

# the **CrossFit**<sup>®</sup>

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JOURNAL ARTICLES

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## **The Grinder**

### CrossFit FRAGO #8, "SHANE"

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CFHQ  
Santa Cruz, CA  
USA

01 Mar 07

OPS 09  
FRAGO 08 to OPORD 01 – OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION  
"SHANE": Complete as many rounds as possible in 20 minutes: 8 inverted burpees, 21 squats, and 12 burpees.
3. EXECUTION
  - a. Concept of Operations
    - (1) Intent. Complete as many rounds of the exercises in 20 minutes as possible in a safe manner. This is a four-person-team 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 as many teams of four as possible. Each team will require a wall or other stable object to conduct the inverted burpees against. All teams will start at the same time. Each exercise must be completed before moving to the next one (all 8 inverted burpees must be finished before starting the squats and all squats

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1 of 5

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## CF FRAGO #8, "SHANE" (continued...)

finished before starting the burpees). The soldiers can take a rest at any time during the workout. Each team has to complete as many rounds as possible in the 20 minutes. The total number of complete 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 rounds, 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) 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 final score for each team is the total of completed rounds by all members of the team; partial rounds are not counted. For example, if at the end of 20 minutes, a soldier has completed 12 rounds plus 6 inverted burpees of round 13, his score is 12. The team that has the most total rounds comes in first.
- (4) Inverted Burpee. There are two methods of conducting the inverted burpee. For the first variation, the soldier begins supine on the ground, kips to standing, and then kicks up to handstand. However, few soldiers will be capable of kipping up to a standing position from their backs. For the second variation, the soldier begins in a standing position, squats down and rolls onto his back, and then, using momentum, rolls up to his feet and into a handstand (see Annex C). The two inverted burpee variations involve equal or greater work and greater skill than the traditional burpee.
- (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 2 x .50 Cal ammo cans and 2 x 25mm ammo cans per each four-man team. Soldiers must be proficient in the dead-lift, push-press, and thruster.

## 3. SERVICE SUPPORT

- a. Equipment Requirements. Each four-person team will require a wall or other tall, sturdy object to conduct the inverted burpees against; also, the use of a mat

## CF FRAGO #8, "SHANE" (continued...)

is recommended if conducting the inverted burpee on a hard surface such as a cement or wood floor.

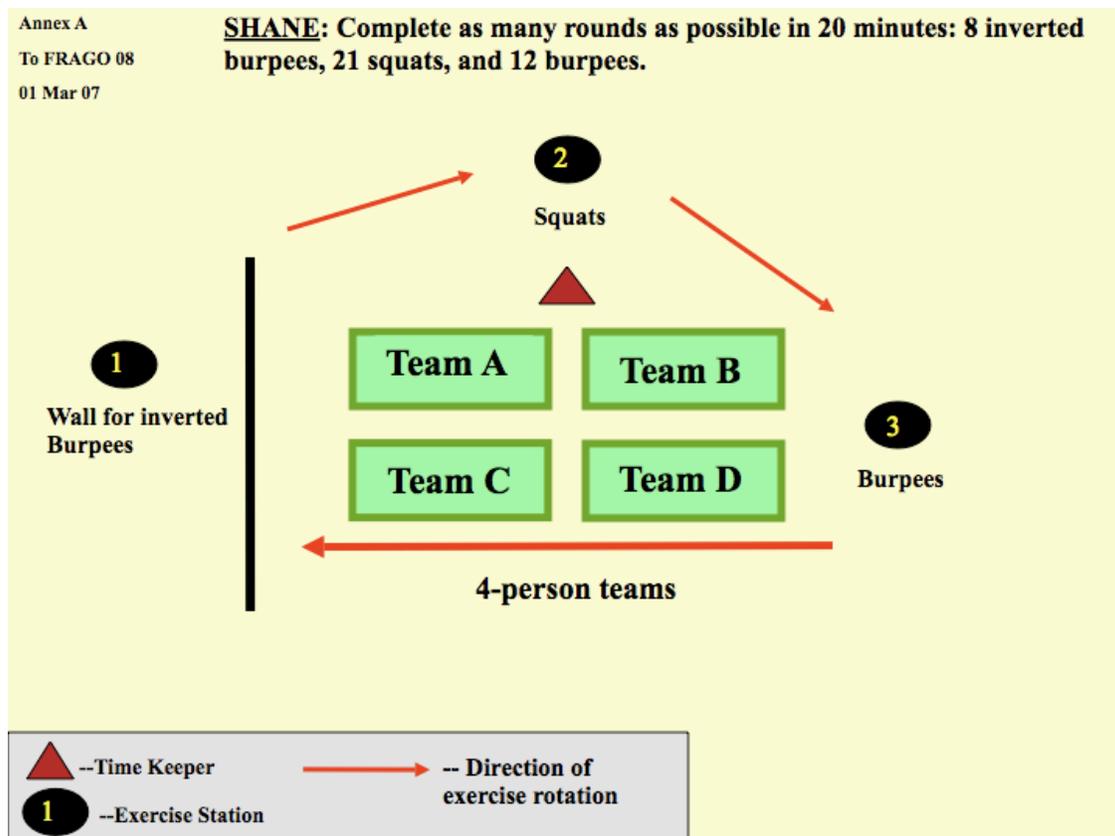
- b. Time and Repetition Recording. One stopwatch for all teams and a method of recording each team's rounds.

### 4. COMMAND AND SIGNAL

- a. Timer/Score Recorder. Only one timekeeper is required for all teams. All four-man 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)



# CF FRAGO #8, "SHANE" (continued...)

Annex B

Exercises

Photos 1-6: Inverted burpee



# CF FRAGO #8, "SHANE" (continued...)

## Annex B Exercises

