

the **CrossFit**[®]

JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #9, "GIROUARD"

CFHQ
Santa Cruz, CA
USA

01 Apr 07

OPS 10
FRAGO 09 to OPOrd 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION
"GIROUARD": Five rounds for time: deadlift, thruster, and push press, with the following repetition scheme:

| <u>Round</u> | <u>DL reps</u> | <u>Thruster reps</u> | <u>Push press reps</u> |
|--------------|----------------|----------------------|------------------------|
| 1 | 25 | 15 | 5 |
| 2 | 20 | 15 | 10 |
| 3 | 15 | 15 | 15 |
| 4 | 10 | 15 | 20 |
| 5 | 5 | 15 | 25 |

3. EXECUTION
 - a. Concept of Operations
 - (1) Intent. Complete five rounds of the exercises as quickly as possible in a safe manner. This is a four-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

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- (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, one 25mm ammo can for thrusters, and one 25mm ammo can for push presses. All the teams will start at the same time. Each team member has a specific exercise to perform: he will be doing deadlifts, thrusters, push-presses, or waiting at the rest station. Once each soldier has completed his required reps of the exercise at each station, the team rotates together so that each soldier is at the next station (Ann A). This rotation will continue until each soldier has successfully completed five rounds of each exercise. The first round will end when each soldier returns to the station he began at. Rounds 2 to 5 are executed in the exact same order, with different repetition requirements for the deadlift and push press. 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) 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 of your troops.
- (3) Scoring. The finish time for each four-person team is recorded. The team or squad that has the fastest time comes in first.
- (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 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 (Ref. Annex C).
- (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 two 25mm ammo cans and two pull-up bars or sets of rings for each four-person team.

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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 |

- b. Equipment Requirements. Each four-person team will require two .50-cal ammo cans and two 25mm ammo cans.
- 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 four-person teams will 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 (A00)

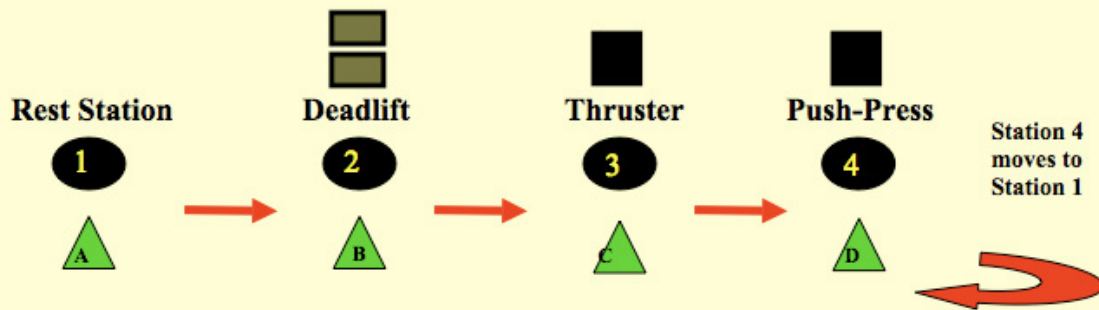
Annex A

To FRAGO 09

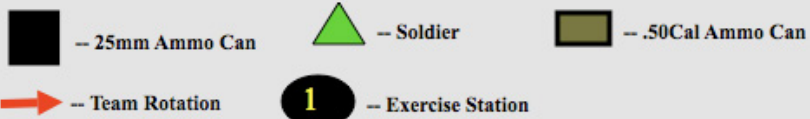
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"GIROUARD": 5 rounds (25-15-5, 20-15-10, 15-15-15, 10-15-20, 5-15-25 reps) of deadlift, thruster, push press

Four-Person Team Layout



LEGEND



Annex B Equipment



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Annex C Exercises

