

# the **CrossFit**<sup>®</sup>

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JOURNAL ARTICLES

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## The Grinder

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### CrossFit FRAGO #12, "PALMER"

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CFHQ  
Santa Cruz, CA  
USA

01 JULY 07

OPS 13  
FRAGO 12 TO OPORD 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION  
"PALMER": Three rounds, one minute of each exercise per round:  
double-unders, wall ball, sumo deadlift high pull, push press, and box jump.
3. EXECUTION
  - a. Concept of Operations.
    - (1) Intent. Complete the exercises, as quickly as possible, in a safe manner. This is a five-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 five as possible. Each team will require a skipping rope or sash cord for double-unders, a 20-lb medicine ball or austere medicine ball for wall ball, a .50-cal ammo can for sumo deadlift high pulls, a 25-mm ammo of 6

## CF FRAGO #12, "PALMER" (continued...)

can for push presses, and two Stryker tires for box jumps. All teams will start at the same time. Each soldier will start the workout at a specific exercise station. The soldiers will rotate to the next station after a minute of exercising, completing as many reps of the exercise as possible. The clock does not stop between exercises. After each five-minute round, at the completion of all five stations, there is a one-minute break. One point is given for each rep of each exercise. Spotting will not be permitted at any time during the workout.

- (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. Also, soldiers can rest at any time during the workout, if required; however, the clock does not stop.
- (3) Scoring. One point is given for each rep completed of the exercises; for example, one point is given for each double-under, wall-ball shot, sumo deadlift high pull, push press, and box jump. The total reps from each round are added together. The scores of each soldier on the team are combined to obtain the team's total score. The team that has the highest combined score comes in first. Also, each individual soldier's score can be ranked in the platoon.
- (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 two .50-cal ammo cans, four 6-foot pickets, and one 25-mm ammo can per four-person team.

## CF FRAGO #12, "PALMER" (continued...)

### 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
Cart cal .50 4B/1T	100 rds	M2A1	50 lbs	Sand
Stryker tire and rim	1	2610-20-000-7697	approx 350 lbs	NA

- b. Equipment Requirements. Each five-person team will require a skipping rope, a medicine ball, a .50-cal ammo can, a 25-mm ammo can, and two Stryker tires (which will be stacked).
- c. Time and Repetition Recording. One stopwatch for all teams and a method of recording each soldier's reps. The fire-team partner of the soldier conducting the workout keeps score on the score sheet. After the soldier has completed all three rounds of the workout, he switches with his fire-team partner and becomes the score keeper.

### 4. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all teams. All five-man teams begin the workout at the same time. Each soldier conducting the workout has a scorekeeper who follows him throughout the workout, recording his reps at each station. It is recommended that at least one participant 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 D Implementation Photograph

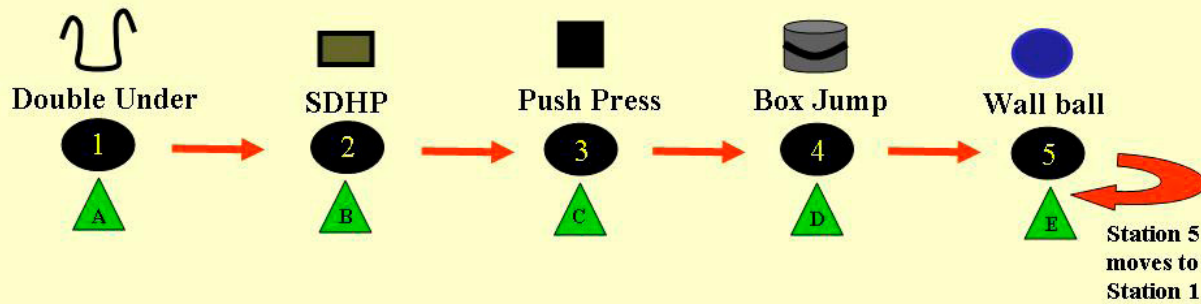
# CF FRAGO #12, "PALMER" (continued...)

## Annex A Workout Diagram (A00)

Annex A  
To FRAGO 12  
01July 07

**PALMER, an austere "Fight Gone Bad": Three rounds of double-unders, wall ball, sumo deadlift high pull, push press, and box jump.**

### Five-Man Team Layout



#### LEGEND

■ -- 25mm Ammo Can

🌀 -- Skipping Rope

🛞 -- 2 x Stryker tire

▲ -- Soldier

➡ -- Team Rotation

① -- Exercise Station

● -- Austere Med Ball

📦 -- .50-Cal Ammo Can

## Annex B Equipment



of 6

# CF FRAGO #12, "PALMER" (continued...)

## Annex C Exercises



## CF FRAGO #12, "PALMER" (continued...)

### Annex C Exercises (cont'd)



### Annex D Implementation Photograph



A recent 80-person implementation of "Palmer"