

CrossFit Sample Program

By The Tank Program (www.thetankprogram.com)

After your general warm-up and mobility studies, you can do the warming written below or the snatch warming that is specific to you.

Day1

Snatch Warm-Up / 1

—2 Sets—

(2 + 2 + 2) reps with empty barbell

2 Snatch Lift-Off

2 Snatch Deadlift

2 Snatch Pull

Snatch Warm-Up / 2

—2 Sets—

(2 + 2 + 2) reps with empty barbell

2 BTN Snatch Grip Shoulder Press

2 BTN Snatch Grip Push Press

2 BTN Snatch Grip Push Jerk

Snatch Warm-Up / 3

—2 Sets—

(2 + 2 + 2) reps with empty barbell

2 Muscle Snatch (below the knee)

2 Power Snatch (below the knee)

2 Squat Snatch (below the knee)

Snatch Warm-Up / 4

—2 Sets—

(1 + 1 + 1 + 1) reps with loaded lightweight barbell

1 Hang Power Snatch (above the knee)

1 Snatch Balance

1 Hang Squat Snatch (above the knee)

1 Overhead Squat

Barbell (time)

—Every 30 seconds for 15 minutes—

1x Hang Squat Snatch

@ 75-80% of 1RM Snatch

* scale percentage as needed

Optional Work (snatch strength)

“overhead lockout and stability”

—4x 3-5 reps—

BTN Snatch Grip Push Press

@ 75-80% of 1Rm Full Snatch

* start a new set every 2:30

(scale percentage as needed)

Strength (percentage work)

Back Squat (32X2 Tempo)

—4x 4 reps—

work up to 60% then complete;

Set / 1 @ 60% of 1Rm

Set / 2 @ 65% of 1Rm

Set / 3 @ 70% of 1Rm

Set / 4 @ 75% of 1Rm

* rest 3 minutes between sets
(scale percentage as needed)

32X2 tempo is;
0:03 eccentric phase
0:02 pause at the bottom position
X Explode Up (concentric phase)
0:02 pause at the top position

Metcon (time)

—For time—

3 Rounds
21 Handstand Push Ups
15 m Dumbbell Lunges (2x 7.5 m)
Then;
3 Rounds
21 Ring Dips
15 m Dumbbell Lunges (2x 7.5 m)
Then;
3 Rounds
21 Push Ups
15 m Dumbbell Lunges (2x 7.5 m)

Notes:

- Target time 17:00
 - Time cap 22:00
 - Dumbbells at the shoulders for lunge
 - Weight is 2x 22,5 / 15 kg
 - * scale weight if needed.
 - s / 1 option 2x 20 / 12,5
 - s / 2 option 2x 17,5 / 10
 - * scale handstand push up if needed
 - * s / 1 option handstand push up;
 - s / 1a 18, s / 1b 15, s / 1c 12
 - * s / 2 option 1x ab-mat handstand push up;
 - s / 2a 18, s / 2b 15, s / 2c 12
 - * s / 3 option feet elevated pike hspu;
 - s / 3a 21, s / 3b 18, s / 3c 15
 - * scale ring dip if needed.
 - s / 1 option ring dips;
 - s / 1a 18, s / 1b 15, s / 1c 12
 - * s / 2 option band assisted ring dips;
 - s / 2a 18, s / 2b 15, s / 2c 12
 - * s / 3 option feet elevated bench dips;
 - s / 3a 21, s / 3b 18, s / 3c 15
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Day2

Warm-Up (machine)

—5 minutes—
* light cardio

Roll Out (foam roller)

—10 minutes—
* self myofascial release

Metcon (time) —Every

15:00 for 45: 00—
40/30 calories Row
40/30 calories Bike Erg
30/20 calories Row

30/20 calories Bike Erg
20/15 calories Row
20/15 calories Bike Erg
10/8 calories Row
10/8 calories Bike Erg

Notes:

- Target time for each round is 12:00
- If there is no bike erg where you will be training, you can replace 30/22, 22/15, 15/11, 9/6 calorie assault bikes instead .
- * scale calories as needed

Metcon (time)

—Emom for 12: 00—
00: 00-06: 00;
10 C2B Pull Ups + 20 Double Unders
06: 00-12: 00;
5 Bar Muscle Ups + 20 Double Unders

Notes:

