

# PERFORM



THE PERFORM PROGRAMME IS FOR PEOPLE LOOKING TO IMPROVE IN THE SPORT OF CROSSFIT, AND ARE ON THEIR WAY TO MASTERING ALL OF THE THE CORE MOVEMENTS WITHIN THIS SPORT. WHILST THE PROGRAMME IS HIGHLY STRUCTURED AND PROGRESSIVE, IT ALSO PLACES AN EMPHASIS ON DEVELOPING BALANCED FITNESS WITHOUT SACRIFICING HEALTH. THOSE FOLLOWING THE PERFORM PROGRAMMING ARE GENERALLY ATHLETES THAT HAVE ADEQUATE EXPERIENCE WHEN IT COMES TO RESISTANCE TRAINING.

THE PERFORM PROGRAMME IS A PROGRESSIVE TRAINING PROGRAMME WHICH IS DESIGNED IN 4-8 WEEK TRAINING BLOCKS, WITH EACH BLOCK HAVING A SPECIFIC SET OF OBJECTIVES, WHICH ARE COMMUNICATED TO OUR FOLLOWERS WEEKLY. THIS PROGRAMME IS CLOSELY TIED TO THE CROSSFIT CALENDAR, AND ONE OF THE OBJECTIVES IS TO PREPARE OUR FOLLOWERS FOR THE CROSSFIT OPEN EVERY OCTOBER. THIS PROGRAMME EXPOSES FOLKS TO A VARIETY OF CROSSFIT STYLE MOVEMENTS LIKE KIPPING, INVERSIONS, OLYMPIC LIFTING AND INTENSE ENERGY SYSTEM TRAINING.

THERE ARE 5 SESSIONS A WEEK, AND OPTIONAL ACCESSORY WORK PROVIDED. SESSIONS CAN BE COMPLETED IN 60-90 MINUTES (DEPENDING ON WHETHER OR NOT ACCESSORY WORK WAS COMPLETED).

EXERCISE	MALE	FEMALE	REASON	LINK
POWER/SQUAT CLEAN	3 reps in 30s @ 135lbs / 61kg	3 reps in 30s @ 95lbs / 43kg	Likely to show up in CF Open	<a href="#">POWER (FEMALE) ▶</a>
				<a href="#">CLEAN (FEMALE) ▶</a>
THRUSTER	5 unbroken reps @ 95lbs / 43kg	5 unbroken reps @ 65lbs / 29kg	Likely to show up in CF Open	<a href="#">POWER (MALE) ▶</a>
				<a href="#">CLEAN (MALE) ▶</a>
BACK SQUAT	1 rep @ Minimum 1.25 x Bodyweight @ 3010	1 rep @ Minimum 1 x Bodyweight @ 3010	To safely execute high rep box jumps and dynamic jumping.	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
BULGARIAN SPLIT SQUAT	No imbalances between L&R leg during an 8RM	No imbalances between L&R leg during an 8RM	Imbalances in SL strength will lead to dysfunction in double leg movements and potential injury	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
DEADLIFT	Minimum 1.5 x Bodyweight @ 3010	Minimum 1.25 x Bodyweight @ 3010	General rules for balance posteriorly and anteriorly at the hip for optimal function	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
OVERHEAD SQUAT	50% of Bodyweight @3313	50% of Bodyweight @3313	This is a minimum requirement to show carry over for dynamic stability in snatching	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
STRICT PRONATED PULL UP	5 reps @3010	1 rep @3010	The shoulder girdle and lats must have adequate strength to handle kipping volume	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
STRICT SUPINATED PULL UP	7 reps @3010	3 reps @3010	The shoulder girdle and lats must have adequate strength to handle kipping volume	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
KIPPING PULLUPS	8 Unbroken reps	3 Unbroken reps	Kipping pullups are an essential movement in the sport of CrossFit, and are a pre-requisite before moving to Chest to bar pullups and Muscle-ups	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
KIPPING TOES TO BAR	10 Unbroken reps	5 Unbroken rpes	Kipping Toes to bar are an essential movement in the sport of CrossFit, and are frequently programmed in the PERFORM programme	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
STRICT PUSH UPS	10 reps @3010 - with perfect alignment	5 reps @3010 with perfect alignment	High rep burpees require this minimum level of pushing strength to keep the shoulder healthy	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>
ECCENTRIC HSPU	6 secs down to FLUSH surface x1	6 secs down to one abmat x1 rep	HSPU's require this minimum amount of strength and inversion awareness to safely learn the process	<a href="#">VIEW VIDEO (FEMALE) ▶</a>
				<a href="#">VIEW VIDEO (MALE) ▶</a>

EXERCISE	MALE	FEMALE	REASON	LINK
<b>KIPPING HANDSTAND PUSHUP</b>	8 Unbroken reps	3 Unbroken reps	Kipping Handstand pushups are an essential movement in the sport of CrossFit, and are frequently programmed in the PERFORM programme	<a href="#">VIEW VIDEO (FEMALE) ▶</a> <a href="#">VIEW VIDEO (MALE) ▶</a>
<b>V-BAR DIPS</b>	5 reps @3111	2 reps @ 31111	Vertical pressing and shoulder extension contributes to overall shoulder strength and health.	<a href="#">VIEW VIDEO (FEMALE) ▶</a> <a href="#">VIEW VIDEO (MALE) ▶</a>
<b>DOUBLE UNDERS</b>	30 unbroken reps	30 unbroken reps	Double Unders are an essential movement in the sport of CrossFit, and are frequently programmed in the PERFORM programme	<a href="#">VIEW THE EXERCISE VIDEO ▶</a>

## MOBILITY + STRUCTURAL ENDURANCE

EXERCISE	MALE	FEMALE	LINK
<b>BACK TO WALL HS HOLD WITH PERFECT ALIGNMENT</b>	45secs	45secs	<a href="#">VIEW THE EXERCISE VIDEO ▶</a>
<b>SORENSEN HOLD</b>	120secs	120secs	<a href="#">VIEW THE EXERCISE VIDEO ▶</a>
<b>SIDE PLANK</b>	90secs per side	90secs per side	<a href="#">VIEW THE EXERCISE VIDEO ▶</a>

## ENDURANCE

EXERCISE	MALE	FEMALE
<b>BACK TO WALL HS HOLD WITH PERFECT ALIGNMENT</b>	45secs	45secs
<b>BACK TO WALL HS HOLD WITH PERFECT ALIGNMENT</b>	45secs	45secs