

The CrossFit Total

Name:

page 1 of 2

Date:

The CrossFit Total is extremely important. A planned effort can yield incredible results. A haphazard approach will yield a less than optimal outcome. Take the time to work through this sheet to plan out your warm-up and approach to each lift. Come game day you may choose to follow this sheet exactly, or deviate slightly, but you will have a starting point!

THE CROSSFIT TOTAL LIFTS	PREVIOUS MAX	GOAL
BACKSQUAT		
PRESS		
DEADLIFT		

BACKSQUAT	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	
1 at 90-95 % of opening first attempt	
1 at 85-90% of opening first rep	
1 at 80-85% of opening first rep	
2 at 75%	
3 at 65%	
2-3 pre-warm-up sets to get you to opening warm-up set	

This is your first lift and will require the most warm-up.

Notes:

PRESS	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	
1 at 95 % of opening first attempt	
1 at 85-90% of opening first rep	
1 at 80-85% of opening first rep	
2 at 75%	
3 at 65%	
1-2 pre-warm-up sets to get you to opening warm-up set	

Be careful not to use too many sets to get to your 3 attempts. 1-2 pre-warm-up sets is good!

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page 2 of 2

Date:

DEADLIFT	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	
1 at 95%	
1 at 90%	
1 at 80%	
2 at 70%	
3 at 60%	
- if under 150lb. max, then 65x5 followed by 95x3	
- if around 200lb. max, then 95x5 followed by 115x3	
- if around 250lb. max, then 115x5 followed by 225x3	
- if over 300lb. max, then 135x5 followed by 225x3	
- if over 400lb. max, then 135x5, 225x3, 255x3	
bar x 8	

Judge your last few singles by feel.

Notes: