



CrossFit
BALTIMORE —
Forging Elite Fitness

www.crossfitbaltimore.com

CrossFit Baltimore

Fundamentals

Exercise Descriptions

Body Weight Movements

Push Up

- Lie flat on stomach with feet together
- Hands are pointed forward positioned under shoulders
- Push from the floor by straightening arms to full extension
- Body moves as a single unit maintaining a straight line
- Head is neutral
- Lower body flat to floor

Faults

- Sagging Hips
- Reaching with the chin
- Head drops down
- Partial range of motion
- Snaking

Jumping Pull Up

- Standing on a plyo box or floor, should be able to reach the bar with flat feet and bent knees
- Arms are fully extended
- Using the drive of your legs, jump up and pull until chin is above the bar level

Faults

- Arms not at full extension at bottom of movement
- Not getting the chin up over the bar

Jumping Kipping Pull Up

- Standing on a plyo box or floor, should be able to reach the bar with flat feet and bent knees
- Swing forward to a reverse “C” on your toes
- Swing back to heels and using the assistance of legs, jump and pull until chin is above bar level
- At top of movement, forcefully push away from the bar, use momentum to reach reverse “C” again

Faults

- Arms not at full extension at bottom of movement
- Not getting chin up over the bar
- Pausing before jumping/should be one fluid movement

Kipping Pull Up

- Use Kinetic Chain and drive from hips. Use hip snap, just like Kettlebell swing (see page 12).
- At top of movement, forcefully push away from the bar, use momentum to reach reverse “C” again.
- Swing should be natural, like getting ready to transition through monkey bars

Faults

- Not enough speed (or “lowering”) on the way down.
- No hip snap

Concepts of the [Kipping Pull Up](#) - [Step 1](#) [Step 2](#) [Step 3](#) [Step 4](#)

Muscle-Up

- Hang from a [false grip](#)
 - a. From a normal grip, roll the meat of the hand over the ring leaving the thumb on the starting side until the wrist opposite the thumb is in full contact with the ring.
- Pull the rings to your chest or “pull-up”
- Roll your chest over the bottom of the rings
 - b. Stick your nose as far over the rings as possible
 - c. Drive your elbows from down in front of you to up and behind you
 - d. Keep the rings as close to your body as possible
 - e. Tighten your gut
 - f. Have the meat of your thumb trace a line from the collarbone to the armpit, just above the nipple
- Press to support or “dip”

Faults

- Not starting with fully extended arms
- Not pulling rings to mid-chest before trying transition
- Not fully locking arms at the top

Training tips: You should be able to do both a pull-up to the sternum, and several ring dips before attempting this.

Dip

- On dip [bars](#) or [rings](#) lower your body while bending at the elbows and shoulders
- Keep hands close on rings and avoid letting the elbows flare out
- Lower until elbows form a 90-degree angle and return to full extension

Faults

- Not going low enough
- Not returning to full extension
- Letting elbows flare out and rings drift away from body

Sit-Up with AbMat

- Make sure the logo is upside down i.e. the thickest end of the mat is under the small of your back
- Place bottoms of your feet together with your legs “butterflyed” out
- Sit back to full extension and return to the top position without letting your feet come off the ground

Faults

- Not sitting back to full extension
- Using momentum to come up, or dropping back down too rapidly
- Letting feet drift apart and legs come together

Knees to Elbows

- Hanging from a bar or rings bring your knees up in an arc to touch your elbows by rotating your torso back and lifting your legs
- Return to the hanging position

Faults

- Swinging
- Throwing the head back
- Not touching knees to elbows

Squat Progression

Squat

- Stance = shoulder width
- Gaze forward, head neutral
- Weight in Heels
- Chest up, Shoulders back
- Tight belly
- Butt travels back and down
- Pull yourself down
- Knees track over feet b
- Below parallel
- Rise to full extension
- Every bit of musculature is working

Faults

- Losing the lumbar curve
- Weight shifts to toes
- Knees roll in
- Not going low enough
- Dropping/laziness
- Not rising to full extension
- Chest forward

