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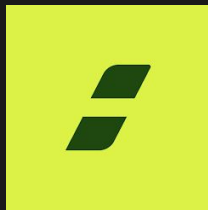
 **Hustle Up[®]**



The Art of the Hour

Coaching the Daily Workout
with Precision and Purpose

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Making the most out of every minute of every class:

- Work from your end goal back to the beginning.
- Be proactive, not reactive.
- Everything is either a yes or a no.
- Put the ball in their court.



Whiteboard Brief

- Set the mood.
- What do they need to be able to do and how should it feel?
- Collect injury information and give next steps.



General Warm-up

- Set the mood, again. (pro tip: the mood can never be too set)
- Progressively teach and warm up the burpee.
- Establish initial scaling considerations for the burpee.



Burpee Progression

Standard burpee | Range of motion: Get your **shoulders below** your elbows.

Burpee over bar | BATF & PCE: Step or jump up onto **flat feet**.

Burpee over bar | Speed: **1, 2, 3,** and jump!



Specific Warm-up

- Teach the snatch with an emphasis on barbell cycling.
- Build in organic scaling options that athletes can fall back to OR even stick with throughout the progression.
- Give each step an actionable execution that can be:
 - Looked for
 - Assessed
 - Cued (correction or acknowledgement)
 - Improved upon
 - “Dangled as a carrot”



PVC Snatch Progression

Muscle snatch | Bar path: Shrug your shoulders, lift your elbows, skim the nose, and press.

PVC jump | Hip extension: Shave your thighs and **jump with straight arms.**

PVC hang snatch | Timing: **Jump first**, then use your arms to snatch.

PVC snatch | Neutral spine: Keep your **chest up and eyes forward.**



Barbell Snatch Progression

Hang muscle snatch (up) | Timing: Drive through the heels with straight arms and **shrug the bar overhead.**

Hang muscle snatch (down) | Timing: Lower the bar to your nose, let the bar drop, and **lean forward only once the arms are almost straight.**

Hang power snatch | Hip extension + receiving position: Jump hard and **land with straight arms.**

Power snatch | Neutral spine: **Without stopping,** slide the bar down to the mid-shin with your chest up and eyes forward.



Workout Prep

- Provide time to for athletes to practice and coaches to coach.
- Create time to check in with athletes who need the most attention.
- Get eyes on each athlete before the workout to assess for safety.
- Assess for capacity to meet the stimulus with a high hurdle:
 - Can they sprint the burpees?
 - Can they sprint the burpees AND immediately pick the bar up?
 - Can they immediately pick the bar up, under fatigue, with good technique?
 - Can they hold that good technique, under fatigue, for a large and unbroken set?



Workout

- Be proactive by knowing what to look for:
 - Safety
 - Neutral spine + receiving with locked-out arms
 - Performance
 - Hip extension, bar path, timing
- Everyone gets a cue
 - If they're doing well, say "Way to jump high, Mary!"
 - If they're not, say "Jump higher, John!"
 - Follow up with, "That's better, John!" or another cue, if necessary.



Main Takeaways

- After determining the stimulus, identify **how the athlete needs to move** to achieve that stimulus.
- Build a plan that allows you to assess for the **movement qualities necessary** to achieve the stimulus.
- Focus your **teaching, seeing, and correcting** around those qualities and points of performance.
- Let athletes' abilities to achieve those points of performance and qualities **guide your decisions around scaling for the workout.**
- Provide athletes a clear path for progression in the form of movement mechanics, set and rep ranges, and time domains.



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