

CrossFit®

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 **Hustle Up[®]**



50 TO 1

Training Method

Why Weightlifting?



10 Physical Skills

1. Cardiovascular/respiratory endurance
2. Stamina
3. Strength
4. Flexibility
5. Power - maximum force in minimum time
6. Speed
7. Coordination
8. Agility
9. Balance
10. Accuracy



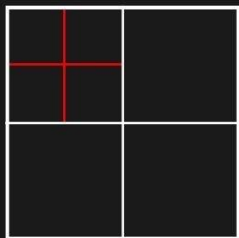
Deliberate Practice

1. Mental Model
2. Defined Goal
3. Focus
4. Growth Zone
5. Immediate, High-Quality Feedback
6. Update/Reassess Mental Model
7. Defined Goal

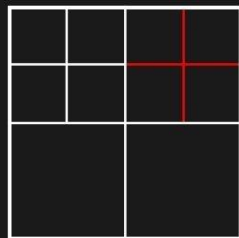


Mental Model Progression

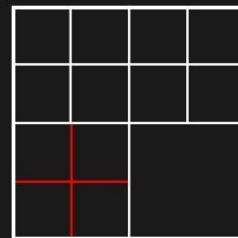
Step 1



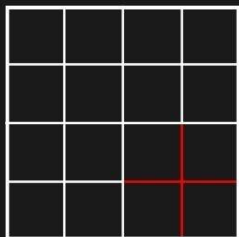
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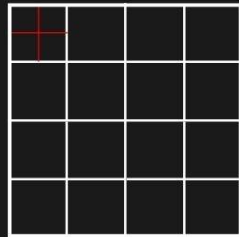
Step 3



Step 4

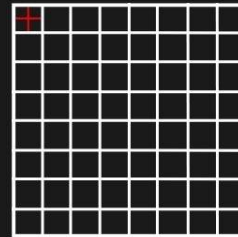


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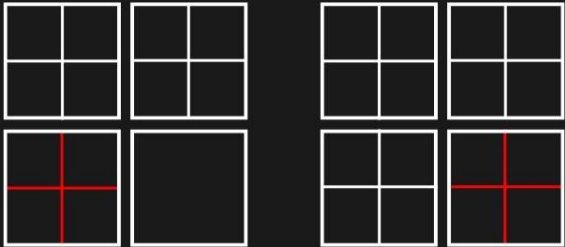
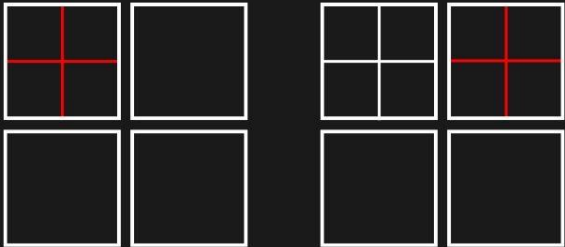


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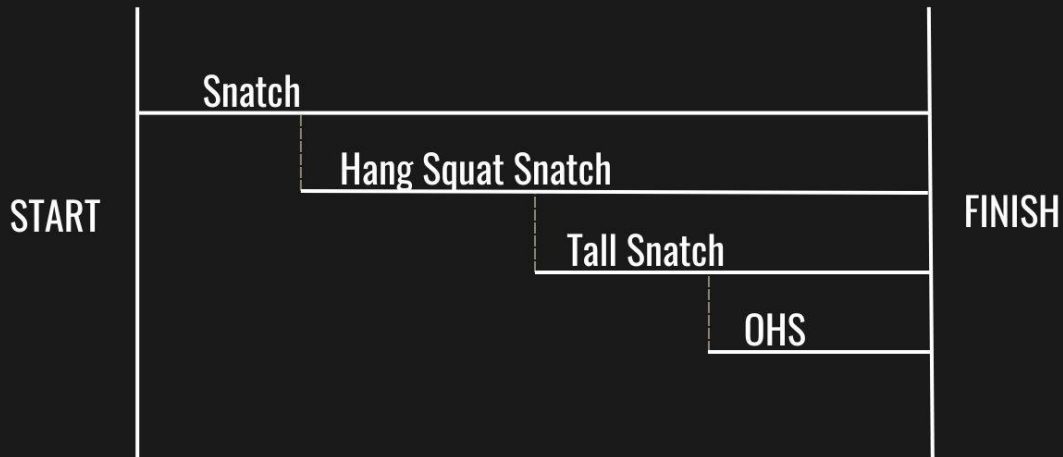
Step 21



Mental Model Development



Skill vs. Accessory Work



Snatch Progressions

1. Overhead Squat
2. Tall Muscle Snatch
3. High Hang Power Snatch
4. Hang Power Snatch
5. Drop Snatch
6. Tall Snatch
7. High Hang Squat Snatch
8. Hang Squat Snatch
9. Squat Snatch



Selling

- Speed
 - Faster results through immediate feedback
- Ease
 - Effort efficiency through constant reassessment

Retention

- Virtuosity
 - Superior results through a more detailed mental model

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