

## WOD Plan - Sunday, October 1st

Cindy's Distant Cousin

AMRAP 20

5 L-pull-ups

10m HS walk

15 Single-arm DB OHS (20/15)

Complete the HS walk by kicking up behind the line to get 10m on hands. DB OHS are performed 7 on one arm, 8 on the other (not alt ea rep).

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### PRE-WORKOUT SET-UP

1. Measure and mark 10m course.
2. Set-up boxes for the HS walk scaling option.

### COACH REMINDERS

1. Demo each movement and progression pieces to the athletes before they attempt them.
2. Review ROM standards for each movement when introduced.
3. Keep athletes on your cadence for all parts of the non-workout pieces of the class unless otherwise specified.
4. Confirm scaling options with all athletes during the relevant warm-up sections.

### SCALING OPTIONS

L-pull-ups:

1. Strict pull-ups (no L)
  2. Banded strict pull-ups
- There are no kipping options.

HS Walk:

1. 20 shoulder taps in HS position (<https://www.youtube.com/watch?v=saFmdh05XMA>)
  2. 20 shoulder taps in pike position on box (<https://www.youtube.com/watch?v=y1sxGjiUHqc>)
  3. 20 shoulder taps in plank position ([https://www.youtube.com/watch?v=qGVomxz\\_QAc](https://www.youtube.com/watch?v=qGVomxz_QAc))
- This is for athletes who cannot go upside down.

## Single-Arm DB OHS:

1. Scale load to allow for 8 unbroken reps on each arm

### (:00-:03) WHITEBOARD

1. Today's workout is overall high skill and we will scale accordingly so that everyone is moving toward doing these movements down the road.
2. Review scaling options.
3. Identify the 10m HS walk course.
  - Given the short duration of the HS walk, this is a good workout to practice it for those that are not yet proficient (even if it takes a couple attempts).
  - Hands start behind the start line and must end behind the finish line to accumulate 10m on the hands. If you fall down, kick up at the position of your last hand placement.

### (:03-:13) WARM-UP, GENERAL

3 rounds:

20-sec HS hold on wall

15 AS

20 walking lunges

10 scapula pull-ups

-Allow athletes to perform reps on their own after the first rnd.

### (:13-:21) WARM-UP, SPECIFIC, (HS WALK)

Move swiftly through this progression. If athletes cannot advance to the next step, have them practice another rnd at the previously completed step. Note that steps 1 and 2 are the scaling options; review this as you teach.

1. 20 shoulder taps in plank position on their own

([https://www.youtube.com/watch?v=qGVomxz\\_QAc](https://www.youtube.com/watch?v=qGVomxz_QAc))

- It is not necessary to touch the opposite shoulder today because scaling optionstouch the same shoulder.

2. 20 shoulder taps in pike position on box on their own

(<https://www.youtube.com/watch?v=y1sxGjiUHqc>)

3. 20 shoulder taps (or attempts) in HS position on their own (<https://www.youtube.com/watch?v=saFmdh05XMA>)

4. HS walking

- If they can walk freely on the floor already, direct them to the 10m track to practice.
- If they can only take a few steps, or are attempting for the first time, have them select a set distance from the wall (~5ft is a good place to start) and walk towards the wall. Increase distance as consistency approves.

(:21-:26) WARM-UP, SPECIFIC, (L-PULL-UPS)

Have athletes who will need bands get them.

1. 10-sec hanging knee raise
2. 10-sec hanging L-raise
  - The goal is 90 degrees.
3. 3 reps of scap pull-up into regular strict pull-ups (use bands if necessary).
4. 1 rep of hanging knee raise into strict pull-up\*
5. 1 rep of hanging L-raise into strict pull-up\*

\*Only proceed to steps 4 and 5 if the athlete is considering doing L-pull-ups in the workout.

(:26-:33) WARM-UP, SPECIFIC, (SINGLE-ARM DB OHS)

1. 5 reps per side of AS with one arm extended overhead (no DB)
2. 5 reps per side of single-arm DB OHS
3. 5 reps per arm building to working weight (on their own)
  - Have athletes get a DB that is very light for them (i.e. 5-10 lbs).
  - Expect athletes who have difficulty with OHS to be using very, very light weights.

(:33-:35) BREAK

Time for athletes to ask questions, make scaling adjustments, use the restroom, etc.

(:35-:55) WORKOUT

(:55-:60) WORKOUT WRAP-UP

To include cool down, score collection, and putting away equipment.