



MAYHEM AFFILIATE

INTRO COURSE

This document provides full details on how we run the Intro Course at CrossFit Mayhem. Please feel free to use any/all of the following for your own affiliate.

The Intro Course lasts four weeks, with two classes per week (8 classes total). The first three weeks are strictly Intro Course classes. The final week consists of the Intro Class athletes participating in a regular class while being accompanied by their Intro coaches as a segway from the Intro classes into regular classes. We typically keep the ratio of coaches to Intro athletes at 1:3. The remainder of this document entails how the first three weeks are laid out.

SESSION 1:

LECTURE VIDEO: ["What is CrossFit?"](#)

WARMUP:

3 Rounds

1 minute Run (Assault Runner, outside, or shuttle run at easy/moderate pace)

5 Pushups

10 Sit-ups

MOVEMENT TEACHING: Squats (air, front, back, overhead)

Start with a PVC and then advance to an empty barbell.

On the overhead squat, assess the athlete. They may need to stay with a PVC due to mobility restrictions.

INTRO COURSE SQUAT VIDEO: [How to Teach the Squats](#)

WORKOUT:

8 Rounds, Tabata-style:

Air squats

Pushups

Sit-ups

A Tabata is 20 seconds of work followed by 10 seconds of rest. Have athletes start with 20 seconds of air squats, followed by 10 seconds of rest. Then move on to 20 seconds of pushups, followed by 10 seconds of rest. Then 20 seconds of sit-ups, followed by 10 seconds of rest. That is one round. The total workout time is 12 minutes.

CLASS NOTES:

TIME FRAME

Intro/Lecture: 0:00 - 3:00

Warmup: 3:00 - 13:00

Movement Teaching: 13:00 - 40:00

Workout: 40:00 - 52:00

Cooldown: 52:00 - 54:00

Cleanup: 54:00 - 56:00

Mobility and Discussion: 56:00 - 60:00

TARGET SCORE

No target score. The focus should be on maintaining good form in each movement.

STIMULUS and GOALS

The stimulus is moderate-high intensity, but with a strong focus on good form. Athletes should start off a little conservative and steadily increase their effort in the early rounds, to avoid coming out at a pace that can't be maintained. Athletes should be particularly mindful of pushup effort due to this being the movement they are most likely to experience burnout on.

WORKOUT STRATEGY and FLOW

A Tabata is 20 seconds of work followed by 10 seconds of rest. Have athletes start with 20 seconds of air squats, followed by 10 seconds of rest. Then move on to 20 seconds of pushups, followed by 10 seconds of rest. Then 20 seconds of sit-ups, followed by 10 seconds of rest. That is one round. The total workout time is 12 minutes.

Air Squat: Athletes will assume a squat width stance and squat below parallel and return to full extension of the hips and knees. If athletes have difficulty reaching depth, allow them to squat to a box or a wall ball on a hi-temp plate. Caution athletes on performing the common faults of missing below parallel or not reaching full extension due to going too fast. For athletes who have difficulty reaching full extension, cue them to "get your chest tall" at the top of each rep.

Pushups: Athletes should approach the pushups in fast, quick sets. The core should stay engaged throughout the movement and athletes should breathe out when pushing off the floor. When on the floor, hands should be in-line with the sternum. Arms should make an "A" shape with the body. If an athlete is in a "T" position with the arms, this is a weaker pushing position and will possibly result in shoulder impingement. This movement can be modified to pushups on an elevated surface, such as a racked barbell or box.

Sit-ups: Sit-ups are done with an abmat at the base of the back. The thicker portion of the abmat should be closer to the athlete's body. Legs can be positioned in any fashion, but most athletes will find that using a butterfly position (feet touching) will reduce the amount of rub on the floor and reduce the risk of "strawberrying" the lower back. Athletes must touch the ground behind their head and then sit up touching the toes and passing the shoulders in front of the hip crease. Throwing the arms during the sit-up portion will assist in sitting up.

