

# INDUCTION COURSE BOOKLET

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**D CROSSFIT  
DAEDALUS**

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**D**CROSSFIT  
DAEDALUS

# 1 INTRODUCTION

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CROSSFIT IS COMPRISED OF THE FOLLOW FUNDAMENTALS

PATTERNS: (THERE ARE MANY MORE WE WILL TEACH YOU  
OVER YOUR FITNESS JOURNEY!)

## GREEN SKILLS - BASICS

Brace

Air Squat > Med Ball Squat

Front Squat

Press

Push Press

Thruster > Wall Ball

AbMat-Sit Up

## BLUE SKILLS - POWER LIFTS

Back Squat

Deadlift

Kettlebell Swing

Push-Up

## RED SKILLS - OLYMPIC LIFTS

Overhead Squat

Power Snatch

Power Clean

Push Jerk

Clean & Jerk

## 2 INTRODUCTION

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ONCE YOU LEARN THESE YOU CAN DO ANY WORKOUT!  
AS A BEGINNER OVER THE NEXT TWO WEEKS YOU WILL  
BECOME FAMILIAR WITH GREEN SKILLS AND BLUE  
SKILLS AND ONCE YOU HAVE COMPETENCY IN THEM  
YOU WILL START INCLUDING RED SKILLS IN THE  
WORKOUTS!

ANY WORKOUT CAN BE CHANGED BY A COACH TO SUIT  
YOUR ABILITIES AND ALSO TO TRAIN YOU IN THE  
SKILL APPROPRIATE FOR YOUR LEVEL.

AFTER TWO WEEKS WE WILL COACH YOU IN A  
PERSONAL TRAINING SESSION ON THE RED SKILLS  
AND YOUR TRAINING IN THE FUNDAMENTALS OF  
CROSSFIT WILL BE COMPLETE!

FROM HERE THE REAL PRACTICE STARTS!

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### 3 SCALING WORKOUTS OF THE DAY

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THE MOST IMPORTANT PART OF A WORKOUT IS TO PRESERVE THE INTENT. WE FOLLOW A STRUCTURED PROGRAM & THROUGH APPROPRIATE 'DOSING' OR AS WE CALL IT, SCALING WE CAN HAVE AN ELITE ATHLETE IN THEIR 20'S GET THE SAME CHALLENGE AS A MOTHER OF 3 IN HER 40'S. WE WOULD HAVE THEM PERFORM A SIMILAR WORKOUT BUT WE 'DOSE' OR SCALE THEM APPROPRIATELY TO THEIR LEVELS.

THIS ALLOWS ANYONE OF ANY LEVEL TO GET FITTER AND STRONGER!

ONE OF THE PITFALLS OF NEW CROSSFITTERS IS TRYING TO DO MORE THAN WHAT IS APPROPRIATE. TO THAT END WE PROVIDE COACHES TO 'SCALE' & COACH WORKOUTS AT YOUR LEVEL AND A REFERENCE GUIDE EVERY DAY IN YOUR ZEN APP.



LOOK FOR: SCALE, PACE & INTENT .

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## 4 SCALE , PACE AND INTENT

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 Workouts 

Daily Library

< Tuesday, July 17 >

CONDITIONING  
**WOD - 800**  
7 Front Squat 62.5/40  
12 Toes To Bar  
15 Deadlift 62.5/40  
5 RFT:  
  
Scale Pace & Intent:  
Choose loads that the first 3 rounds are 100% unbroken and smooth.  
Chip away at Toes To bar or choose a variation that is more suited to you, Knees to elbows, leg raises, V-Ups or Crunches .NOTE: Because the load is light and we are doing "cardio" deadlifts you might relax your form because you don't respect the weight. DONT DO THAT :P

## 5 **SCALE , PACE AND INTENT**

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THIS DETAILS WHAT THE HEAD COACH WANTS  
EVERYONE TO GET OUT OF THE DAYS WORKOUT!

EITHER READ THE SCALE , PACE & INTENT BEFORE  
CLASS OR SIMPLY ASK THE COACH WHAT IS AN  
APPROPRIATE LOAD AND SCALE FOR YOU.  
WE RECOMMEND DOING BOTH! :)

MOST IMPORTANTLY WE LOVE QUESTIONS SO  
RATHER THAN JUST GUESSING PLEASE ASK US  
ANYTHING YOU NEED, AS MUCH AS YOU NEED!!!

