Bread
 - Tortillas
 - Corn
 - Granola and any other “healthy” whole grains
 - Any sugars (this includes yogurt, look at the nutritional info on the back)
 - Any processed foods (Velveeta, and anything else that has a shelf life counted in years instead of days)
 - Any fast food
 - Alcohol

 - Remember if you look at the ingredients and it lists more than 3 or 4 things or 1 that you can't pronounce put it back.

Beginner's 6 Week Workout Program

Warm-up:

Run 400m

125 Jump Rope

- (50 normal, 25 Right Leg, 25 Left Leg, 25 Double Unders)

Top Mobility

Bottom Mobility

10 Ninja Mobility

10 Russian Lunge

15 Kettlebell Swings

10 Box Jumps

20 Sit-ups

x2

5 Ring Rows

10 Push-ups

15 Squats

	Monday	Tuesday	Wednesday	Thursday
Week 1	Deadlift 15, 12, 9	Push Press 15, 12, 9	Run 400m	Squat 15, 12, 9
Week 2	Deadlift 18, 15, 12	Push Press 18, 15, 12	Run 400m	Squat 18, 15, 12
Week 3	Deadlift x 12, Run 400m, Deadlift x 12	Push Press x 12, Run 400m, Push Press x 12	Run 400m x 2	Squat x 18, Run 400m, Squat x 18
Week 4	Deadlift x 12, Run 400m, Deadlift x 12	Push Press x 12, Run 400m, Push Press x 12	Run 400m x 3	Squat x 21, Run 400m, Squat x 21
Week 5	Deadlift x 12, Run 400m, Deadlift x 12, Run 400m, Deadlift x 12	Push Press x 12, Run 400m, Push Press x 12, Run 400m, Push Press x 12	Run 400m x 3	Squat x 21, Run 400m, Squat x 21, Run 400m, Squat x 21
Week 6	Deadlift x 12, Run 400m, Deadlift x 12, Run 400m, Deadlift x 12	Push Press x 12, Run 400m, Push Press x 12, Run 400m, Push Press x 12	Run 400m x 4	Squat x 21, Run 400m, Squat x 21, Run 400m, Squat x 21

Acronyms and Abbreviations

- AMRAP**: As Many Reps (sometimes Rounds)as Possible
- BP**: Bench press
- BS**: Back squat
- BW** (or BWT): Body weight
- CFT**:CrossFit Total - consisting of max squat, press, and deadlift.
- CLN**: Clean
- C&J**: Clean and jerk
- C2**: Concept II rowing machine
- DL**: Deadlift
- DU**: Double Unders
- FS**: Front squat
- G/HD**: Glute ham raise (developer). Posterior chain exercise, like a back extension. Also, the device that allows for the proper performance of a GHR.
- G/HD Situp**: Situp done on the GHR(D) bench.
- HSPU**: Hand stand push up. Kick up into a handstand (use wall for balance, if needed) bend arms until nose touches floor and push back up.
- HSQ**: Hang squat (clean or snatch).
- KB**: Kettlebell
- KTE**: Knees to elbows. Similar to TTBs described below.
- MetCon**: Metabolic Conditioning workout
- MP**: Military press
- MU**: Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.

- OHS**: Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above (and usually behind) the head.
- PC**: Power clean
- Pd**: Pood, weight measure for kettlebells
- PR**: Personal record
- PP**: Push press
- PSN**: Power snatch
- PU**: Pull-ups, possibly push ups depending on the context
- Rep**: Repetition. One performance of an exercise.
- Rx'd**: As prescribed; as written. WOD done without any adjustments.
- RM**: Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
- SDHP**: Sumo deadlift high pull
- Set**: A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3x10, means do 10 reps, rest, repeat, rest, repeat.
- SN**: Snatch
- SQ**: Squat
- Subbed**: Substituted. The **CORRECT** use of "subbed," as in "substituted," is, "I subbed an exercise I can do for one I can't," For example, if you can't do HSPU, you subbed regular pushups.
- TGU**: Turkish get-up
- TTB**: Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.
- WOD**: Workout of the day