SESSION 2:

LECTURE VIDEO: ["The Hopper"](#)

WARMUP:

3 Rounds

1 minute Row (easy/moderate)

5 Kettlebell Swings - if athletes are new to the movement, they should do Russian swings

5 Goblet Squats

MOVEMENT TEACHING: Presses (strict press, push press, push jerk)
Start with a PVC and then advance to an empty barbell.

Note: we don't teach the split jerk in the Intro Course.

INTRO COURSE PRESS VIDEO: [How to Teach the Presses](#)

WORKOUT:

12:00 AMRAP

12 Calorie Row

9 Kettlebell Swings (53/35 or less)

6 Push Press (95/65 or less)

CLASS NOTES:

TIME FRAME

Intro/Lecture: 0:00 - 3:00

Warmup: 3:00 - 13:00

Movement Teaching: 13:00 - 40:00

Workout: 40:00 - 52:00

Cooldown: 52:00 - 54:00

Cleanup: 54:00 - 56:00

Mobility and Discussion: 56:00 - 60:00

TARGET SCORE

No target score. The focus should be on maintaining good form in each movement.

STIMULUS and GOALS

Stimulus is moderate intensity across rounds. Athletes should settle into a pace that is consistent for all movements and can begin to push the pace as they get to the later rounds. Remind athletes that the first few rounds go by quickly, and then it starts to get real. Stay calm off the start and settle in.

WORKOUT STRATEGY and FLOW

Athletes should choose a weight for the kettlebell and push press that is light. All movements should be unbroken, with a strong focus on maintaining proper form. The barbell is ideally taken from the rack as athletes have not yet learned cleans.

Row: Feet cradles should be adjusted so that athletes can return easily without adjusting the straps. Ensure athletes drive with their feet/heels at the beginning of each pull and finish before returning with the handle. Breathing out with each rep will assist with pacing throughout.

Kettlebell Swing: Have athletes select a weight that allows them to complete all sets unbroken with good form. If athletes are new to the movement, have them perform Russian kettlebell swings, where the kettlebell finishes at eye level. For athletes who are performing American swings, the kettlebell should end with the bottom of the kettlebell facing the ceiling. Cue athletes to make sure that their arms are locked overhead before coming down. Stress the importance of keeping the chest up during the bottom portion of the swing to avoid excess stress on the low back. A strong contraction of the glutes will aid in sending the kettlebell overhead and help prevent overextension of the low back/hips.

Push Press: The barbell should be taken from the rack since athletes have not yet learned cleans. Advise taking a wider stance with their feet to help keep the chest up during the dip and prevent heels from coming off the floor. Cue athletes to breathe while pressing to engage the core and assist in overhead stability. Athletes should perform a slight dip when re-racking the bar to “absorb” the weight, and attempt to drive out of this dip into the next overhead rep to be as efficient as possible. Athletes should select a light weight where each set can be performed unbroken with good form.

SESSION 3:

LECTURE VIDEO: [“Wellness Scale”](#)

WARMUP:

3 Rounds

1 minute Assault Bike

10 Good Mornings (PVC)

5 Air Squats

MOVEMENT TEACHING: Deadlift, Sumo Deadlift High-Pull, Muscle Clean, Hang Power Clean, Power Clean, Squat Clean

Start with a PVC and then advance to an empty barbell.

On the overhead squat, assess the athlete. They may need to stay with a PVC due to mobility restrictions.

INTRO COURSE DEADLIFT VIDEO: [How to Teach the Deadlift and Sumo Deadlift High Pull](#)

INTRO COURSE CLEAN VIDEO: [How to Teach Cleans](#)

WORKOUT:

5 Rounds for Time:

10/8 Calorie Assault Bike

8 Deadlifts

6 Hang Power Cleans (moderate weight, unbroken sets)

A single barbell is used for both movements. 14-minute time cap.