Back Squat

- Use the same technique as in the bodyweight squat
- Place the bar across your back using your hands to help support and lock the bar in place
- Slowly lower yourself with the weight while actively pulling yourself into the squat with your hip flexors
- After reaching proper depth drive with the hips (do not just stand up)

Faults

- Same as in the bodyweight squat
- Not driving through the hips

Front Squat

- Builds off squat mechanics
- Bar sits on front of shoulders
- Loose fingertip grip
- Elbows HIGH, parallel to ground

Faults

- Bar racked improperly – death grip, held in front
- Elbows drop

Overhead Squat (OHS)

- Builds off squat mechanics
- Bar OVERHEAD, frontal plane
- Active shoulders
- Elbows locked

Faults

- Bar forward of frontal plane
- Lazy shoulders and arms

Clean Progression

Deadlift

- Stance = hip width
- Grip does not interfere with knees
- Weight in heels
- Back arched
- Shoulders pinned back
- Shoulders over or in front of hands
- Arms straight
- Bar in contact with legs (maintained throughout)
- Stand, hips and knees press back as chest rises
- Rise to full extension

Faults

- Loss of lumbar curve
- Bar goes around the knees
- Bar loses contact with the legs
- Hips rise without chest
- Not rising to full extension

Sumo Deadlift Highpull (SDHP)

- Wide stance
- Narrow grip
- Weight in heels
- Back arched
- Accelerate through the hips and legs to full extension
- Shrug
- Pull to under the chin
- Elbows high and outside
- Return = arms, hips, and legs

Faults

- Too slow
- Pulling too early with the arms
- Not coming to full extension
- No use of legs

Clean

- Builds on deadlift, med ball clean, and front squat
- Bar travels from floor to shoulders via 3 pulls - triple extension of ankles, knees, and hips
- 1st pull: deadlift bar to mid-thigh
- Transition to vertical torso
- 2nd pull: vicious extension against the ground creating momentum and elevation on the bar
 1. active shoulders/powerful shoulder shrug
 2. elbows high and outside, no arm bend
- 3rd pull: aggressively pull body under bar to deep squat
- Bar is received on shoulders
- Rise to full extension as in front squat

Faults

- Forward torso at 2nd pull
- Pulling too early with arms i.e. “muscling” the weight up
- Over-analysis/ insufficient aggression

Press Progression

Shoulder Press

- Stance = hip width
- Root through heels
- Tight belly
- Grip slightly outside shoulders
- Elbows in front of the bar
- Press to overhead
- Line of action = straight up and down
- Active shoulders
- Elbows locked

Faults

- Not overhead
- Leaning back
- Elbows too low/high
- Leaning back

Push Press

- Builds on shoulder press mechanics
- Dip
 1. Knees forward
 2. Pelvis in anterior rotation
 3. Chest Up!
- Drive (to full extension)
- Press

Faults

- Chest comes forward
- Cocking
- Too slow
- Muting the hip

Push Jerk

- Builds on shoulder press mechanics
- Dip
- Knees forward
- Pelvis in anterior rotation
- Chest Up!
- Drive (to full extension)
- Press and dip (same time)
Or
- Jump and land in a partial overhead squat

Faults

- No extension
- Landing too wide
- Not standing with the weight
- Not aggressive

Split Jerk

- Same jumping mechanics as push jerk
- Legs split in midair, landing in partial lunge position
- Land with weight locked out overhead
- Walk feet together/reposition feet

Faults

- Pressing weight overhead
- Insufficient power from hips
- Disengaging weight before returning to landing position

Olympic Lifts

Clean and Jerk

- Same as clean but finishes with either a Split Jerk or Push Jerk
- This is the full movement used in Olympic Weightlifting competitions

Snatch

- 3 pulls same as clean
- Builds on deadlift, Burgener warm-up, overhead squat
- Burgener Warm-Up
 - a. starting with the triple extension
 - b. Wide grip “scarecrow” method - bringing the elbows up high and outside
 - c. then up to the snatch and then the full exercise
- Jumping stance feet under hips
- Landing stance under shoulders
- Bar is received overhead
- Rise to full extension as in overhead squat

Faults

- Bar travels outside of base
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Power Clean

