



Fundamentals Program

Welcome to SF Gym and our Fundamentals program. This program is designed to introduce you to the “9 Fundamental Movements of CrossFit” and teach you the correct technique of each exercise. We believe that once you have learnt these movements you can comfortably join the classes and be able to perform any of the other movements within the CrossFit program. We will always teach you anything new that was not covered in the Fundamentals program.

It is natural to feel overwhelmed and nervous starting a new program; we hope that the breakdown of each of the movements below will help alleviate that feeling. Remember if you are unsure of anything just ask!

Fundamentals 1

“What is CrossFit” – CV FM HI Air Squat, Deadlift and KettleBell (KB) Swing

Air Squat	Feet shoulder width apart Weight in heels Knees tracking out over middle toes Maintain lumbar curve ROM – not negotiable
Deadlift	Feet between hip and shoulder width apart Weight in heels, drive through heels to initiate movement Maintain lumbar curve Shoulders slightly forward of bar Bar travels in straight line, you must accommodate your body around the bar
KB Swing	Deadlift action with hips Squeeze your butt! Your legs push your arms you don't lift the bell Beginners – eye line Intermediate/Advanced – Full extension

Workout

AMRAP in 7mins:

15 Squats

10 KB Swing

Comments:

Fundamentals 2

Shoulder Press, Push Press, Front Squat

Shoulder Press	Feet hip width apart Bar racked at shoulders, elbows slightly forward of bar Tight midline Bar moves in straight line, you must accommodate your head around the bar Active shoulders overhead, bar directly over midline of body
Push Press	Set up is the same as shoulder press More dynamic – adding dip Dip is vertical, small and explosive No forward inclination of the body Keep weight in heels Move more weight than shoulder press Dip Drive Press
Front Squat	Set up is the same as the air squat Bar racked at shoulders, elbows high. Should be parallel to ground Loose fingertip grip, do not grip bar tightly Tight midline ROM – not negotiable

Workout

For time: 21-15-9

Push Press

Wall Ball

Comments:

Fundamentals 3

Overhead Squat (OHS), Sumo Deadlift High Pull (SDHP), Pull Ups and Ring Dips

OHS	Set up same as the air squat Bar overhead, directly over midline Active shoulders Open armpits and elbows Bar doesn't move as you squat, must stay over midline ROM – not negotiable
SDHP	Feet wider than squat Hands in centre of bar Set up of body is the same as the deadlift Deadlift Shrug High Pull – high elbows Make sure you don't pull the bar early
Pull Ups	Bands can be used for scaling the movement – place one foot in band cross other leg over the top for safety From full extension of arms to chin over the bar – ROM not negotiable, you must get your chin over the bar and fully extend arms in bottom position
Ring Dips	Bands can be used for scaling – tie band to one ring and hold across into other ring. Kneel on band Ring must touch the shoulder or arm at the bottom of the movement and have fully extended elbows at top. ROM – not negotiable

Workout

5 Rounds for time:

5 Pull Ups

10 SDHP

Comments:

Fundamentals 4

Med Ball Clean (MBC), Push Jerk and Split Jerk

MBC	Deadlift Shrug Drop Under the ball Front Squat to stand Remember to pull yourself down under the ball not bring the ball up to your shoulders Make sure hips fully open after the deadlift and before the shrug
Push Jerk	Dip Drive Catch Stand Starts the same as the Push Press but instead of pressing the bar out you drop your self under the bar Make sure hips fully open in the jump Stand to extension before re-racking the bar to the shoulders Move more weight than Push Press
Split Jerk	The same as the Push Jerk but land with feet in a lunge position Fast movement, very explosive Commonly seen in weightlifting competitions

Review all movements

Comments: