

the  
**CrossFit**  
JOURNAL ARTICLES

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## The Grinder

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### CrossFit FRAGO #3, "VICTORIA"

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CFHQ  
Santa Cruz, CA  
USA

01 Oct 06

OPS 04

FRAGO 03 to OPOrd 01 — OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.

2. MISSION

"VICTORIA": 5 rounds for time: 10 squat cleans, 20 pushups, rest

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 three-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. The platoon will be divided into as many teams of three as possible. Each team will require a 50, 55, or 60-pound rock or sand bag. All the teams will start at the same time. Each team member has a specific exercise to perform. A soldier will be doing either squat cleans or pushups, or resting. Once all three team members have completed their

required reps of the exercise, the team will rotate together: the soldier who was doing squat cleans will move to push-ups; the one who was doing push-ups will move to the rest station; and the one who was resting will move to squat cleans (Ann A). This rotation will continue until each soldier has successfully completed five rounds of each exercise, for an individual total of 50 squat cleans and 100 push-ups. The first round will end when each soldier returns to the station he began at. Rounds 2, 3, 4, and 5 are executed in the exact same order. Each exercise must be completed before the team can rotate—i.e., once Soldier "A" finishes his squat-cleans, he cannot start doing push-ups until Soldier "B" has finished and the team is ready to rotate together. 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 by each individual in the platoon.

b. Coordinating Instructions.

- (1) Team Organization. Platoon leaders can organize each team however they want. It is a leadership decision on how best to deploy each team 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 equipment listed—sand bags or rocks—is for austere conditions. If you have the resources, you can use two 30- or 35-pound dumbbells or a 65-pound Olympic bar 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 time for each three-person team is recorded. If possible, the combined times of each squad's three-person teams can be added together to obtain the squad's total time. The team or squad that has the lowest total time comes in first. For example, if Team A of the first squad finishes in 09:18 and Team B of the first squad finishes in 12:00, the total time for the squad is 21:18.
- (4) Safety. Ensure that all equipment is checked and serviceable before conducting the workout and that all soldiers are proficient on squatcleans. 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 a skipping rope, a 25mm ammo can, rings, a 40-pound rock, and two .50-cal ammo cans per five-person team; however, if this is not possible, substitute two 35-pound dumbbells for the 25mm ammo can, two 20-pound dumbbells for the 40-pound rock, and two 50-pound dumbbells for the .50-cal ammo cans per five-person team.

## CF FRAGO #3, "VICTORIA" (continued...)

### 3. SERVICE SUPPORT

#### a. Equipment Weights

Item	Weight	Contents
Sand bag (or rock)	50, 55, or 60 lbs	Sand

b. Equipment Requirements. Each three-person team will require either a sand bag or a rock.

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 in a central location for command and control purposes. All three-person teams begin the workout on his command. When a team completes all the exercises, they inform the timekeeper, who records all times. It is recommended that at least one person per team keep a 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 can 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 themselves 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:

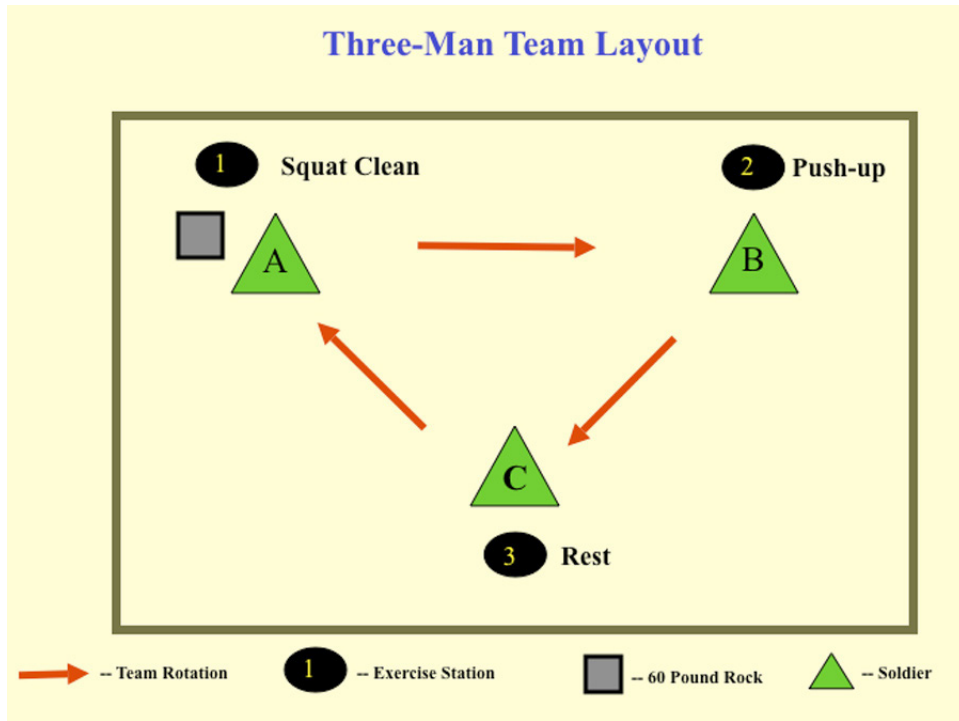
Annex A Workout diagram (AOO)

Annex B Equipment

Annex C Exercises

# CF FRAGO #3, "VICTORIA" (continued...)

## Annex A Workout Diagram



## Annex B Equipment



# CF FRAGO #3, "VICTORIA" (continued...)

## Annex C Exercises