- 1st and 2nd pulls are the same as in the clean
- Do not bend the knees again to receive the bar, but receives it standing upright
- Generally less weight is used compared to the full squat clean, but it is a faster movement

Faults

- Bending the knees to receive the bar
- Bar travels outside of base
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Hang Clean

- A variation of the clean where the movement is initiated from an upright position called the “hang”, which looks like a nearly finished deadlift

Faults

- Bending over too far before beginning the clean
- Bar travels outside of base
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Power Snatch

- As in the power clean this movement starts from the floor and finishes in an upright position without bending the knees again

Faults

- Bar travels outside of base
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Hang Snatch

- Starts from the “hang” position, same as hang clean

Faults

- Bar travels outside of base
- Jumping and/or landing stance too wide
- Not using active shoulders/not fully extended or “shrugged” in receiving position

Miscellaneous

Slam Ball

- Raise ball overhead and then forcefully throw it to the ground by engaging abdominals, hip flexors, and arms, while simultaneously dropping into a deep squat
- Catch the ball when it rebounds from the floor and repeat while still in the deep squat
- Catch the ball and repeat

Faults

- Leaning forward to catch ball
- Not having a deep enough squat to catch the ball

Kettlebell Swing

- Squat position
- Chest up
- Arms straight
- Back arched
- Look straight ahead
- Pop hip forward
- Arms locked
- Full extension
- Arms straight overhead by ears

Faults

- Weight shifts to toes
- Knees roll in
- Not going low enough
- Lifting with your back, not your legs

Burpee

- From standing lower your body to the floor face down to the top of a push-up position by placing your hands on the floor and kicking your feet out behind you
- Perform a push-up
- At the top of the push-up, bring your feet back under you, return to standing, then finish with a jump with hands raised

Faults

- Not touching chest to floor
- Not jumping at the end
- Not putting hands up and standing erect while jumping

Rowing

- The initial pulling stroke consists of 3 actions of one fluid movement in one count
 1. push body back as a unit with an aggressive drive of the legs
 2. extend the back
 3. pull handle to touch the bottom of the sternum and pause for one count
- Return to the starting position while leaning forward slightly for 2 counts
- One whole movement is legs, arms, arms, legs

Faults

- Pulling with legs while not maintaining a straight back (this completely negates the power generated by the legs)
- Pulling only with arms and not driving with the legs
- Dropping the arms on the return

Box Jump

- With feet shoulder width apart jump with both feet and land on the box
- Land with both feet making sure that your hips and knees are fully extended at the top
- You may also finish your hip extension by jumping back off the box coming to full extension

Faults

- Not jumping and landing with both feet
- Not coming to full hip extension
- Landing with locked knees

Back Extension

- Generally done on a G.H.D. (Glute Ham Developer) or Back Extension Bench
- With a straight back lower your body until your body and legs form a 90-degree angle
- Return to a parallel position with the floor by engaging your hamstrings and lower back

Faults

- Rounding the back
- Not going low enough

Glute Ham Sit Up

- Done on G.H.D.
- Butt should be half off the edge of the rollers, with slightly bent knees.
- Slowly lean back until you can touch the floor with one hand
- From this bottom position, explosively sit-up, lock out the legs and try to reach past the toes with both hands.

Faults

- Not going to full extension (fully reaching for the floor)
- Not coming all of the way up to reach your toes

Rope Climb

- Rope should start on outside of same foot as non-dominant hand. i.e. –if you are right handed, rope will be on the outside of left foot
- Put rope around knee of non-dominant leg
- Cross other leg over, so that the rope is scissored between both feet, and straddled between thighs.
- Leave legs just loose enough that rope can slide through legs and feet.
- Pull up a few inches with arms, and squeeze legs and feet to lock out. Repeat.

Faults

- Letting slack develop above feet
- Only squeezing with feet

Thruster

- Start in same “rack” position as a shoulder press (Abs tight, legs locked, elbows forward...)
- Go into a front squat, and then forcefully drive up from a squat into a shoulder press.
- Without “re-racking,” drop back into a deep squat, and drive back up.

Faults

- Not using momentum to transition into the next repetition.
- Coming up off of heels during press.