

# the **CrossFit**<sup>®</sup>

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JOURNAL ARTICLES

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## The Grinder

### CrossFit FRAGO #4, "YBF"

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CFHQ  
Santa Cruz, CA  
USA

01 Nov 06

OPS 05

FRAGO 04 to OPORD 01 – OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.

2. MISSION

"YBF": 3 rounds for time: 21, 15, and 9 reps of double-unders, thrusters, ring dips, squat cleans, and deadlifts

3. EXECUTION

a. Concept of Operations.

- (1) Intent. Complete three rounds of the exercises as quickly as possible in a safe manner. This is a five-man-team, "task-specific" workout. The team's time ends when the last member of the team completes the workout. The purpose of this workout is to develop cohesion and combat fitness under fatigue conditions through shared hardship, challenges, and competition.
- (2) Scheme of maneuver. The platoon will be divided into as many teams of five as possible. Each team will require a skipping rope, a sand bag, rings, a 45-pound rock, and two .50-cal. ammo cans. All the teams will start at the same time. Each team member has a specific exercise to perform. Each

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soldier will be doing double-unders, thrusters, ring dips, squat cleans, or deadlifts. Once each soldier has completed his required reps of the exercise, the team will rotate together (Ann A). This rotation will continue until each soldier has successfully completed three rounds of each exercise. The first round will end when each soldier returns to the station he began at. Rounds 2 and 3 are executed in the exact same order. Spotting is not permitted at any time.

- (3) Main Effort. The safety of all personnel and the development of unit cohesion and combat fitness through shared challenge and hardship.
- (4) End State. The safe and successful completion of all three rounds by each individual on the team.

### b. Coordinating Instructions.

- (1) Team Organization. Platoon leaders can organize each team however they want. It is a leadership decision on how best to deploy each team to accomplish the mission.
- (2) Scaling. The workout can be conducted in PT gear or full battle gear to include vests with plates, depending on the fitness levels of your soldiers. The five pieces of equipment required—skipping rope, sand bag, rings, rock, and ammo cans—are for austere conditions. If you have the resources, you can use an Olympic bar or dumbbells, of equivalent weight, for the thrusters, squat cleans, and deadlifts. The weight of the equipment or number of reps can be increased or decreased based on the skill level of your troops.
- (3) Scoring. The finish times for each five-person team are recorded. The team or squad that has the quickest time comes in first.
- (4) Safety. Ensure that all equipment is checked and serviceable before conducting the workout and that all soldiers are proficient in the required exercises. Safety is every member’s responsibility.
- (5) Follow-on Tasks. The next workout will require a 1.5-km running route, one climbing rope, one set of rings (austere or regular), and two pull-up bars, as a minimum, per eight man team.

## 3. SERVICE SUPPORT

### a. Equipment Weights

Item	Qty/Size	Type	Weight	Content
Sand bag (or rock)	14in-26in	8105-00-142-93	50 lbs	Sand
Cart. Cal .50	100 Rds	50 lbs	50 lbs	Sand
Nylon Webbing, weave, tubulate plain weave, tubua	NA	8305-21-111-5411	NA	NA

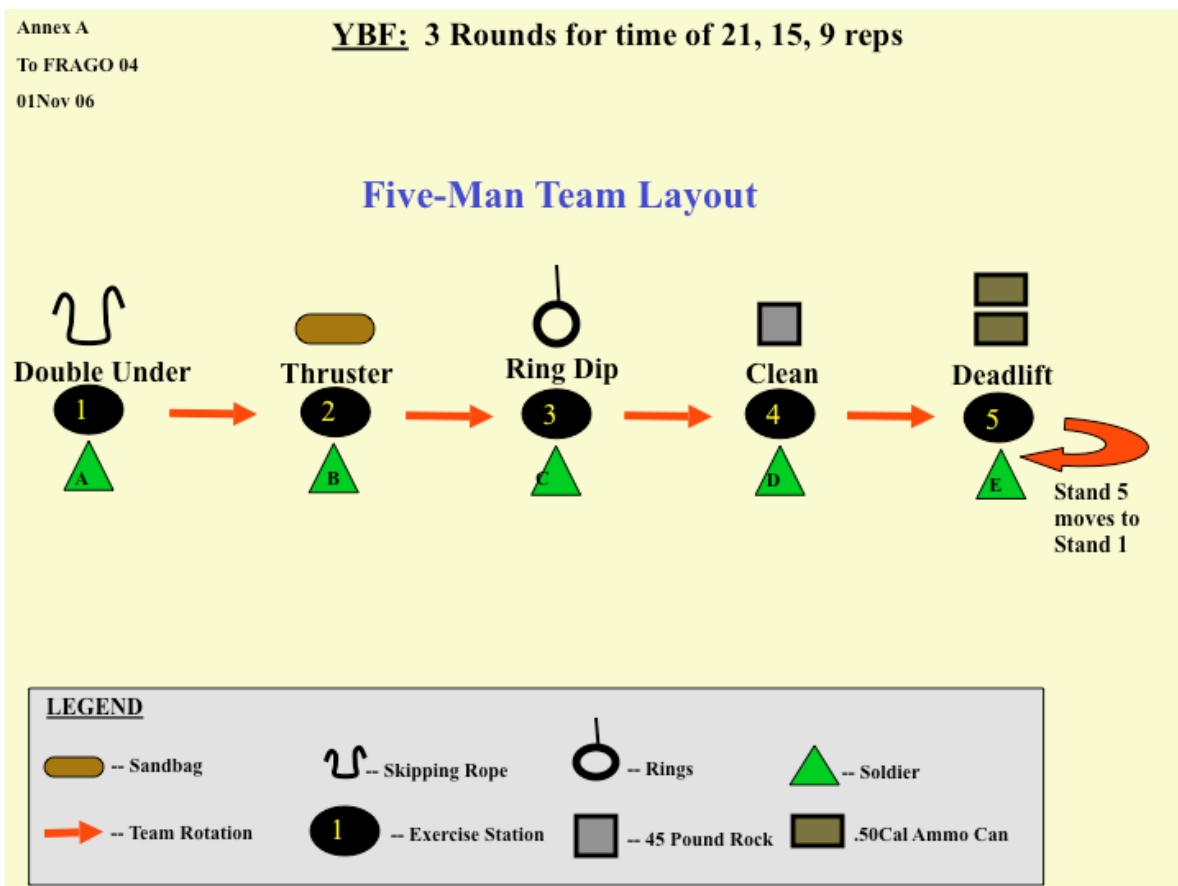
## CF FRAGO #4, "YBF" (continued...)

- c. Time Recording. One stopwatch and writing material to record each team's time.
4. COMMAND AND SIGNAL
- a. Timer/Score Recorder. Only one timekeeper is required for all squads. All five-man teams begin the workout at the same time. When teams complete all the exercises, they inform the timekeeper, who records all times. It is recommended that at least one person per team start his stopwatch to act as a backup in case the primary timekeeper's stopwatch fails.
- b. Instructor/Coach. To ensure proper conduct of the workout, use of correct exercise form, and safety of execution, a designated member of the platoon can fill this billet.

Annexes:

Annex A      Workout diagram (AOO)  
Annex B      Equipment  
Annex C      Exercises

Annex A      Workout Diagram



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## Annex B Equipment



## Annex C Exercises