WE ARE HERE TO COACH :)

## 6 ZEN + BOOKING

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WE USE AN APP CALLED ZEN PLANNER WHICH CAN BE DOWNLOADED FROM THE APPLE OR GOOGLE PLAY STORE.

ONCE YOU GET AN EMAIL FROM ZEN YOU WILL BE ABLE TO FOLLOW THE PROMPTS AND SET UP A PASSWORD.

OPEN THE APP ON YOUR PHONE AND SIGN IN.

(NOT A WEB PAGE SIGN IN LIKE THE REGISTRATION PROCESS)

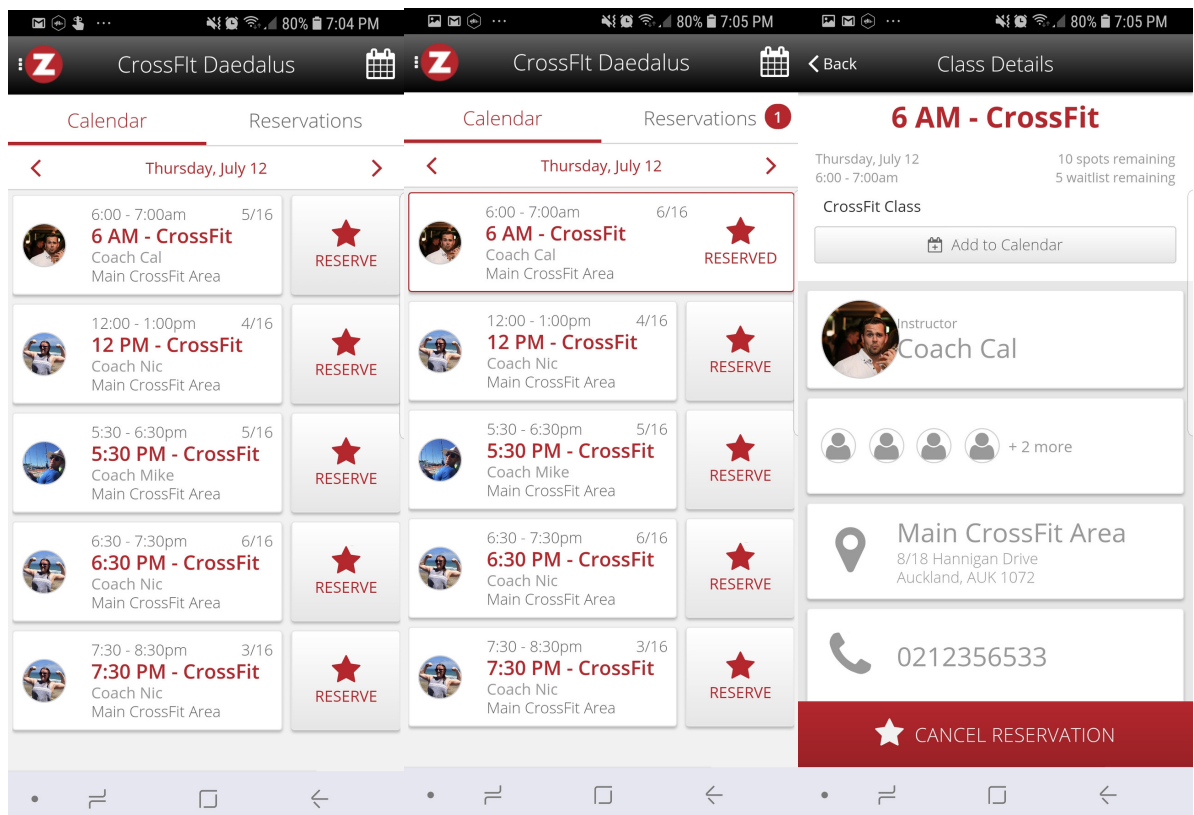


## 7 ZEN + BOOKING

**BOOKING:** OPEN ZEN AND TAP THE STAR NEXT TO THE CLASS TO RESERVE A SPOT (BOOK).

**UNBOOKING:** GO INTO THE CLASS AND TAP 'CANCEL RESERVATION' TO UNBOOK.

WE ONLY ALLOW A MAXIMUM OF 16 PEOPLE PER CLASS AS WE WANT TO FOCUS ON SMALL GROUPS AND GIVE THE BEST QUALITY POSSIBLE.