CLASS NOTES:

TIME FRAME

Intro/Lecture: 0:00 - 3:00

Warmup: 3:00 - 13:00

Movement Teaching: 13:00 - 38:00

Workout: 38:00 - 52:00

Cooldown: 52:00 - 54:00

Cleanup: 54:00 - 56:00

Mobility and Discussion: 56:00 - 60:00

TARGET SCORE

Athletes should have a goal of two minutes or less per round. If the bike is taking longer than one minute, have them scale the calories to 7/5. Cap the workout at 14 minutes

STIMULUS and GOALS

Stimulus is moderate intensity across rounds. Athletes should settle into a pace that is consistent for all movements and can begin to push the pace as they get to the later rounds. The focus should be on maintaining good form throughout the workout.

WORKOUT STRATEGY and FLOW

Athletes should choose a weight for the deadlift and hang power cleans that allow for all movements to be unbroken, with a strong focus on maintaining proper form. A single barbell is used for both movements and the weight isn't changed.

Assault Bike: the bike pace should NOT be an all-out sprint, rather, it should be a moderate-high-intensity pace that the athlete is confident that they can repeat each round. Fatigue will build across rounds on the bike, so athletes should take this into consideration when selecting their pace in the initial round. If athletes are not completing the bike in less than a minute, have them scale the calories.

Deadlift: Athletes should view the deadlift as a push with the legs from the floor rather than a pull with the back. Doing so will allow athletes to recruit more of their lower body in this lift and be more efficient. Describe the deadlift as a standing leg press. The bar should start over the middle of the foot and, when going down for setup, athletes should bring their shins to the bar (not the bar to their shins). Eyes should stay on the horizon during the entire lift, specifically staying trained on an object that is at eye level when standing tall. The upper torso (shoulders, lats, and scaps) should be locked in before driving the bar from the floor through the entire lift. A double-overhand grip should be used for Intro athletes. Athletes should breathe with each rep and specifically focus on breathing in at the top of each rep due to the torso being the most open (as opposed to being compressed at the bottom of the deadlift).

Hang Power Cleans: Athletes should use a "thumb + ½" distance grip away from the legs as long as the elbow and wrists are mobile enough to work in this position. A hook grip should also be used. Queue athletes to stand the bar up to the top of the deadlift and then transition into the hang (above the knee) before the first rep. Athletes should use a strong leg drive while being as efficient as possible when cycling the barbell. The weight should allow for smooth, unbroken sets every time.

SESSION 4:

WARMUP:

3 Rounds

1 minute Assault Bike

10 Good Mornings (PVC)

5 Air Squats

MOVEMENT TEACHING: Toes to Bar

Review hanging knee raises, kipping knee raises, knee to elbow, and toes to bar. Don't expect each athlete to be able to do all movements. Meet them where they are and demo/explain the other movements.

If athletes struggle with hanging from the bar, have them do lying toe-to-rack.

WORKOUT:

15:00 AMRAP, with a partner
10 Wall Balls (20/14 or lighter)
10 Calorie Ski
5 Burpees over the line

Workout explanation:

Partner A does 10 wall balls, then partner B does 10 wall balls.

Partner A does 10 calorie Ski, then partner B does 10 calorie Ski.

Partner A does 5 Burpees over the line, then partner B does 5 burpees over the line.

That is one full round completed in the AMRAP.

CLASS NOTES:

TIME FRAME

Intro/Lecture: 0:00 - 3:00

Warmup: 3:00 - 13:00

Movement Teaching: 13:00 - 37:00

Workout: 37:00 - 52:00

Cooldown: 52:00 - 54:00

Cleanup: 54:00 - 56:00

Mobility and Discussion: 56:00 - 60:00

TARGET SCORE

No target score. The focus should be on maintaining good form in each movement.

STIMULUS and GOALS

Because athletes get a rest after each movement, they should be able to push at a high intensity. Remind them to focus on their breathing while resting between movements.

WORKOUT STRATEGY and FLOW

Partner A does 10 wall balls, then partner B does 10 wall balls.

Partner A does 10 calorie Ski, then partner B does 10 calorie Ski.

Partner A does 5 Burpees over the line, then partner B does 5 burpees over the line.

That is one full round completed in the AMRAP.