- Goal is to finish each minute under 30 seconds
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- Chest to bar pull up
 - * scale chest to bar pull up if needed
 - * s / 1 option c2b pull up;
s / 1a 8, s / 1b 6, s / 1c 4
 - * s / 2 option pull up;
s / 2a 8, s / 2b 6, s / 2c 4
- Bar muscle up
 - * scale bar muscle up if needed
 - * s / 1 option bar muscle up;
 - * s / 2 option c2b pull up;
s / 2a 10, s / 2b 8, s / 2c 6
 - * s / 3 option pull up;
s / 3a 10, s / 3b 8, s / 3c 6
- Double under
 - * scale double under if needed
 - * s / 1 option double under;
s / 1a 15, s / 1b 10
 - * s / 2 option single under;
s / 2a 40, s / 2b 30

Accessory Work

—3 Sets—
10 Weighted Sit Ups (feet anchored)
20 Russian Twist w / Dumbbell

Notes:

- * Rest 2 minutes between sets
- * Rest 10 seconds between movements
- * Use moderate weight dumbbell for both movements.

Day3

Warm-Up and Mobility

- After finishing your general warm-up and mobility exercises that are special to you, warm up to the movements in the first 7 minutes of metcon and get ready for training.

Metcon (rounds & reps)
—Amrap in 7 minutes—
6 Split Cleans (alternate leg)
12 Toes to Bar

Notes:

- Goal is to get 6+ rounds & reps
- Weight is 75 / 47.5 kg
- * scale weight if needed
- s / 1 option 65 / 42.5
- s / 2 option 52/36
- s / 3 option 45/32
- s / 4 option 40/28
- s / 5 option 35/25

Toes to bar

- If 12 repetitions is not a repetition number you will divide or divide up to 1 time, you can examine the following options to get more efficiency specific to this training.
- * scale toes to bar if needed
- * s / 1 option toes to bar;
- s / 1a 10, s / 1b 8, s / 1c 6
- * s / 2 option knees to elbows;
- s / 2a 12, s / 2b 10, s / 2c 8, s / 2d 6
- * s / 3 option knees to chest;
- s / 3a 15, s / 3b 12, s / 3c 10, s / 3d 8

Rest 7 minutes

Metcon (rounds & reps)
—Amrap in 7 minutes—
6 Front Squats (from the ground)
12/9 calories Ski Erg

Notes:

- Goal is to get 6+ rounds & reps
- Weight is 75/50 kg
- The monitor must be set to zero at the beginning of each round.
- Row for calories if you do not have a ski erg

Front squat

- If 75/50 kg is not a weight you can do without dividing for 6 reps, you can examine the following options to get more efficiency specific to this workout.
- * scale weight if needed
- s / 1 option 70/45
- s / 2 option 60/42
- s / 3 option 52/36
- s / 4 option 45/32
- s / 5 option 40/28

Strength (percentage work)

Strict Shoulder Press (32X2 Tempo)
—4x 4 reps—
work up to 60% then complete;
Set / 1 @ 60% of 1Rm

Set / 2 @ 65% of 1Rm
Set / 3 @ 70% of 1Rm
Set / 4 @ 75% of 1Rm
* rest 3 minutes between sets
(scale percentage as needed)

32X2 tempo is;
0:03 eccentric phase
0:02 pause at the bottom position
X Explode Up (concentric phase)
0:02 pause at the top position
Accessory Work
—4 Sets—
* rest 2:00 between sets
25 Ghd Hip Extension
25 Band Pull Apart
25 m Single Arm Dumbbell
Suitcase Farmers Carry
25 m Single Arm Dumbbell
Suitcase Farmers Carry
(scale reps / distance as needed)

Notes:

- Use low resist band and moderate dumbbell weight.
 - If there is no ghd in the place where you are going to train, you can try the prone hip extension on stability ball movement instead.
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Day4

General Warm-Up

—4 Sets—
0:30 Assault Bike (arms only)
0:30 Assault Bike (legs only)
0:30 Assault Bike (arms & legs)

Mobility Work

—10 minutes—

Warm-Up / 1

20 Arm Circles (forward)
20 Arm Circles (backward)
20 Linear Leg Swings (10 each)
20 Lateral Leg Swings (10 each)

Warm-Up / 2

* with theraband
20 Internal Rotation (left)
20 Internal Rotation (right)
20 External Rotation (left)
20 External Rotation (right)

