

Strong Medicine

Are you an intermediate or advanced CrossFitter who wants to get stronger? Try CrossFit with a Strength Bias (CFSB), which pairs regular CrossFit met-cons with extra-heavy weights.

Jeff Martin and Darrell E. "Bingo" White



080724 Comment # 635: M/48/153. "Fran" as Rx'd 9:12. Need to get some coaching on how to lower this number. Thrusters just TOTAL me. My problem seems to be strength (not enough), size (ditto), age (too much), and a rather embarrassing fragility that just will not be ignored. — Bingo

The above was my comment that initiated the process that led to this article. How many times have we read on the CrossFit.com comments about people who

think they need to do a separate strength program to get better at CrossFit? While we agree that increased strength will likely make you a better CrossFitter, the idea that you need to do a separate strength program is dead wrong. CrossFit is a strength and conditioning program. Says it right there in "What is CrossFit"!

Leaving CrossFit for the sole pursuit of strength in order to be a better CrossFitter is madness!

We've found that people who leave CrossFit to do a pure strength cycle do indeed seem to get stronger, but at the expense of overall fitness. Coach shared an example with us: Kelly Starrett, who has a clinical Doctorate in Physical Therapy and is owner of San Francisco CrossFit, did a pure barbell strength cycle for six weeks with no metabolic conditioning. At the end of the six weeks, he set PRs in all of his barbell lifts—but his Fran time had doubled.

It took Kelly another six weeks of highly metabolic CrossFitting (almost no barbell strength work) before he was back at the general performance before his barbell cycle. But—and this is one of our key points—at the end of the six weeks of CrossFit met-con, his barbell lifts were identical to what they were at the end of the strength cycle. There was no loss to his pure strength throughout his regaining of overall fitness.

Just as troubling is the experience of Axel Bear's cousin (weird nicknames over there at Brand X, eh?), an experienced CrossFitter who did a 5:01 Fran the week before starting a powerlifting only program. After six weeks and significant strength gains, he thought he'd "do a little met-con" just to keep his hand in it. He teed up "Fran" scaled to 75 pounds and crushed it. Oops... maybe not: 7:43.

A nearly three-minute deterioration in "Fran" in six weeks with less weight! That's downright disturbing. We believe that strength created in a vacuum is usable in a vacuum. The phrase, "Segmented training leads to segmented capacity," has been proven time and time again in our gyms, in the ring, and in life.

Does this mean that you can't gain specific strength without sacrificing overall CrossFit fitness, that raw strength hurts our ability to conquer whatever physical challenges we may encounter in our daily lives? Of course not. With a nod to the influence of Coach Glassman and strength giants like Rippetoe and Rutherford, we are proposing a shift in programming for those intermediate or advanced CrossFit athletes, who, for whatever reason, want to increase their pure strength without sacrificing other critical areas of fitness like endurance, stamina, and speed. It's called the CrossFit Strength Bias.

Why not beginners? Three reasons. The first is that beginners who properly follow standard CrossFit programming will gain significant levels of strength.



A perfect example of strength gains doing only WODs is the above Bingo, who increased his deadlift from 175 to 305 in his first year of CF doing only WODs.

The second is that almost all beginners who don't see adequate strength gains from standard CrossFit programming share one essential problem that has nothing to do with programming: They don't hit the strength days with sufficient intensity. This might occur because they don't have sufficient confidence in their technique or mechanics to push themselves to their limits, they don't use sufficient range of motion to maximize results, or they don't work hard enough.

Low intensity on the max effort days will blunt strength gains in the same way that low-intensity efforts on a chipper will blunt met-con development. In his travels, Jeff has noticed a trend in affiliate programming where specific strength training is absent. That is doing a disservice to clients, and indeed to CrossFit on the whole.

A day that asks for 5 sets of 5 deadlifts is asking for you to achieve a 5-rep max on that day. In order to get strong, you have to BRING IT on the 3-3-3-3-3, 5-5-5-5-5, and 1-1-1-1-1-1 days! If you have any desire to do anything extra after you finish a strength workout, you didn't go hard enough.

The third reason our program is for intermediate and advanced athletes is that it requires a mastery of the core exercises in CrossFit in addition to the high levels of intensity, a skill unto itself. It requires good technique in the slow lifts (back squat, deadlift, press), and an awareness of when form breaks down.

So, for the CrossFitter who has a need or desire to get much stronger much more quickly, who is unable to decrease his time on a benchmark “girl” because he just can’t move the weight any faster, or just can’t do the “hero” WOD “as Rx’d” because she can’t lift the weight, we introduce CrossFit Strength Bias. CFSB is the program that Jeff and his athletes have been using and fine-tuning for five years. It’s the program that Jeff altered to help his fragile, aged, under-strong friend Bingo become a better CrossFitter.