Wall Balls: choose a weight on the ball that can be performed unbroken with good form. Athletes must pass through a full squat and then throw the ball to a 10-foot target for men and a 9-foot target for women. Athletes should focus on breathing with each rep (breathing out as they come out of the squat and in while they are at full extension). For athletes who have difficulty finding depth, place a wall ball on a hi-temp plate as a target to squat too. Modify this movement by lowering the weight of the ball or allowing wall ball thrusters to be performed.

SkiErg: Focus on steady breathing while utilizing total power on every pull. Athletes should find a stance on the SkiErg that allows them to stay balanced across their entire foot during each pull. Being too far forward will result in the athlete shortening their range of motion due to running into the monitor. Being too far back will result in the athlete going onto their toes at the bottom of the pull. Cue athletes to keep their hands close to their body during the pull and utilize their weight to assist with each pull rather than only keeping the effort in their arms (resulting in burnout). Additionally, athletes should be sure to reach maximal extension at the top of each pull. If SkiErgs are not available, have athletes perform a 10-calorie Row.

Burpees over the line: This movement starts with a burpee and then a jump (or step) over a line. Athletes can perform burpees and jump either facing or lateral to the line. Line suggestions include drawing a line, using tape, or laying out a jump rope. Athletes do not have to show full extension when jumping over. Stepping over is also acceptable. Queue athletes that stepping through the burpees is less effort than jumping forward/back. Athletes may scale by doing less reps, omitting the push-up portion of the burpee, and/or by placing their hands on a bench or box.

SESSION 5:

WARMUP:

3 Rounds

1-minute BikeErg (or Assault/Echo Bike) (Easy/Moderate)

5 Dumbbell Shoulder to Overhead (5L/5R)

5 Step Back Lunges (5L/5R)

MOVEMENT TEACHING: GHD and Snatch

GHD: back extension, hip extension, glute-ham raise, GHD sit-up

Snatch: muscle snatch, hang power snatch, power snatch, squat snatch

If athletes struggle with the overhead squat position, have them omit squat snatches. Instead, have them work on catching the power snatch as low as they can while maintaining good form.

GHD PROGRESSION VIDEO: How to teach hip extensions, back extensions, glute ham raises, and GHD sit-ups

INTRO COURSE SNATCH VIDEO: How to teach the snatches

WORKOUT:

20/16 Calorie BikeErg (or 20/16 Calorie Assault Bike)

- into -

20-16-12-8

Alternating Dumbbell Snatches (total) (light/moderate weight)

Alternating Dumbbell Lunges (total) (light/moderate weight)

- into -

20/16 Calorie BikeErg (or 20/16 Calorie Assault Bike)

** 12-minute cap **

Substitutions for the 20/16 BikeErg if you don't have BikeErgs:

20/16 Calorie Row

20/16 Calorie SkiErg

15/12 Calorie Assault Bike

15/12 Calorie Echo Bike

150M Run

Prior to the workout, review dumbbell snatches and practice with a light dumbbell. Then, give athletes a chance to practice with a slightly heavier weight. Workout weight should be light or moderate with a strong focus on good form. For the lunges, the dumbbells should be held on the shoulders.

CLASS NOTES:

TIME FRAME:

Intro/Lecture: 0:00 - 3:00

Warmup: 3:00 - 13:00

Movement Teaching: 13:00 - 40:00

Workout: 40:00 - 52:00

Cooldown: 52:00 - 54:00

Cleanup: 54:00 - 56:00

Mobility and Discussion: 56:00 - 60:00

TARGET SCORE:

Athletes should choose the appropriate dumbbell weight in order to maintain good form and complete the workout in under 12 minutes.

STIMULUS and GOALS

Stimulus is moderate-high intensity throughout. Athletes should choose a dumbbell weight that they can control throughout the movement, including lowering it to the floor and always maintain good form.

WORKOUT STRATEGY and FLOW

Athletes should choose a weight that allows for unbroken or two sets per movement. The focus should be on maintaining good form throughout. Queue athletes to not come out too hot on the first bike. They should finish and approach the dumbbell ready to work. The final bike should be an all-out effort to finish strong.