## 8 ZEN + BOOKING

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IF YOU TAP THE ZEN PLANNER LOGO IT WILL OPEN A SIDE PANEL. FROM HERE YOU CAN ACCESS THE WORKOUTS AND A FEW OTHER FUNCTIONS.

TAP WORKOUTS AND IT WILL DISPLAY TODAY'S WORKOUT.

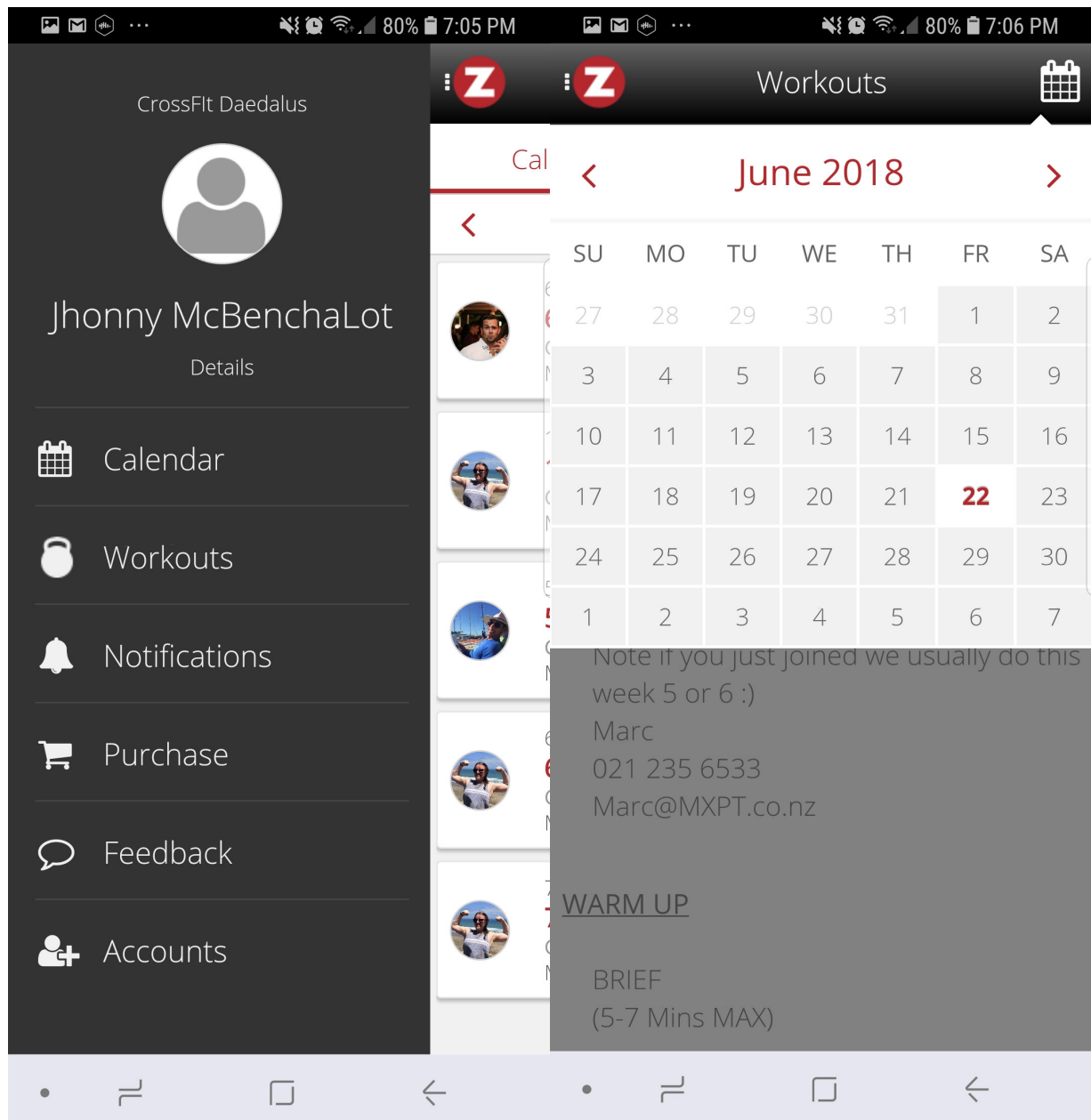
TAP CALENDAR TO LOOK INTO THE FUTURE.

WE ALLOW OUR MEMBERS TO SEE A WEEK AHEAD TO KNOW WHATS COMING HOWEVER IF YOU ARE SOMEONE WHO 'CHERRY PICKS" WORKOUTS, MAYBE DON'T DO THIS.

