

The CrossFit Total

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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	200	205
PRESS	100	105
DEADLIFT	535	545

BACKSQUAT	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	195-200-205
1 at 90-95 % of opening first attempt	175 (195 x .90)
1 at 85-90% of opening first rep	165 (195 x .85)
1 at 80-85% of opening first rep	155 (195 x .80)
2 at 75%	145 (195 x .75)
3 at 65%	125 (195 x .65)
2-3 pre-warm-up sets to get you to opening warm-up set	5 each at 45-75-105

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

Notes:

PRESS	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	95-100-105
1 at 95 % of opening first attempt	90
1 at 85-90% of opening first rep	85
1 at 80-85% of opening first rep	80
2 at 75%	70
3 at 65%	60
1-2 pre-warm-up sets to get you to opening warm-up set	35

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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DEADLIFT	WARM-UP AND EXECUTION
ENTER THREE ATTEMPTS	525-535-545
1 at 95%	495
1 at 90%	455
1 at 80%	405
2 at 70%	365
3 at 60%	315
- 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	135-225-255
bar x 8	45

Judge your last few singles by feel.

Notes: