

the **CrossFit**[®]

JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #5, "PATRICIA"

CFHQ
Santa Cruz, CA
USA

01 Dec 06

OPS 06

FRAGO 05 to OPORD 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION

"PATRICIA": Total per 8-person squad— 1.5 km run (per soldier), 200 burpee pull-ups, 400 jumping ring dips, 40 rope climbs, and 1 min L-sit (per soldier).

3. EXECUTION

- a. Concept of Operations.

- (1) Intent. Complete all the exercises as quickly as possible in a safe manner. This is an eight-person-squad "task-specific" workout. The squad's time ends when the last member of the squad 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. The platoon will be divided into as many teams of eight as possible. Each squad will require pull-up bars, a 15-foot climbing rope, rings (austere or regular), and P-bars (parallel bars, dip station, or parallettes). All squads will start at the same time. Each squad has to complete the total number of reps per exercise. The only exercises that each soldier in the squad must complete as an individual are the 1.5-km run of 6

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and the one-minute L-sit. The other exercises can be divided up among the squad as they desire. There is no order that the exercises must be completed in and there is no requirement to conduct the exercises all together, as a formed squad. For example, each soldier in the squad can do 25 burpee pull-ups to obtain 200 reps, or one soldier can do all 200. Two soldiers can do 20 rope ascents each, or every member of the squad can do 5 ascents. The requirement is for the squad to complete the total number of reps designated per exercise. The one-minute L-sit is a cumulative time. Each soldier can utilize as many L-sits as required to obtain his one minute of total time. For example, each soldier could do two 30-second sets or six 10-second sets, however he wants. The L-sits can be conducted on P-bars, rings, or as an L-hang from pull-up bars. 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 austere rings and p-bars described in this document are for austere conditions. Conventional rings and P-bars may be used if available. The number of reps can be increased or decreased based on the skill level of your troops.
- (3) Scoring. The finish time for each squad is recorded. The squad that has the fastest time comes in first.
- (4) Burpee Pull-Up. The soldier starts the exercise standing under the pull-up bar, executes a burpee, and finishes by jumping up to the bar and completing a jumping pull-up. One repetition of the exercise is complete when the soldier has descended from the pull-up bar and is ready to commence the next burpee (Annex C).
- (5) Jumping Ring Dip. The rings should be set between chest and shoulder height. The soldier jumps from the ground to a support position above the rings, with straight elbows. One repetition is competed when the soldier is back on the ground from the support position (Annex C).
- (6) Rope Climb. Soldiers can utilize any method they wish to climb the rope.
- (7) L-sit. The L-sit can be executed on the rings, P-bars, or pull-up bars. For scaling purposes, a tuck sit can be substituted for the L-sit for soldiers who cannot do an L-sit (Annex C).

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- (8) Safety. Ensure that all equipment is checked and serviceable before conducting the workout and that all soldiers are proficient in the required exercises. To avoid rope burn, it is recommended that all soldiers wear boots and BDU pants, as a minimum. Safety is every member's responsibility.
- (9) Follow-on Tasks. The next workout will require a 150-meter running route, two 25-mm ammo cans and two pull-up bars per four-person team.

3. SERVICE SUPPORT

a. Equipment and Weights

Nomenclature	Qty/Size	Type/NSN	Weight	Contents
Nylon webbing, plain weave, tubular (for austere rings)	NA	8305-21-111-5411	NA	NA
Snap Link, Mountain Piton (for austere rings)	12mm	8465-21-896-8280	NA	Claw snap and screwgate
PVC pipe, 10 inch (for austere rings)	8 inch x 2 per rings	Standard	NA	NA

- b. Equipment Requirements. Each eight-person squad will require as a minimum: one pull-up bar, one set of rings, one climbing rope, and one set of P-bars (rings or a pull-up bar can be substituted for P-bars for the L-sits). The preferred equipment issue is two pull-up bars, two sets of rings, one climbing rope, and one set of P-bars per squad.
- c. Time and Repetition Recording. One stopwatch to record each team's time and a method of recording completed reps at the dip, pull-up, and rope climb stations.

4. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all squads. All eight-person teams begin the workout at the same time. When a squad completes all the exercises, they inform the timekeeper, who records all times. It is recommended that at least one person per team start his stopwatch to act as a back-up 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:

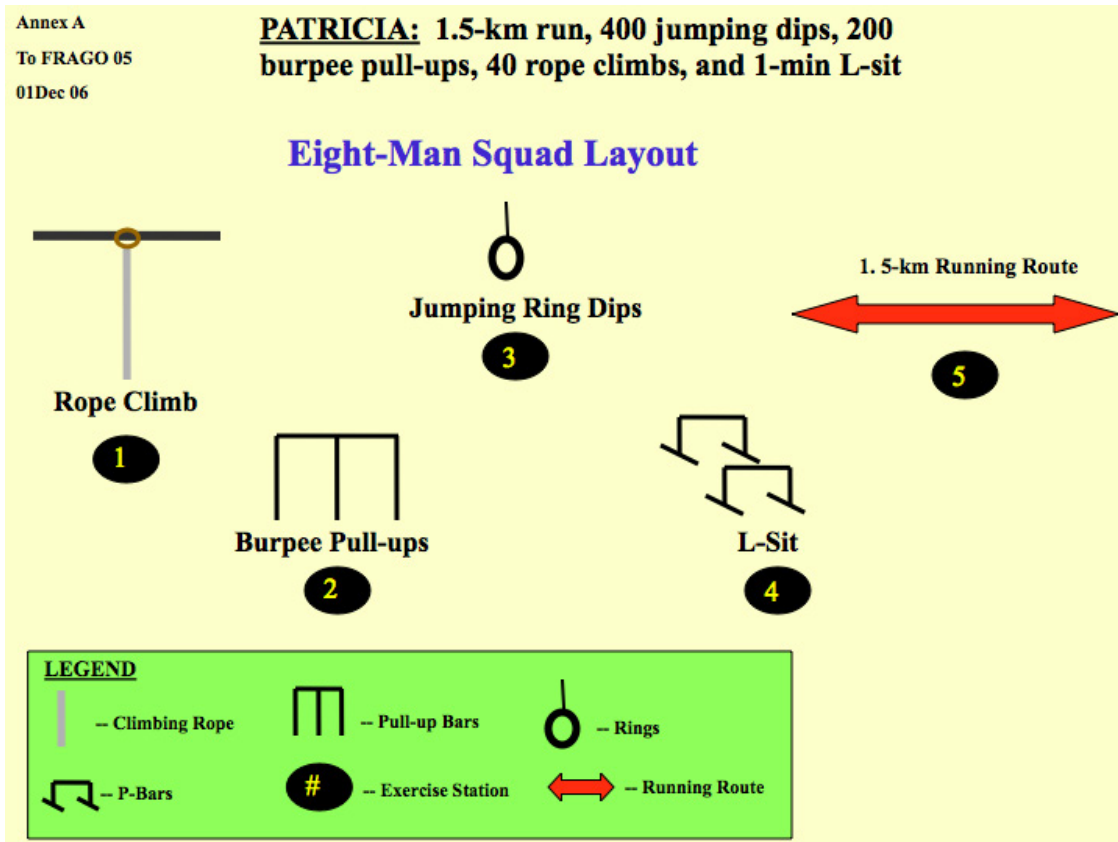
Annex A Workout diagram (A00)

Annex B Equipment

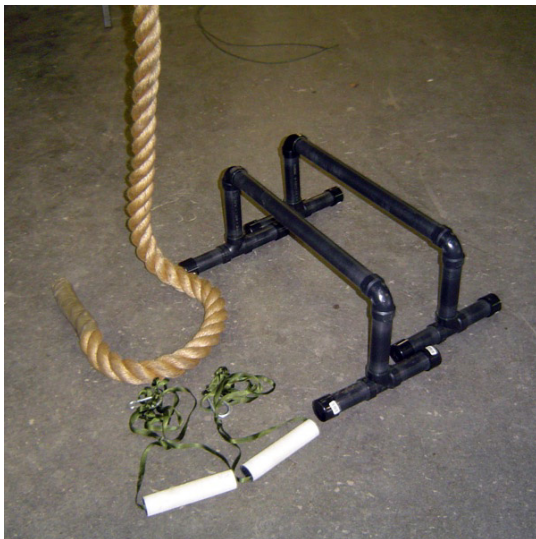
Annex C Exercises

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Annex A Workout Diagram



Annex B Equipment



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Annex C Exercises



Above: *The Jumping Dip*
Left and Below: *L-Sit Variations*
Right: *Rope Climb*

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Annex C Exercises

