CrossFit Excel – On Ramp Program

WELCOME and INTRODUCTION

"The emphasis of the On-Ramp is on skill development and exposure to our basic movements. It is designed to prepare you to enter our ongoing group classes. We are going to be hammering technique—both to ensure your safety—and success at the next level."

- We will introduce you to technique and mechanics first, then intensity.
- We will be showing you movements that begin with the relatively non technical and progressively more technical.
- It's important that you are here for each of the 12 sessions as these movements build on one another.
- There will be a workout at the end of each session which will get progressively more challenging as the course progresses.
- The difficulty of these workouts is ultimately in your hands...the degree that you push yourself will determine how much suffering goes on. The class is called "On Ramp" for a specific reason...we want to ramp you up to the level of intensity and output that is inherent in our group classes.
- Shifts in body composition are one of the most motivating ways to measure success. We highly encourage you to take "Before" pictures at the beginning of the On-Ramp class.



We would like to acknowledge Nicki Viloletti of Crossfit NorCal for creating and making the On Ramp program available to the CrossFit Community.

Day	Skill Review	New Skills	WOD (workout of the day)
1		DROM (dynamic range of motion)	For Time:
		Squat	200m Run
		Ring Row	15-12-9
		Push-up	squat/push-up/ring row
			200m Run
2	Squat	Dead Lift	For Time:
		Shoulder Press and Push Press	10,9,8,7,6,5,4,3,2,1
		w/PVC	Med Ball Dead Lift (x lbs)
			Push Press with PVC
3	Dead Lift	Rower (SDHP)	Total Time (add intervals):
		Thruster	Row 200m (SDHP)
			10 Thrusters (45/15 or PVC)
			Time each interval (one person rests
			while partner goes)
			3 times each (approx 3 min rest)
4	Dead Lift	Kipping	3 rounds for time:
		Jumping Pull-ups	Run 200m
		Walking lunges	Lunge 30 ft
			10 jumping pull-ups
5	Shoulder press	Shoulder mobility circuit	3 rounds for time:
	with PVC	Shoulder Press out of rack	300 M Row (SDHP)
		Knee to elbow progression	5 KTE
			10 barbell push press
			One groups will rest while
			2nd group goes for each
			Round
6	Shoulder Press	Wall Ball	5 rounds for time:
	press out of	Med Ball Cleans	7 wall ball
	rack		7 pushup
			7 ring rows
			OR
			5 rounds for time:
			10 wall ball
			5 pushup

Day	Skill Review	New Skills	WOD (workout of the day)
7	Dead lift,	Kipping pull-up	For Time:
	start with		Run 400m
	PVC series		15 lunges on each leg
	Walking		15 ring rows
	lunges		15 thrusters
			15 KTE
			Run 400m
8	8 Shoulder	Burgener WU	10,9,8,7,6,5,4,3,2,1
	press out of	Med Ball cleans	Med Ball cleans/sit up
	the rack	Sit-ups	
9	Kipping	Turkish Get Up	3 rounds for time:
	Burgener WU	Back Squat	400M Run
	Push ups		15 Push ups
10	Rope Climb	Back Squat	AMRAP (as many rounds as possible) in
	Burgener WU	Barbell Snatch w/PVC	10 minutes:
	Lunge	Russian lunge	Barbell snatch
			Russian lunge 25 ft
11	Turkish Get Up	Back squat	200M run
		Kettlebell swings	20-15-10
			kb swings
			Turkish Get Up
12	Dead lift		Repeat Day 1 WOD:
	Kip/pull-up		200M run
			15-12-9
			squat/pushup/ring row
			200M run

Record your results after every work out! Go to www.beyondthewhiteboard.com

Check our website for your results at www.crossfitexcel.com

We post pictures of our white board (with your results) after every WOD.

Consistency and intensity are key to getting results!



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