

# the **CrossFit**<sup>®</sup>

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JOURNAL ARTICLES

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## The Grinder

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CrossFit FRAGO #11, "LEGER"

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CFHQ  
Santa Cruz, CA  
USA

01 June 07

OPS 12  
FRAGO 11 to OPORD 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No change.
2. MISSION  
"Leger":
  - 400-meter run
  - 21 thrusters
  - 30 pull-ups
  - 800-meter run
  - 30 pull-ups
  - 21 thrusters
  - 4 run
3. EXECUTION
  - a. Concept of Operations.
    - (1) Intent. Complete the exercises in order, as quickly as possible, in a safe manner. This is a six-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. of 5

## CF FRAGO #11, “LEGER” (continued...)

- (2) Scheme of maneuver. The platoon will be divided into as many teams of six as possible. Each team will require two .25mm ammo cans for thrusters and two pull-up bars or two sets of rings for pull-ups. All teams will start at the same time. Once each soldier has completed the first 400-meter run, he will begin the thrusters. After completing the required reps of thrusters, he will transition to pull-ups. Each exercise must be completed before moving on the next one—i.e., you must finish all 21 thrusters before starting the 30 pull-ups. However, each exercise may be broken up into sets as desired—e.g., three sets of 7 thrusters to complete the required 21, or two sets of 15 for the 30 pull-ups. If a soldier is unable to complete 30 pull-ups on his own, spotting will be permitted. However, spotting will be executed by supporting the back of the soldier doing pull-ups, not by supporting his feet, and only by a team member who is also conducting pull-ups. If a soldier is in the midst of his own set of thrusters, he is not permitted to spot another team member doing pull-ups. 2 of 5
- (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 and capacity of your troops.
- (3) Scoring. The individual finish times for each soldier are added together to determine the total finish time for the team. For example, if the finish times for the six soldiers on a team are: 18:10, 18:20, 18:30, 19:00, 19:15, and 20:00, when the individual soldiers' times are added together, the team's score is 113:15. The team that has the lowest combined time comes in first. Also, each individual soldier's time can be ranked.
- (4) .25mm Ammo-Can Thrusters. For safety reasons, it is imperative that the .25mm ammo can be lifted from the ground by the proper technique. The ammo can must be placed on the ground upside down (so that the lid of the ammo can is on the ground). With his back held in the proper dead-lift position, the lifter dead-lifts the ammo can to the hang position, where it remains inverted, with the lid facing the ground. From the hang position, he cleans the ammo can to the rack position (the thruster start position). It is during this transition, from the hang to the racked position, that the ammo can rotates 180 degrees (to end with the lid facing up). This is the start position for the thrusters.

## CF FRAGO #11, "LEGER" (continued...)

- (5) 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.
- (6) Follow-on Tasks. The next workout will require a sash-cord or skipping rope, a 20-pound medicine ball, a 25mm ammo can, a .50 Cal ammo can, a 24-inch ply -box or two Stryker tires per five-man team.

### 3. SERVICE SUPPORT

#### a. Equipment Weights

| <b>Ammo Can Nomenclature</b>                        | <b>Quantity / Size</b> | <b>Type</b>      | <b>Weight</b> | <b>Contents</b>         |
|---|------------------------|------------------|---------------|-------------------------|
| Cart 25mm APFSDS-T                                  | 30 rds                 | PA125            | 70 lbs        | Sand                    |
| Nylon webbing, plain weave, tubular (austere rings) | NA                     | 8305-21-111-5411 | NA            | NA                      |
| Snap Link, Mountain Piton (austere rings)           | 12mm                   | 8465-21-896-8280 | NA            | Claw snap and screwgate |
| PVC pipe 1 1/2 inch (austere rings)                 | 8 inch x 2 per rings   | Standard         | NA            | NA                      |

- b. Equipment Requirements. Each six-man team will require 2 x 25mm ammo cans and two sets of pull-up bars or two sets of rings (austere or regular).
- c. Time and Repetition Recording. One stopwatch for all teams and a method of recording each team's rounds.

