

the **CrossFit**[®]

JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #7, "DYER"

CFHQ
Santa Cruz, CA
USA

01 Feb 07

OPS 08
FRAGO 07 to OPOrd 01 – OP GRINDER

Ref: A. OPOrd 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION
"DYER": For time: 10 reps, 200m, 9 reps, 200m, 8 reps, 200m, 7 reps, 200m, 6 reps, 200, 5 reps, 200m, 4 reps, 200, 3 reps, 200m, 2 reps, 200m, 1 rep, 200m run, with reps of pull-ups, push-ups, squats, sit-ups, and burpees in each round.
3. EXECUTION
 - a. Concept of Operations
 - (1) Intent. Complete all rounds of the exercises as quickly as possible in a safe manner. This is an eight-person-team "task-specific" 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 eight as possible. Each team will require two pull-up bars. All teams will start at the same time. Each soldier will run 200 meters and then perform 10 pull-ups, 10 push-ups, 10 squats, 10 sit-ups, and 10 burpees. Once he

1 of 3

CF FRAGO #7, “DYER” (continued...)

has completed all the required reps, he will then run 200 meters again and repeat the exercises, this time doing 9 reps of each. This pattern continues until 1 rep of each exercise is completed and the final 200 meters is run. All reps of an exercise must be completed before moving on to the next one (all 10 pull-ups must be completed before moving to push-ups, and so on). Soldiers can rest at any time during the workout, but the clock keeps running. Each member of the team must complete all required reps and runs in order for his team’s time to count. The team’s time ends when the final member finishes the last 200m run. 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 exercises.

b. Coordinating Instructions

- (1) Team Organization. Squad leaders can organize their soldiers however they wish. It is a leadership decision on how best to deploy each soldier 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 number of reps can be increased or decreased based on the skill level of your troops. Jumping pull-ups can be substituted for pull-ups. The sit-ups are conducted unsupported
- (3) Scoring. The final score for each team will be calculated based on the finish time of the team. The team 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 wall or solid structure for conducting handstands against; also, individual mats or a grass area around the wall or structure are suggested.

3. SERVICE SUPPORT

- a. Equipment Requirements. Each eight-man team will require two pull-up bars.

4. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all teams. All teams begin the workout at the same time. 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.

CF FRAGO #7, "DYER" (continued...)

- 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)

