

the
CrossFit
JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #6, "GOMEZ"

CFHQ
Santa Cruz, CA
USA

01 Jan 07

OPS 07
FRAGO 06 to OPOrd 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No change.
2. MISSION
"Gomez": Complete as many rounds as possible in 20 minutes: 10 thrusters, 8 pull-ups, and 150 meter run.
3. EXECUTION
 - a. Concept of Operations
 - (1) Intent. Complete as many rounds of the exercises as possible in 20 minutes 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 teams of four. Each team will require two 25mm ammo cans (70 lbs) and two pull-up bars. All teams will start at the same time. Each exercise must be completed before moving to the next one (all 10 thrusters must be finished before starting the pull-ups, and all pull-ups must be finished before starting the run). The soldiers can rest at any time during the workout. Each soldier has to complete as many rounds as he can in the 20 minutes. The total number of 5

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of rounds for each team member will be added together to obtain the total score for the team. For example, if soldier A completes 12 rounds, soldier B 15 rounds, soldier C 13, and soldier D 9, the total score for the team would be 49. 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) 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 flat in the proper deadlift position, the lifter deadlifts 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.
- (3) Scaling. The workout can be conducted in PT gear or full battle gear to include vests with plates, depending on the fitness levels of the soldiers. The number of reps can be increased or decreased based on the skill level of the troops.
- (4) Scoring. The final score for each team will be calculated using completed rounds; partial rounds will not be counted. For example, if at the end of 20 minutes, an individual completes 12 rounds plus 6 thrusters of the 13th round, his score would be 12. The team that has the most rounds comes in first.
- (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 200-meter running route and two pull-up bars per eight-person team.

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4. SERVICE SUPPORT

a. Equipment Weights

Ammo Can Nomenclature	Qty/Size	Type/NSN	Weight	Contents
Cart 25mm APFSDS-T	30 rds	PA125	70 lbs	sand

- b. Equipment Requirements. Each four-man team will require two 25mm ammo cans and two pull-up bars (Ref Annex B).

5. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all teams. All teams begin and end 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 team's rounds 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

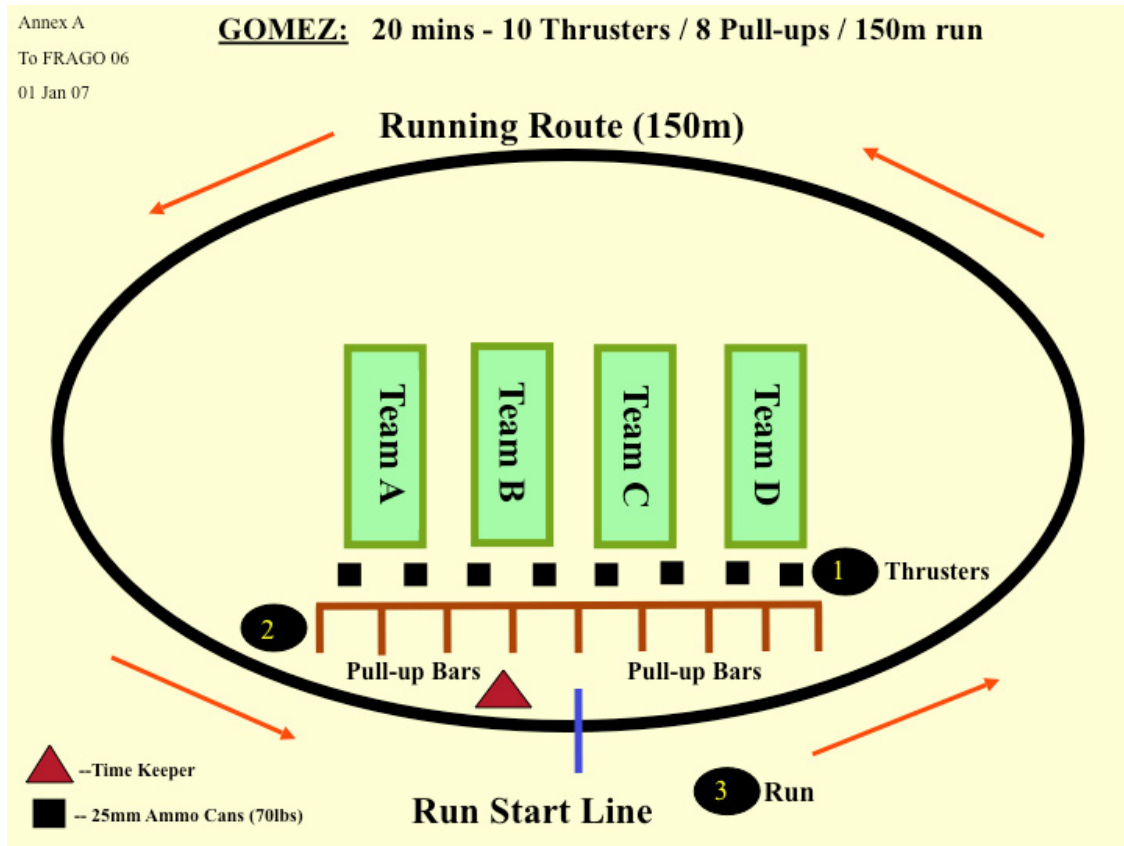
Annex A Workout diagram (AOO)

Annex B Equipment

Annex C Exercises

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Annex A Workout Diagram



Annex B Equipment



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Annex C Exercises