THAT MEANS SOMEONE WHO ONLY DOES STUFF THEY ARE GOOD AT VS STUFF THEY ARE NOT.

AFTER ALL HOW DO WE IMPROVE OUR WEAKNESSES IF WE DON'T WORK ON THEM :P

## 9 ZEN + BOOKING



## 10 PROGRAM AND WODS

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WE TRAIN IN 6 WEEK BLOCKS OF STRENGTH PROGRAMMING. EACH 6-12 WEEK BLOCK HAS A DIFFERENT FOCUS TO GIVE US BALANCED, BROAD, GENERAL AND INCLUSIVE FITNESS.

EACH DAY OR COLOUR CORRESPONDS TO A DIFFERENT MAIN LIFT OR FOCUS. IF SOMEONE WAS TO TRAIN 3 X A WEEK ON THE SAME DAYS (WE RECOMMEND THIS) THEY WOULD GET EACH COLOR BLOCK EVENLY ACROSS THE 6 WEEKS. IF THEY TRAIN MORE THEY WOULD GET AN EVEN DOSE AGAIN , JUST A HIGHER DOSE.

IF ONE TRAINS SPORADICALLY ONE STILL GETS IN EVERYTHING AS THERE IS A SECOND ALGORITHM IN THE DAILY WODS THAT ACCOUNTS FOR ANY PATTERN YOU MAY HAVE MISSED.

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# 11 PROGRAM AND WODS



## 12 PROGRAM AND WODS

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AS MENTIONED BEFORE THE WODS CAN BE FOUND ON ZEN IF YOU LOG INTO CALENDAR AND HAVE A LOOK. ALL THIS INFO IS ALSO EXPLAINED IN THE DAILY BRIEF THAT EVERY CLASS STARTS WITH. IF YOU ARE UNSURE OF ANYTHING THAT WE EXPLAIN IN THE BRIEF PLEASE ASK YOUR COACHES :)

CLASS STRUCTURE (OTHER THAN GREEN/TEAL DAYS)

- BRIEF
- WARMUP
- STRENGTH WORK / TECHNIQUE
- WOD (DAILY CIRCUIT)
- SELF DIRECTED COOL DOWN

NOTE: YOU ARE TAUGHT THE COOL DOWN ON THE FUNDAMENTALS COURSE AND ALSO GIVEN A VIDEO EXPLAINING EXACTLY HOW TO DO IT.

## 13 PROGRAM AND WODS

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TYPICALLY RED / BLUE / BLACK / GREY ARE MAIN LIFTS.

YELLOW DAYS ARE ACCESSORY LIFTS TO HELP BALANCE OUT MUSCLES AND SKILLS.

GREEN DAYS HAVE A LONGER WOD AND SOME GROUP STRETCHING AFTER.

TEAL DAYS ARE SPECIAL. THEY ARE ALWAYS SUNDAYS, AND ITS ALMOST ALWAYS AN ODD OBJECT TYPE OF LIFT, GENERALLY ALWAYS DONE AS A TEAM.

WHAT DOES THAT MEAN?

YOU WILL JUST HAVE TO COME DOWN AND SEE!



## 14 **TERMINOLOGY**

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**WOD:** WORKOUT OF THE DAY, OUR DAILY CIRCUIT

**RFT:** ROUNDS FOR TIME. THIS WORKOUT IS FOR TIME

**AMRAP:** AS MANY ROUNDS AS POSSIBLE (OF THIS)

**EMOM 10:** EVERY MIN, ON THE MIN, FOR 10 MINS

**RX:** DOING THE WORKOUT AT THE ELITE STANDARD

**TABATA:** 20 SEC OF ACTIVITY 10 SEC REST, X 8

**ROM:** RANGE OF MOTION

**1 RM:** 1 REP MAX

**PB/PR:** PERSONAL BEST /RECORD

**5X5:** 5 SETS OF 5 REPS AT THE SAME LOAD

**5-5-5-5-5:** THE 5'S INCREASE IN LOAD EACH SET

**MOVEMENT X 62.5/40:** THE RX WEIGHTS FOR THE LIFT

**REFERENCE FOR ALL EXERCISE DEMOS AND POINTS OF PERFORMANCE:**

**[HTTPS://WWW.CROSSFIT.COM/EXERCISEDEMOS/](https://www.crossfit.com/exercisedemos/)**