

# CrossFeat

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# Table of contents



Home .....	3
Activities .....	4
Cross training .....	4
Calisthenics .....	5
TRX - Suspension training .....	5
WOD .....	6
Glossary .....	8
Annexes.....	10

Who are we? (cf. p. 10)

Contact (cf. p. 10)

# Home



The *feat* in our name stands for the achievement we are gonna reach together!



Calisthenics Class Goodwood Boys Technical School

## IMPORTANT:

This demonstration content was made by Kelis<sup>[<http://scenari.kelis.fr>]</sup> with the publishing chain Optim Office<sup>[<https://doc.scenari.software/Optim/>]</sup>.

Its objective is to help you discover Optim's document model. By exploring the items of this minimalist content, as well as browsing the available publications, you will have a preview of how the content can be structured and designed in Optim. Other items, which are not used in this simple example, exist and enable you to create more documents and richer documents.

**This demonstration content is only an example and should, in no case, be taken for the genuine website of an existing sport association.**

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# Activities



Overview of the activities we like to practice during our group training sessions.



Radio calisthenics in 1930s

## Cross training

**Cross training** is a physical practice where the trainings gather exercises from various sports by combining cardio-training, fitness, weightlifting, gymnastic... and is freely based on the CrossFit concept.

### CrossFit

The CrossFit is a crossed training trademark promoted by the CrossFit Inc company. In the common speech, the word CrossFit is assimilated to the multidisciplinary sports practice following the principles stated by the eponymous brand.

The CrossFit combines mainly the athletic strength, weightlifting, gymnastic and endurance sports. The word crossfit comes from the contraction of *cross fitness*, called like this because it combines the various pre-existing physical and sports activities.

The CrossFit players run, paddle, climb a rope, jump, move objects, do weightlifting Olympic movements as well as body weight exercises, use kettlebells, gymnastic rings, boxes, sandbags and any other objects that can be used as weight.

The CrossFit focuses around ten athletic skills: cardiovascular and breathing endurance, muscle endurance, strenght, flexibility, power, speed, agility, psychomotor education, balance and et precision.

Source: *Wikipedia* [<https://en.wikipedia.org/wiki/CrossFit>]

## Calisthenics

**Calisthenics** is a practice consisting of a variety of gymnastic physical exercises and strength training aiming to improve physical abilities and body composition. Depending on periods and countries, forms and definitions of calisthenics changed.

The word "*calisthenics*" comes from ancient Greek *kalos* (κάλος), which means "beauty" (to emphasize the aesthetic pleasure that derives from the perfection of the human body), and *sthenos* (σθένος), meaning "strength" (great mental strength, courage, strength and determination). It is the art of using one's body weight as resistance in order to develop physique.

In 2010, calisthenics is more or less mistaken with "street workout" (which is one of the possible forms), that refers more widely to a street training practice very oriented on the use of apparatus (horizontal bar) and the improvement of strength and dexterity of upper parts of the body (arms, chest, back).

Source: *Wikipedia* [<https://en.wikipedia.org/wiki/Calisthenics>]

## TRX - Suspension training

The TRX is a device, produced by the Fitness Anywhere company, allowing a type of training called **Suspension training**. It consists of a strap, folded, with handles to its ends. To use it correctly, the device must simply be anchored to a fixed point (door, tree, beam, wall, roof rack... ). The handles are used equally to hang one's feet or hands.

The term *Suspension training* refers to a strength training method that uses a system of ropes and straps to allow users to work against their own body weight.

Suspension training is a form of resistance training which consists of using our body weight. This type of training includes a large variety of movements and exercises. The aim is to develop simultaneously strength, balance, flexibility and stability. Suspension training develops physical strength while using functional movements and dynamic positions. Suspension training is based for instance on the unsteady nature of the positions. The actual term *Suspension training* is a trademark of Fitness Anywhere (company that edits the TRX).

Source: *Wikipedia* [[https://en.wikipedia.org/wiki/Suspension\\_training](https://en.wikipedia.org/wiki/Suspension_training)]

# WOD



This page presents the WOD <sup>[p. 8]</sup> for the next group training.



