

# the **CrossFit**<sup>®</sup>

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## JOURNAL ARTICLES

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### The Grinder

#### CrossFit FRAGO #2, "CARLA"

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CFHQ  
Santa Cruz, CA  
USA

01 Sep 06

OPS 03

FRAGO 02 to OPORD 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.

2. MISSION

"CARLA": 5 Rounds for time: Run 400m / 30 deadlifts / 30 sit-ups

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 team's time ends when the last member of the team completes the 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. Each squad will be divided into two teams of four or five. Each team will have two .50-cal ammo cans (50 pounds each) per soldier. This is the preferred equipment ratio. However, the minimum requirement would be four .50-cal ammo cans per four-person team. All the teams will start at the same time from the same location. Individuals of 5

will run 400m, returning to the start point. Upon completion of the run, they will conduct 30 deadlifts with the .50-cal ammo cans; once the 30 deadlifts are complete, they will execute 30 full-range sit-ups. The first round will end after the 30 sit-ups are completed. Rounds 2, 3, 4, and 5 are executed in the exact same order. Each exercise must be completed before moving on the next one—i.e., you must finish all 30 deadlifts before starting the 30 sit-ups. However, each exercise may be broken up into sets as desired. Spotting will be permitted only during the sit-ups. However, only a team member who is also in the sit-up phase of the workout may provide assistance. As soon as the spotter completes his 30th sit-up and transitions to the run, or when he is returning from the run and starting the deadlifts, he is not permitted to provide assistance.

- (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 by each individual in the squad.

b. Coordinating Instructions.

- (1) Team Organization. Squad leaders can organize each team however they want. It is a leadership decision on how best to deploy each team to accomplish the mission. If the squads cannot be grouped into fire teams of four, add a fifth soldier to the team. The finish times of each of the squad's four-person teams are added together to obtain the squad's total time. The squad that has the lowest combined total time comes in first.
- (2) Scaling. The workout can be conducted in PT gear or in full battle gear, to include vests with plates, depending on the fitness levels of your soldiers. The one type of equipment required—.50-cal ammo cans (or any other 50-pound objects that can be gripped in one hand)—is for austere conditions. If you have the resources, you can use two 50-pound dumbbells or a 105-pound barbell and weights. The weight of the equipment or number of reps can be increased or decreased based on the skill level of your troops.
- (3) Scoring. The finish times of each of the squad's four-person teams are added together to obtain the squad's total time. For example, if Team A of the first squad finishes in 20:30 and Team B of the first squad finishes in 20:00, the total time for the squad is 40:30. The squad that has the lowest combined total time comes in first.
- (4) Safety. Ensure that all equipment is checked and serviceable before conducting the workout and that all soldiers are proficient on deadlifts. Safety is every member's responsibility. All participants must be competent in the exercises before doing the workout.
- (5) Follow-on Tasks. The next workout will require one 40- or 50-pound rock per three soldiers; however, if this is not possible, two 25- or 30-pound dumbbells for every three soldiers can be substituted.

## CF FRAGO #2, "CARLA" (continued...)

### 3. SERVICE SUPPORT

#### a. Equipment Weights

Ammo Can Nomenclature	Quantity/Size	Type	Weight	Contents
Cart Cal .50 4B/1T	100 rds	M2A1	50 lbs	Sand

b. Equipment Requirements. Each four-person fire team will require eight .50-cal ammo cans.

c. Time Recording. One stopwatch and writing material to record each team's time.

### 4. COMMAND AND SIGNAL

a. Timer/Score Recorder. Only one timekeeper is required for all squads and fire teams. This soldier will record the finish times of each team. He is positioned where the deadlifts and situps will be done (the start/stop line for the run) for command and control purposes. All fire teams begin the workout on his command. When teams complete all the exercises, they inform the timekeeper, who records all times. It is recommended that at least one person per fire team 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. An injured soldier who cannot participate in the PT or another member of the company can also perform this duty. Although not preferred, the platoon leader or platoon sergeant can also serve in this key position, especially if the target training audience is the individual squads. The command team can conduct the workout before platoon PT or at another time throughout the day. Once they have completed it, they can post their times against the rest of the platoon.

#### Annexes:

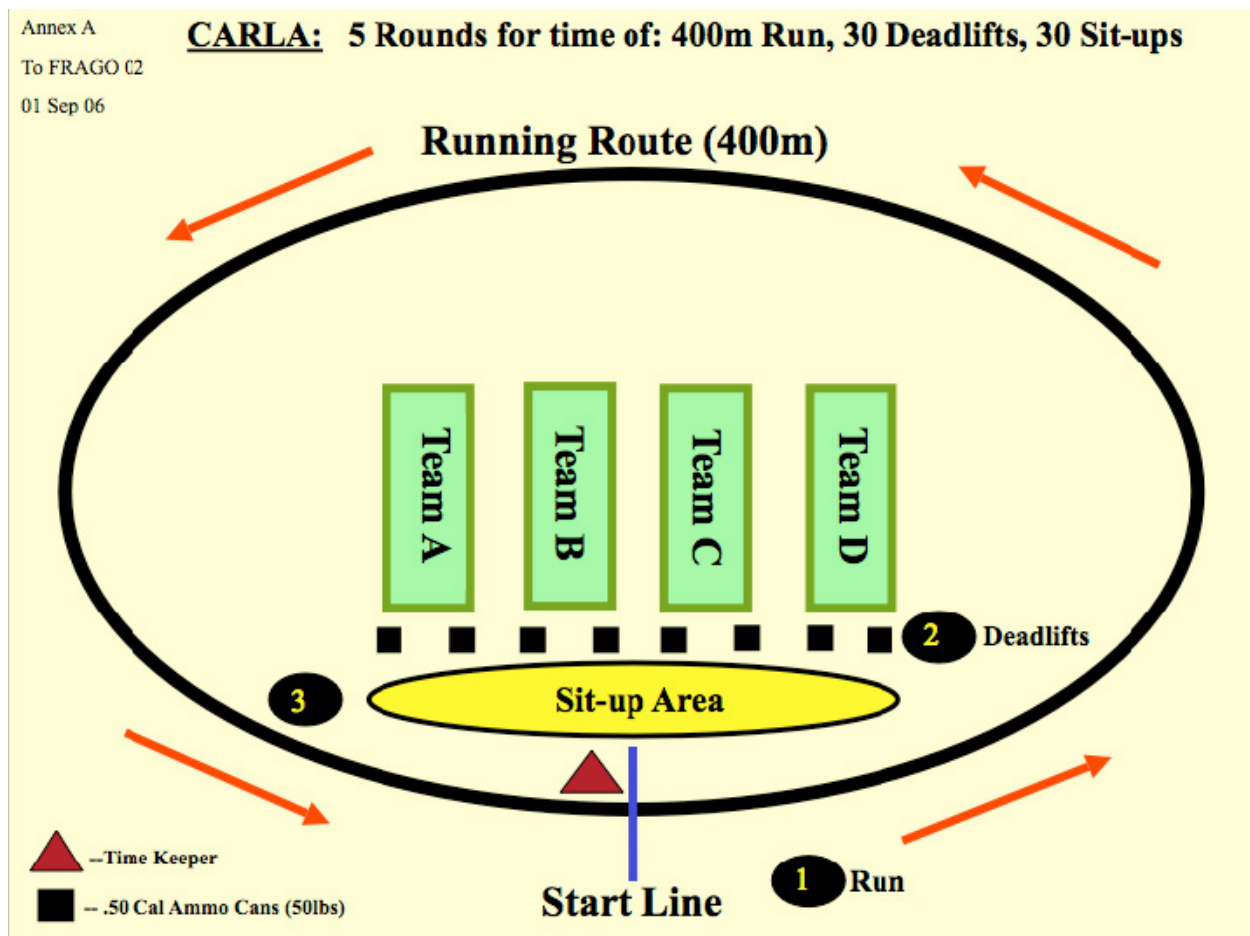
Annex A Workout diagram

Annex B Equipment

Annex C Exercises

## CF FRAGO #2, "CARLA" (continued...)

### Annex A Workout Diagram



### Annex B Equipment





## CF FRAGO #2, "CARLA" (continued...)

### Annex C Exercises

