

the
CrossFit
JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #13, "SHORTY"

CFHQ
Santa Cruz, CA
USA

01 Aug 07

OPS 14
FRAGO 13 to OPOrd 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION No change.
2. MISSION
"SHORTY": Complete as many rounds as possible in 20 minutes: 21 deadlifts, 15 overhead squats, and 9 thrusters.
3. EXECUTION
 - a. Concept of Operations
 - (1) Intent. Complete the exercises in order, as quickly as possible, in a safe manner. This is a four-person-team, "time-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 four as possible. Each team will require two .50-cal ammo cans for deadlifts, four 6-foot pickets for overhead squats, and one 25-mm ammo can for thrusters. All teams will start at the same time. Each soldier will complete as many rounds of the prescribed exercises as he can in of 6

CF FRAGO #13, “SHORTY” (continued...)

20 minutes. One soldier from each team begins with the deadlifts; after completing 21 reps, he moves on to the overhead squats, and the next team member begins deadlifts. Ultimately, all team members will be working their way through the rounds at the same time but at their own pace. The soldiers will complete the exercises in order; they must finish the deadlifts before starting the overhead squats and then finish the overhead squats before starting the thrusters. However, they can break up the sets if needed to complete the exercise—for example, the nine thrusters may be completed in three sets of three. Also, soldiers may take a break at any time during the workout. During these breaks, another team member who is on the same exercise can “work in” and conduct his reps of the exercise. This will allow for maximum use of equipment and time. 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 round completed; for example, if a soldier completes 10 rounds and 21 deadlifts plus 15 overhead squats but only 6 thrusters, his score would be 10. 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.

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3. SERVICE SUPPORT

a. Equipment Weights.

Ammo Can Nomenclature	Quantity / Size	Type	Weight	Contents
Cart 25mm APFSDS-T	30 rds	PA125	70 lbs	sand
Cart cal .50 4B/1T	100 rds	M2A1	50 lbs	sand
Picket	6 feet	5410-990139-4444	10 lbs	NA

b. Equipment Requirements. Each four-person team will require two .50-cal ammo cans, four 6-foot pickets (taped or zap strapped together, Ref Ann B) and a 25-mm ammo can.

c. Time and Repetition Recording. One stopwatch for all teams and a method of recording each soldier's reps.

4. COMMAND AND SIGNAL

a. Timer/Score Recorder. Only one timekeeper is required for all teams. All four-person teams begin the workout at the same time. It is recommended that at least one participant also 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

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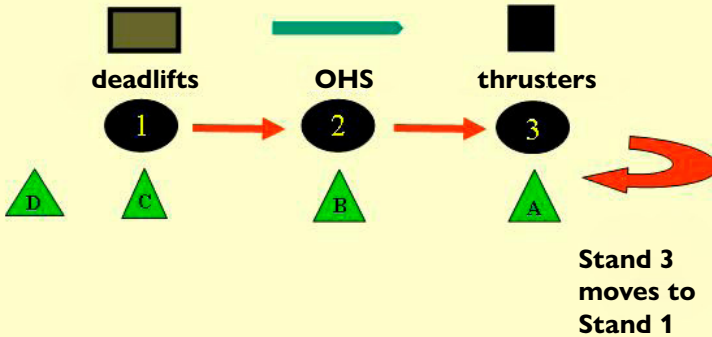
Annex A Workout Diagram (A00)

Annex A
To FRAGO 13
01Aug 07







**"SHORTY": Complete as many rounds as possible in 20 minutes:
21 deadlifts, 15 overhead squats, 9 thrusters**

Four-Man Team Layout

Soldier A completes 21 deadlifts. Then he moves on to OHS, and Soldier B begins his deadlifts, and so on. All soldiers rotate through the exercises in order, individually completing as many rounds as they can.



LEGEND

- | | | |
|--|---|---|
|  -- 25mm Ammo Can |  -- 6 Foot Picket |  -- .50 Cal Ammo Can |
|  -- Team Rotation |  -- Exercise Station |  -- Soldier |

Annex B Equipment



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Annex C Exercises

Thruster



Deadlift



Overhead Squat

