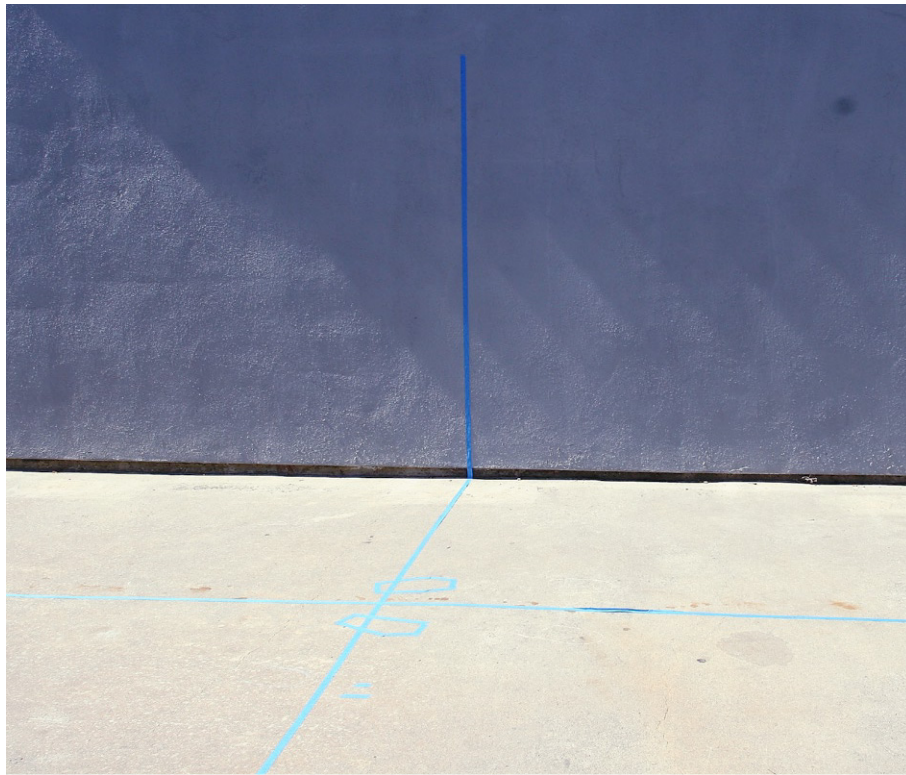


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Digital Coaching

Greg Glassman & Mike Burgener



The CrossFit community is thousands strong spread across a score of countries and populated with some of the most knowledgeable coaches and athletes in sport and strength and conditioning. Though strong, committed, and talented, the fact remains that our community is in large part connected by the Internet and diluted by geography. This, for many, means that opportunities for receiving inputs from our coaches are limited to text and getting to training events. Both have obvious limitations.

It struck us recently that though we deal in tens of billions of bits of data monthly at CrossFit.com, only very rarely does someone offer up photos or videotape of their training efforts for evaluation. This month we test and demonstrate coaching via digital inputs and offer an enticement to our friends to photograph or tape their efforts, post them to the CrossFit message board, and let the experts render feedback.

1 of 6

Digital Coaching (continued...)

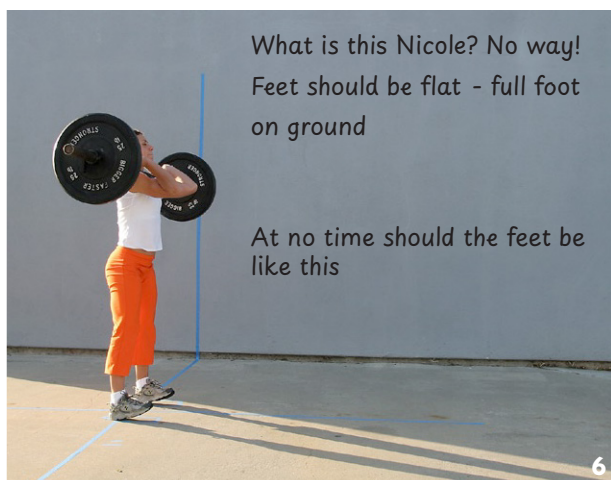
To test and demonstrate our digital coaching concept Tony Budding and Nicole Carroll each digitally photographed their Clean and Jerk and sent the photos to Coach Mike Burgener for evaluation. We're sharing the results of Mike's inputs here, and later this week we'll post these pictures to our message board in a section reserved for digital coaching. It'll be easy: get pictures of your effort, post them to the net, and stand by ready to receive the good, the bad, and the ugly.