Warm-Up / 3

* with theraband
10 Lateral Raises (left)
10 Lateral Raises (right)

- 10 Front Raises (left)
- 10 Front Raises (right)

Metcon (time) —Alternate

Every 5:00 for 20: 00—

- 1st: 50 Burpee to Target (15 cm)
- 2nd: 50 Lateral Burpee over the Parallette
- 3rd: 50 Parallette Face Burpee
- 4th: 50 Burpee Box Jump (60/50 cm)

Notes:

- If you think that you will have less than 1 minute rest time in burpee to target, lateral burpee over the parallet and face burpee movements in this study, you can choose the one that suits you best from the scale options below.

* scale reps if needed.

s / 1 option 45

s / 2 option 40

s / 3 option 35

Metcon (time)

—For time—

- 50 Single Arm Hang Kettlebell Snatch
(switching arms is allowed anytime)
- 40/30 calories Assault Bike
- 5 Legless Rope Climb (4.5 m)

Notes:

- Goal is to finish sub 6:00
- Time cap 10:00
- Weight is 24/16 kg
- If

there is no rope at the place where you are going to train, do 20-l-sit pull ups instead.

- If

there is no assault bike in the place where you are going to train, you can do his 50/35 calorie bike erg.

* scale weight if needed

s / 1 option 20/14

s / 2 option 16/12

* scale legless rope climb if needed

s / 1 option legless start rope climb

s / 2 option rope climb

Stretching

—2 Sets for each movement—

* 00: 20-00: 30 each movement, arm or leg

Child's Pose Stretch

Cross Body Shoulder Stretch

Kneeling Fore Arm Stretch

Band Assisted Hamstring Stretch

Box Assisted Glute Stretch

Revolved Head to Knee Stretch

(seated side stretch)

Couch Stretch

Cool Down (relaxing)

—5 minutes—

Corpse Pose

* lie down on your back close your eyes
and focus on breathing and try to relax

Day5

Warm-Up / 1

30 calories Bike Erg (slow)

30 calories Row (slow)

30 Mountain Climbers (alternate leg)

Warm-Up / 2

20 Frankenstein Walk

20 Deep Squat w / Thoracic Rotation (alternating)

20 Lizard Stretch and Reach Up (10 each)

Warm-Up / 3

20 Banded Shoulder Pass Through

20 Upright Row w / Band

20 Shoulder Press w / Band

Preparation

“max 7 minutes”

* Get ready for the barbell

Barbell (time)

—Every 30 seconds for 15 minutes—

1x Hang Squat Clean

@ 75-80% of 1Rm Full Clean

(scale percentage as needed)

Strength (percentage work)

Front Squat (32X2 Tempo)

—4x 4 reps—

work up to 60% then complete;

Set / 1 @ 60% of 1Rm

Set / 2 @ 65% of 1Rm

Set / 3 @ 70% of 1Rm

Set / 4 @ 75% of 1Rm

* rest 3 minutes between sets

(scale percentage as needed)

32X2 tempo is;

0:03 eccentric phase

0:02 pause at the bottom position

X Explode Up (concentric phase)

0:02 pause at the top position

Barbell (percentage work)

Split Jerk (from the rack or blocks)

—6x 3 reps—
work up to 80-85% of 1Rm
* start a new set every 2:30

Metcon (time)

—5 Rounds—
800 m Row
* rest 1:30 between

Notes:

Rounds of 1-3-5 ave / 500 m;

* males 1: 50-1: 52

* females 1: 58-2: 00

(scale ave / 500 m as needed)

Rounds of 2-4 ave / 500 m;

* males 1: 45-1: 47

* females 1: 53-1: 55

(scale ave / 500 m as needed)

Cool Down (stretching / foam roller)

—15 minutes—

* focus on your tight muscles and joints

Day6

TEAM OPTION

Strength (percentage work)

Deadlift (30X0 Tempo)

—4x 4 reps—

work up to 60% then complete;

Set / 1 @ 60% of 1Rm

Set / 2 @ 65% of 1Rm

Set / 3 @ 70% of 1Rm

Set / 4 @ 75% of 1Rm

* rest 3 minutes between sets

(scale percentage as needed)

30X0 tempo is;

0:03 eccentric phase

no pause at the bottom position

X Explode Up (concentric phase)

no pause at the top position

Metcon (rounds & reps)

“Team of 2”

—Amrap in 30 minutes—

30 synchronized Toes to Bar

30 Snatch (shared reps)

* start at 40/30 kg and

after each round of 30 snatch;

add 10/5 kg (total)

Notes:

* scale weight if needed

s / 1 option lower the starting weight

s / 2 option add 5 / 2.5 kg (total)

after each round.

s / 3 option add 2,5 / 1,25 kg (total)

after each round.

