



PHASE TRAINING PROGRAM

NAME

CFMB PHASE TRAINING PROGRAM

At CrossFit Myrtle Beach, we believe in elite fitness and training. Our professional trainers will work with you on your journey to better fitness and health. We understand everyone is different and performs differently so we've created our CFMB Phase Training Program in order to properly guide you.

Throughout each phase, our members will not only achieve better health, mobility, and athleticism but will also be professionally examined through each phase. Upon completion of a phase, the member will then be rewarded with their very own CFMB Phase Training shirt as an indication of completion. Can you reach Phase 4?

Each skill Phase contains its own progression of multi-joint movements of increasing skill, making it easy to expose weak areas, set goals, and measure your progress. At the same time, you experience the rewards of increased general fitness. You develop strength, stamina, and flexibility with measurable drills such as running, rowing, and a selection of named CrossFit workouts. Increasingly complex movements bring improvement in coordination, balance, and power output.

The Athletic Skill Phases are intended to be a guide; not a standardized test you're obligated to "pass". Don't be so hard on yourself for not being a "Phase 4 Athlete". Use the Phases to measure your strengths and weaknesses and to make improvements to your training. This guide is not a definitive guide to CrossFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness.

Phase 1 develops basic levels of strength, flexibility, and work capacity for daily life. This phase should be attained within 3-12 months for those with no significant limitations. At this phase, proper basic movements, such as hip flexion and active shoulder use are developed.



Phase 2 includes perfecting basic movements and introducing advanced skills. The complete Phase 2 may take from six months to several years to reach. Along the way, you develop great levels of strength, stamina, work capacity, and speed, building on the Phase 1 foundation.



Phase 3 is difficult to obtain with general fitness, although any healthy person can achieve it. The strength, work capacity, power, and skill required to meet these goals can prepare you to overcome any kind of physical performance with competence and confidence. Expect to apply three to five years of consistent effort to achieve this phase.



Phase 4 requires long-term dedication to fitness. The skills required for this phase are very advanced which represents a highly skilled and well-rounded athlete.



	PHASE 1 - Beginner		Date Completed	Coach Signature
SQUAT	Air Squats <2 min	x50		
	Back Squat- .75 B/W (W) 1.0 B/W (M)	x1		
	Front Squat-.5 B/W (W) .75 B/W (M)	x1		
PRESS	Push Up	x5 (W) x10 (M)		
	Military Press-.25 B/W (W) .5 B/W (M)	x1		
	Dips (box)	x5 (W) x10 (M)		
PULL	Bent Over Barbell Row-.50 B/W	x10(W) x15(M)		
	Med Ball Cleans- 20#(M) 14#(W)	x15		
PULL/CORE	Dead Lift- B/W (W) 1.25 B/W (M)	x1		
	Power Snatch- .25 B/W (W) .5 B/W (M)	x1		
	Sit Ups <1:30min	x30		
	Knees to Chest	x10		
	Plank	> 1min		
	Overhead Squat- .25B/W (W) .50 B/W (M)	x1		
CARDIO	400m Run	<2min		
	500m Row	M<2min W<2:20		
	Wall Balls- 14#(M) / 10#(W)	x25		
SKILL	Handstand Hold	>30sec		
	Singles Unbroken	>100		
WOD	"Christine"	<15min		
	3 Rounds- 500m Row, 12 Deadlifts B/W, 21 Box Jumps 20"			
OLY	Clean/Jerk- .5 B/W	x1		
	Snatch- .5 B/W	x1		
			FINAL COMPLETION DATE	

	PHASE 2- Intermediate		Date Completed	Coach Signature
SQUAT	Air Squats <1:30min	x80		
	Back Squat- 1.25 B/W (W) 1.5 B/W (M)	x1		
	Front Squat- .75 B/W (W) 1.0 B/W (M)	x1		
PRESS	Push Up	x20 (W) x30 (M)		
	Military Press- .50 B/W (W) .75 B/W (M)	x1		
	Ring Dips (strict)	x3 (W) x5 (M)		
PULL	Bench Press- .5 B/W (W) 1.0 B/W (M)	x1		
	Pull Up (Strict)	x5 (W) x10 (M)		
	Power Cleans- 5(W) .75 B/W (M)	x1		
PULL/CORE	Dead Lift- 1.5 B/W(W) 2 B/W (M)	x1		
	Power Snatch- .50 B/W(W) .75 B/W(M)	x1		
	Sit Ups <1:30	x45		
	Toes to Bar (unbroken)	x15		
	L- Sit	30sec		
CARDIO	Overhead Squat- 50 B/W (W) .75 B/W (M)	x1		
	400 m Run	<1:30		
	500m Row	M<1:45 W<2:05		
	Wall Balls- 20#(M) / 14#(W)	x25		
SKILL	Handstand Walk	15'		
	Muscle Up	x1		
	Skin the Cat	x1		
	Double Unders Unbroken	>30		
WOD	"Helen"	<11:30		
	3 Rounds- 400m Run, 21 KB Swing 53/35#, 12 Pull Ups			
OLY	Clean/jerk- B/W	x1		
	Snatch- .75 B/W	x1		
			FINAL COMPLETION DATE	