BikeErg: Athletes have the option between sitting, standing, or a combination of both to complete the bike. Some athletes may find that they are able to take some demand off the quads by standing while biking if they are able to efficiently shift their body weight side to side rather than only relying on power from the quads. If sitting, athletes should use a low to medium damper and high spin rate and use the opposite if standing.

Alternating Dumbbell Snatches: The snatches are performed with a single dumbbell. Each successive rep must be done on the opposite arm from the previous rep. When snatching, the athlete's free hand should not be in contact with their body. Because we are coaching Intro athletes, queue them to transition their hands on the floor, instead of in the air. Breathing on each rep will help greatly in allowing athletes to complete larger sets, and momentarily pausing at the lockout of each rep to breathe in will help with pacing. Loading the hips and utilizing a strong leg drive will help avoid placing excessive strain on the low back. The dumbbell must be controlled to the floor each time.

Alternating Dumbbell Lunges: Athletes will perform this movement with two dumbbells. The dumbbells should be held on the shoulders. A full grip should be maintained around the handles at all times while lunging. The dumbbells can be rested on the shoulders vertically or horizontally. If athletes struggle with this position, they can modify it with a farmer's carry lunge. Athletes should take a deep breath in before lunging and breathe out when stepping out of the lunge to stabilize and engage the core. Avoid the no reps of stutter-stepping between lunge reps resulting in a few extra inches on each step and also failing to reach full extension of the hips between steps, resulting in "duck walk lunges". If you are limited on space, modify to lunging in place.

SESSION 6:

WARMUP:

Crossover Symmetry or Banded 7's
- into -
Hip Halo series

WARMUP VIDEOS:

Crossover Symmetry Activation
Banded 7s
Hip Halo series

MOVEMENT TEACHING: Ring rows, strict pull-ups, kipping pull-ups, butterfly pull-ups. Demo and explain each movement and allow athletes to practice the methods that are appropriate for their ability. Being able to correctly perform kipping and butterfly pull-ups likely won't be realistic for most athletes, but allow them to practice the skill if they are ready.

STRICT PULL-UP PROGRESSION VIDEO: [How to do Pull-Ups](#)

WORKOUT:

"Fran"
21-15-9 reps for time of
Thrusters (95/65 or lighter)
Pull-ups

9-minute time cap. Encourage proper scaling so that all athletes complete the workout under the cap.

CLASS NOTES:

TIME FRAME:

Intro/Lecture: 0:00 - 3:00
Warmup: 3:00 - 13:00
Movement Teaching: 13:00 - 43:00
Workout: 43:00 - 52:00
Cooldown: 52:00 - 54:00
Cleanup: 54:00 - 56:00
Mobility and Discussion: 56:00 - 60:00

TARGET SCORE:

Athletes should choose the appropriate weight and pull-up options in order to maintain good form and complete the workout in under 9 minutes.

STIMULUS and GOALS:

The stimulus is high intensity, but with a strong focus on good form. Athletes should start off a little conservative as this one builds up fast. The final set of 9s should be a high effort to finish strong. Discuss what a benchmark workout is and how this one should feel.

WORKOUT STRATEGY and FLOW:

Thrusters: Bar will start on the floor. Athletes will clean the bar to the front rack position. Many athletes will find that a slightly wider grip than the traditional front squat front rack will allow for an easier transition from the squat into the shoulder to overhead. The focus should be on breathing out when coming out of each squat and also utilizing strong leg drive to send the bar overhead from the rack position rather than relying more on the arms. Breathing with each rep will assist with core engagement and pacing. Not having the bar in contact with the upper torso coming out of the squat will result in the majority of effort being placed on the arms rather than utilizing leg drive, meaning fast burnout on this movement. The weight used in this workout should be light, allowing athletes to complete the set of 21 in 3 sets or less. Allow athletes to modify to lighter weights or to dumbbells if mobility is an issue.

Pull-ups: Athletes should choose a variety of pull-ups that will allow them to complete sets of 5-10 reps at a time. These sets should be of moderate difficulty if modified to a different movement, meaning that athletes should not be able to complete the set of 21 unbroken due to too much assistance. Pull-ups can be modified to ring rows or bodyweight rows on a racked bar.