* scale toes to bar if needed

* s / 1 option synchronized toes to bar;

s / 1a 25, s / 1b 20, s / 1c 15

* s / 2 option synchronized knees to elbows;

s / 2a 25, s / 2b 20, s / 2c 15

* s / 3 option synchronized knees to chest;

s / 3a 40, s / 3b 30, s / 3c 20

Rest 30 minutes

Metcon (time)

“Team of 2”

—For time—

50 synchronized Wall-Ball Shot (9/6 kg)

50 m Handstand Walk (switch every 5 m)

50 synchronized Wall-Ball Shot (9/6 kg)

Notes:

- Time cap 10 minutes.

- Mark a 5 m lane for handstand walk

Handstand Walk Rx'd

* Each 5 m section must be

completed unbroken

Handstand Walk Scaled

* Each 2,5 m section must be

completed unbroken

* scale handstand walk if needed

* s / 1 option handstand walk ;

s / 1a 45 m, s / 1b 40, s / 1c 35, s / 1d 30

* s / 2 option wall facing hs hip touches;

s / 2a 100, s / 2b 80, s / 2c 60, s / 2d 40

* s / 3 option wall facing hs shoulder touches;

s / 3a 100, s / 3b 80, s / 3c 60, s / 3d 40

* s / 4 option wall facing hs hand lifts;

s / 4a 100, s / 4b 80, s / 4c 60, s / 4d 40

INDIVIDUAL OPTION

Strength (percentage work)

Deadlift (30X0 Tempo)

—4x 4 reps—

work up to 60% then complete;

Set / 1 @ 60% of 1Rm

Set / 2 @ 65% of 1Rm

Set / 3 @ 70% of 1Rm

Set / 4 @ 75% of 1Rm

* rest 3 minutes between sets

(scale percentage as needed)

30X0 tempo is;
0:03 eccentric phase
no pause at the bottom position
X Explode Up (concentric phase)
no pause at the top position

Metcon (rounds & reps)

—Amrap in 21 minutes—

30 Toes to Bar

15 Snatch

* start at 40/30 kg and
after each round of 15 snatch;
add 10/5 kg (total)

Notes:

* scale weight if needed.

s / 1 option lower the starting weight

s / 2 option add 5 / 2.5 kg (total)

after each round

s / 3 option add 2.5 / 1.25 kg (total)

after each round.

* scale toes to bar if needed

* s / 1 option toes to bar;

s / 1a 25, s / 1b 20, s / 1c 15

* s / 2 option knees to elbows;

s / 2a 25, s / 2b 20, s / 2c 15

* s / 3 option knees to chest;

s / 3a 40, s / 3b 30, s / 3c 20

Rest 30 minutes

Metcon (time)

—For time—

50 Wall-Ball Shot (9/6 kg)

25 m Handstand Walk (5x 5 m)

50 Wall-Ball Shot (9/6 kg)

Notes:

• Target time 5 minutes

• Time cap 7 minutes

Handstand Walk Rx'd

* Each 5 m section must be
completed unbroken

Handstand Walk Scaled

* Each 2.5 m section must be
completed unbroken

* scale handstand walk if needed

* s / 1 option handstand walk;

s / 1a 20 m, s / 1b 15 m, s / 1c 10 m

* s / 2 option wall facing hs hip touches;

s / 2a 50, s / 2b 40, s / 2c 30, s / 2d 25

* s / 3 option wall facing hs shoulder touches;

s / 3a 50, s / 3b 40, s / 3c 30, s / 3d 20

* s / 4 option wall facing hs hand lifts;

s / 4a 50, s / 4b 40, s / 4c 30, s / 4d 20

Day7

Rest day

Have a nice time with your family and friends.

Rest well and prepare your body mentally and physically for the new week.

www.thetankprogram.com

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