Competition kettlebells 8-24 kilos

## Skills

Technical deepening work at the beginning of the session:

	Exercises	Rep.	Method
1	HSPU <sup>[p. 8]</sup>	x5	EMOM <sup>[p. 8]</sup> 4'
2	BB Romanian DL <sup>[p. 8]</sup>	x10	EMOM 5'

## Plyometrics focus

Work in sub-groups centered on explosive strength:

1. Box Squat
2. Plyo push-ups on step
3. Clean and Press <sup>[p. 8]</sup>



## WOD

	Exercises	Reps.	Method
2	<ul style="list-style-type: none"> <li>• BB DL [p. 8]</li> <li>• BOTB [p. 8]</li> <li>• Sit-Up [p. 8]</li> </ul>	<ul style="list-style-type: none"> <li>• 10</li> <li>• 10</li> <li>• 15</li> </ul>	4 RFT [p. 8]
3	<ul style="list-style-type: none"> <li>• KB Swing</li> <li>• KB Sumo squat</li> <li>• Russian twist [p. 9]</li> </ul>	<ul style="list-style-type: none"> <li>• 20</li> <li>• 12</li> <li>• 15/side</li> </ul>	4 RFT
4	<ul style="list-style-type: none"> <li>• Side raise [p. 9]</li> <li>• Arnold Press [p. 9]</li> <li>• Side Bend [p. 9]</li> </ul>	<ul style="list-style-type: none"> <li>• 10</li> <li>• 10</li> <li>• 15/side</li> </ul>	4 RFT
5	<ul style="list-style-type: none"> <li>• V-up [p. 9]</li> <li>• Side Plank [p. 9]</li> </ul>	<ul style="list-style-type: none"> <li>• 12</li> <li>• 45"/side</li> </ul>	3 RFT

# Glossary



## [1] WOD

Work of the day (program of the training of the day).

*p. 6*

## [2] HSPU

Handstand push-up

*p. 6*

## [3] EMOM

Every Minute On the Minute.

Interval training where a number of repetitions of a given exercise must be done at the beginning of each minute, for a set period of time.

*p. 6*

## [4] Romanian Deadlift (RDL)

Stiff-legged deadlift

*p. 6*

## [5] Clean and Press

Unilateral "clean and press" with a KB.

*p. 6*

## [6] DL

Deadlift

*p. 7*

## [7] Burpees

Squat > Plank > Push-up/Wave > Squat > Jump.

Variant: BOTB (Burpees Over The Bar) with an additional jump.

*p. 7*

## [8] Sit-Up

Chest raise starting from a lying position with legs opened in butterfly.

*p. 7*

## [9] Rounds for time

Rounds to do during the required time.

*p. 7*



## [10] Russian twist

Rotation of the chest in sitting position.

Options:

- Using a weight
- Lifted or outstretched legs

*p. 7*

## [11] Side raise

Lateral raise of the arms with dumbbells.

*p. 7*

## [12] Arnold Press

Press "in front" with wrist rotation.

*p. 7*

## [13] Side Bend

Lateral bending of the chest.

Option: with a weight in each hand.

*p. 7*

## [14] V-up

Starting position: laying on the back, arms and legs outstretched, slightly raised above the floor.

Movement: Contraction of the abdominal strap to raise the legs and arms, still stretched, at the same time, so as to form a **V** with the body. Return to the starting position controlling the movement. The back should not bend.

*p. 7*

## [15] Plank

Core strength in plank.

Variants:

- A leg raised / opposite arm and leg raised / opening the legs on the side...
- Shoulder taps
- Military
- Difficult, chest moved back from the hands
- Side plank, on one arm (and 1 or 2 legs, upwards pelvis movements, moving the arm under the chest, bring a knee towards the chest,...)
- ...

*p. 7*

# Annexes



## Annex 1

### Who are we?



Group of amateur athletes, we meet every week to share training sessions.

This website is meant to centralize all the useful information for our members: next training programs, focus on some exercises, upcoming events,...

## Annex 2

### Contact



If you want to join us, please send a message to [contact@crossfeat.com](mailto:contact@crossfeat.com)<sup>[mailto:fakeEmail]</sup>