Though not strictly necessary, we put a line of tape down a wall that ran to ground and out perpendicularly from the wall to define the frontal plane which divides the athlete front half from back half. Perpendicular to that tape line we ran another piece of tape to define the sagittal plane which divides the athlete right half from left half. Placing the athlete directly over the crosshairs formed by the intersection of these lines, we then outlined the starting foot position. These lines help give perspective to the photograph. The shots were taken from a position three paces forward of the frontal plane per Coach Burgener's request.

It looks like it worked, but only time will tell. You be the judge. Post your pictures and let us know if the inputs make a difference to your performance. Isn't that generally our standard for assessment at CrossFit?



Digital Coaching (continued...)



Digital Coaching (continued...)



Digital Coaching (continued...)

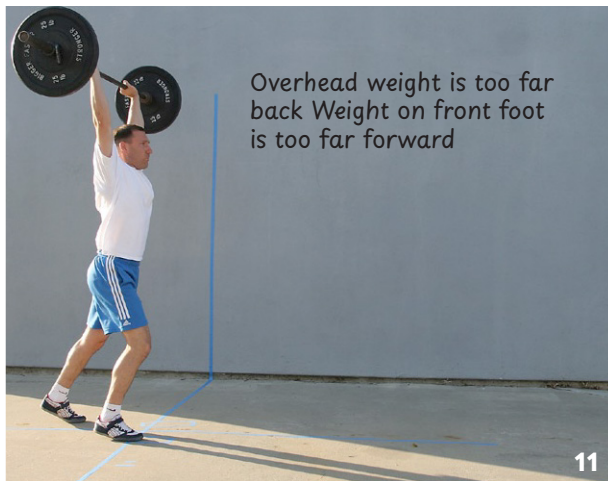


5 of 6

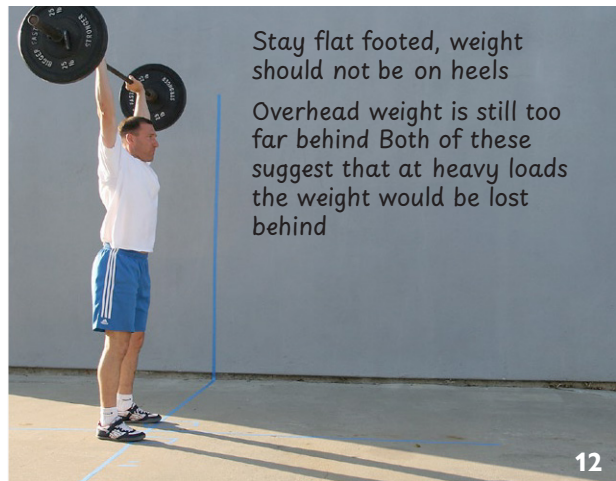
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Overhead weight is too far back Weight on front foot is too far forward



Stay flat footed, weight should not be on heels
Overhead weight is still too far behind Both of these suggest that at heavy loads the weight would be lost behind



Greg Glassman is the Founder of CrossFit, Inc. and Crossfit Santa Cruz and is the publisher of the CrossFit Journal. He is a former competitive gymnast and has been a fitness trainer and conditioning coach since the early 1980s.

Mike Burgener, a.k.a. “Coach B” or simply “Burg,” is the owner of [Mike’s Gym](#) (a CrossFit affiliate and USAW Regional Training Center), a USAW Senior International Coach, former junior World team (1996-2004) and senior World team (2005) coach, and the strength and conditioning coach at Rancho Buena Vista High School in Vista, California. He teaches CrossFit’s two-day Olympic lifting certification seminars.