

## “CrossFit Total”

Back Squat, 1 rep  
Shoulder Press, 1 rep  
Deadlift, 1 rep

(For members who've been with us for 3 months or less you will do the following:  
Back Squat 5-5-5. | Shoulder Press 3-3-3. | Dead Lift 5-5-5.

You have a **maximum of three attempts at each lift.**

First attempt should be a guaranteed lift to get on the board.

Second lift should be challenging lift but with high percentage chance of making it.

Third attempt is go for gold.

Think about your opening attempt for each of the three lifts. Turn up to the gym with your mind switched on, and get a warmup plan to hit those numbers.

You will have about 5-6 warmup sets before first attempt at Back Squat, 2-3 warmup sets for Press, and 3-4 warmup sets for Dead Lift.

**Managing your time is very important in this workout.**

*You will have:*

*19 mins for Back Squat. 9 mins for Press. And 14 minutes for Deadlift.*

Warm-up schedule for Back Squat:-

3 x 50%

2 x 75%

1 x 85%

1 x 90%

1 x 95%

Warm-up schedule for Press:-

3 x 50%

2 x 75%

1 x 90%

Warm-up schedule for Dead Lift:-

1 x 60%

1 x 75%

1 x 85%

1 x 90%

Plan out your numbers using the above schedule to be as efficient as possible when you hit the session.