### 4. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all teams. All six-man 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. A method of recording each soldier's time is also required.
- 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)

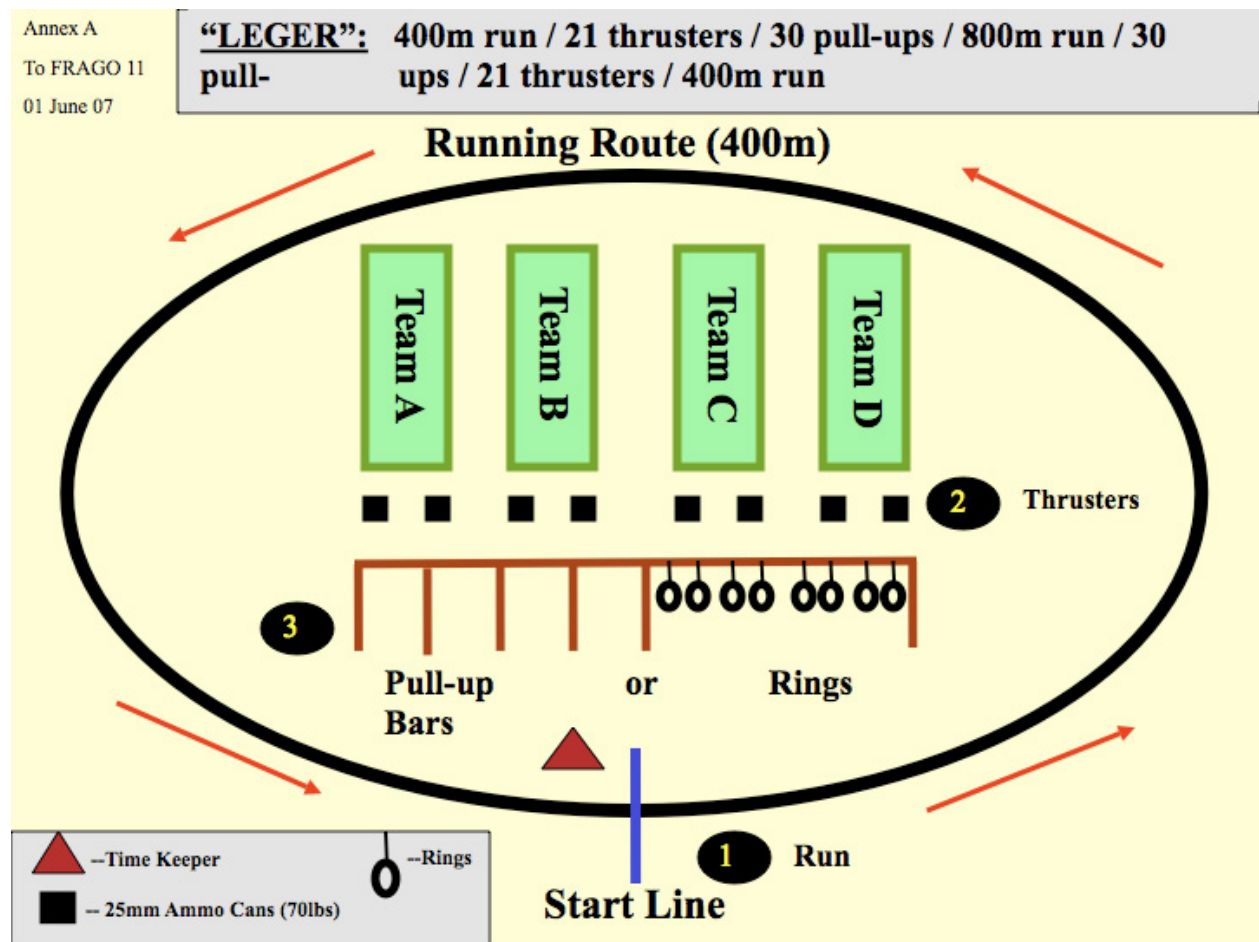
Annex B Equipment

Annex C Exercises

of 5

# CF FRAGO #11, "LEGER" (continued...)

Annex A      Workout Diagram (A00)



## CF FRAGO #11, "LEGER" (continued...)

### Annex B Equipment



### Annex C Exercises