	Phase 3- Advanced		Date Completed	Coach Signature
SQUAT	Pistol <50sec.	x10 Each		
	Back Squat- 1.5 B/W (W) 2.0 B/W (M)	x1		
	Front Squat- 1.25 B/W (W) 1.5 B/W (M)	x1		
PRESS	Ring Push Up	x20 (W) x40 (M)		
	Military Press-.75 B/W (W) 1.0 B/W (M)	x1		
	Ring Dips	x15 (W) x30 (M)		
PULL	Bench Press-.75 B/W (W) 1.5 B/W (M)	x1		
	Pull Up (kip)	x15(W) x30(M)		
	Power Clean- 1.25-.75(W) B/W(M)	x1		
PULL/CORE	Rope Climb (no feet) 20'	x1		
	Dead Lift- 1.75 B/W(W) 2.25 B/W(M)	x1		
	Power Snatch-.75 B/W(W) B/W(M)	x1		
	Candlestick 25#(M) / 15#(W) (unbroken)	x20		
	Hanging Leg Raise (strict T2B)	x20		
	L-sit	1min		
CARDIO	Overhead Squat-.75 B/W (W) 1.25 B/W (M)	x1		
	400 m Run	<1:10		
	500m Row	M<1:35 W<1:55		
SKILL	Thrusters 95#(M) /65#(W)	x20		
	Handstand Walk	50'		
	Muscle Up	x8(M) x4(W)		
	Skin the Cat	x5		
WOD	Double Unders Unbroken	>75		
	"Chelsear" EMOTM	30min		
	5 Pull Ups, 10 Push Ups, 15 Squats			
OLY	Clean/Jerk- 1.5 B/W	x1		
	Snatch- 1.25 B/W	x1		
		FINAL COMPLETION DATE		

	Phase 4 - Elite		Date Completed	Coach Signature
SQUAT	Pistols Unbroken	x50		
	Back Squat- 2.0 B/W (W) 2.25 B/W (M)	x1		
	Front Squat- 1.5 B/W (W) 1.75 B/W (M)	x1		
PRESS	Ring Push Up	x30 (W) x60 (M)		
	Military Press- .75 B/W (W) 1.0 B/W (M)	x3		
	Ring Dips	x25 (W) x45 (M)		
PULL	Bench Press- B/W	x10 (W) x20 (M)		
	Pull Up (Strict)	x10 (W) x20 (M)		
	Power Clean- B/W(W) 1.5 B/W(M)	x1		
PULL/CORE	Rope Climb (no feet) 20' Touch/go	x2		
	Dead Lift- 2.0 B/W(W) 2.75 B/W(M)	x1		
	Power Snatch- B/W	x3(M) x2(W)		
	Candlestick- 45#(M) / 35#(W) (unbroken)	x25		
	Toes to Bar (unbroken)	x40		
	L-sit	1.5min		
CARDIO	Overhead Squat 1.25B/W (W) 1.50 B/W (M)	x1		
	400 m Run	<1:00		
	500m Row	M<1:25 W<1:45		
SKILL	Thrusters- 105#(M) /75#(W)	x30		
	Handstand Walk	100'		
	L- Sit to Handstand (unbroken)	x3		
WOD	Front Lever	>15 Sec		
	Double Unders Unbroken	>100		
	"Mary"	<20 min		
OLY	16 Rounds- 5 H/S Push Up, 10 Pistols, 15 Pull Ups			
	Clean/Jerk- 1.75 B/W	x1		
	Snatch- 1.5 B/W	x1		
		FINAL COMPLETION DATE		

HERO WOD LOG

JT

21-15-9 reps for time:
Handstand push-ups
Ring dips
Push-ups

Michael

3 rounds for time:
Run 800 m
50 back extensions
50 sit-ups

Badger

3 rounds for time:
30 Squat cleans (#95/#65)
30 Pull-ups
Run 800 meters

Murph

For time:
1 mile Run
100 Pull-ups
200 Push-ups
300 Air Squats
1 mile Run

Jason

For time:
100 Air Squats
5 Muscle-ups
75 Air Squats
10 Muscle-ups
50 Air Squats
15 Muscle-ups
25 Air Squats
20 Muscle-ups

Daniel

For time:
50 Pull-ups
400 meter run
21 Thrusters (#95/#65)
800 meter run
21 Thrusters (#95/#65)
400 meter run
50 Pull-ups

Nate

20 Min AMRAP:
2 Muscle-ups
4 Handstand Push-ups
8 2-Pood Kettlebell swings

Randy

For time:
75 Power snatch
(#75/#55)

Josh

For time:
21 Overhead squats (#95/#65)
42 Pull-ups
15 Overhead squats (#95/#65)
30 Pull-ups
9 Overhead squats (#95/#65)
18 Pull-ups
