



Box Programming February Programming Forecast

For the month of February, there is less conditioning “testing.” The reason for this is we are about to embark on 5-weeks of “competition” with the CrossFit Open. If we are not careful, athletes can burn out quickly from the increase in intensity they’ll experience, simply because the workouts are judged, and they are competing against their peers. Looking forward, remember that after the Open is a great time to run a “Barbell Club” or specialty group, to give your athletes a break and a chance to recover from the stress of the open.

Max effort strength work remains consistent and is an excellent segue into the Open to ensure we are maintaining neuromuscular efficiency. Because the volume is low, the risk of combining with higher intensity work is negligible.

We’ll be testing vital pieces like the Power Clean and Sumo Deadlift, and we’ll also have the chance to perform some repetition work with heavy Back Squats on the minute. Lastly, we’ll test a 3RM Overhead Squat, and even though we don’t perform these as often because of their low trainability, your athletes will likely have improved because we’ve worked on their balance and stability via unilateral special exercises.

Once the CrossFit open begins, all higher-threshold work will be front-loaded toward the beginning of the week. Once the workouts are released, I will program the workout for each Friday. You’ll notice that Saturday’s programming will also be blank. After the open workout is released, I will program Saturday’s workout, which will be determined by the movement patterns and nature of the Open workout from the day before.



February Benchmarks

Max Effort Lower

- 1) Overhead Squat: 3RM
- 2) Power Clean 1RM
- 3) Back Squat: Heavy 1 + EMOM
- 4) Sumo Deadlift: 1RM

Max Effort Upper

- 1) Shoulder Press: 1RM
- 2) Row/Tricep Superset
- 3) Floor Press: 1RM
- 4) Strict Pull-up Max
- 5) Strict Chin-up Max
- 6) Push-up Max
- 7) HSPU Max

Dynamic Effort Lower

- 1) Front Box Squat

Conditioning Benchmarks

- 1) Deadball V2
- 2) Rolling Stone
- 3) Mr. Clean
- 4) Uncle Buck
- 5) Karen
- 6) 18.1



Additional Key Points

Remember to read our content. There is a list of must-read content on the **"Reference Page"** that was recently updated.

Low-intensity work is crucial to your athletes' health and longevity. We've seen a lot of athletes burn out at other boxes that subscribe to "all-high-intensity-all-the-time" model. We'll be ahead of the curve because we can build value in what your clients really need, and that's building their GPP and imbalances.

Review accessory work videos as needed.

Stay tuned for exclusive content videos coming out within the next month.

Tell your coaches they're doing a great job! As coaches, we often spend a lot of time giving our energy to others. It's important to remind your coaches when they are doing a great job and for them to feel appreciated. Great coaches are hard to come by so don't hesitate to let them know you appreciate them!

*Best,
Jason*