CFSB goal: Your “Athletic” — not absolute — max. That means increases and PRs in strength + Faster WODs

CFSB is CrossFit with a strength bias, in much the same way that CrossFit Endurance is CrossFit with an endurance bias. Make no mistake, however; this is CrossFit. We are adamant on this point. It should therefore come as no surprise that the foundation of

CFSB comes from some of the earliest CrossFit writings. Here’s Coach in “What is Fitness”:

“One of our favorite workout patterns is to warm-up and then perform 3-to-5 sets of 3-to-5 reps of a fundamental lift at a moderately comfortable pace, followed by a ten-minute circuit of gymnastics elements at a blistering pace, then finishing with 2-to-10 minutes of high-intensity metabolic conditioning. Another favorite is to blend elements of gymnastics and weightlifting in couplets that combine to a dramatic metabolic challenge. An example would be to perform 5 reps of a moderately heavy back squat followed immediately by a set of max reps pull-ups repeated 3-to-5 times.”

Given that, our CFSB goals are entirely consistent with basic CrossFit philosophy: long-term linear increase in strength as well as linear increases in the other nine general fitness parameters. The discrete strength goal is to see an increase in strength every week as measured by the following:

1. An increase in a 3-rep set from the previous week or a 3 rep PR
2. An increase in a 5-rep set from the previous week or a 5 rep PR
3. An increase in a single set of 12, 15, 20, or 21

Since we are CrossFitters, we also want to see a decrease in our times on benchmark CrossFit WODs, or, where applicable, an increase in the load moved on a WOD, both of which translate of course to more WORK—more area under the curve!

Recoverability is key, so back off after a PR

We have placed a very high degree of importance on recoverability in CFSB. The proper focus of CrossFit should be on getting better for life— more fit, more strong, etc. The workout is just the tool. The focus should be not on how much we CAN do, but how much we should do to achieve the training effect. If one set at your max achieves the training effects, then that’s all that’s needed that day. Move on. Proving that one can do more sets will not necessarily get more return from the training effect and may push you into overtraining, or worse, towards retrograde performance. The program is built with an eye on recoverability and the training

effect. On this program, you reach a PR and then shut it down. That is enough for the week.

As tempting as it is to continue piling on the weight when you feel good, a 5- or 10-pound PR is where we stop. Once you hit the PR, you're done for that day even if you feel great. You've asked your body to do something it hasn't done before and then backed off and allowed it to recover, get stronger, and then do it again next week. If you wear it out by continuing to add weight or do more sets at your new PR, you will adversely affect your recoverability.

So, if the protocol calls for 5 sets of 3 reps and you hit your PR on the third set, walk away. Again, the magic is in the stimulus, not the number of rounds. The intent of the program is to gently induce the training effect while maximizing recovery.

The weekly CFSB program follows a specific order:

Rest Day 1 > Back Squats > Deadlift > Rest Day 2 > long-ish Met-con > Front Squats > Shoulder Press

This program gives you plenty of rest before attacking the lifts. If you do any work on Rest Day 2, make it body weight- or gymnastics-centric.

Each of the lifting days begins with one of the lifts and includes a met-con as well as gymnastics/skill work. This is a strength program and the CFSB met-cons reflect that bias. We suggest short, heavy, brutal met-con sessions on lifting days. These will typically be couplets or triplets, but you could certainly visit the CrossFit Main Page (MP) and alter the WOD to achieve your strength objective (for example, 1/2 Angie as a bodyweight session, or a "Franish" 12-9-6 135-lb. thruster/24-18-12 PU). When choosing your CFSB met-cons you always need to be aware of which lift is coming up next. For example, HSPU or Thrusters might be great exercises to work into your met-con on a Back Squat day, but may not be the best choice for your Front Squat day since we do Front Squats right before Shoulder Presses.

It's entirely up to you how you wish to measure your "CrossFitness" over the course of CFSB. Some athletes will use the mid-week met-con as a weekly metric. Others will choose to do a series of benchmark WODs or explore 1-rep maxes at the end of each 6-week cycle.

Still others will alternate between CFSB and the MP WOD. Your call; it's still YOU VS. YOU.

Many Different Ways to do CFSB

Just as there is an infinite numbers of ways to measure your CFSB fitness, there is an infinite number of ways to execute the program. In fact, the athletes who have been involved in the development and testing of CFSB have done all kinds of stuff since we've started. You can do the MP or an affiliate's WODs and simply add the daily strength work to your workout; this would be similar to CrossFit Endurance, a supplemental program laid on top of the MP or affiliate WOD. You can follow the MP WOD and simply substitute a CFSB workout for one or two days in each 3-day cycle (this is the version that Bingo has been doing). Or, you could do full-bore CFSB. Here's how:

3 x 5 and 5 x 3 Days: These are choice days, the choice depending on how you are feeling that particular day. First you will have to choose which protocol you want to use that day. Our goal is to post a PR every week. We do this by see-sawing up the weight. For example, if you start the program with a 5-rep max Back Squat of 185 pounds and a 3-rep max Back Squat of 200 pounds, your progression might look like this:

Week 1
Back Squat
155 x 5
175 x 5
190 x 5 (pr)

Week 2
Back Squat
175 x 5
185 x 5
195 x 5

By Week 3, you might feel there is no way you could get 200 x 5. So try:

Week 3
Back Squat
195 x 3
200 x 3
205 x 3 (pr)

Week 4
Back squat
195 x 3
205 x 3
210 x 3 (pr)

Week 5
Back squat
195 x 3
205 x 3
215 x 3 (pr)

Week 6
You might return to sets of 5 again.

Connor Martin 310x3 Back Squat [[wmv](#)] [[mov](#)]
Connor Martin 330 Back Squat [[wmv](#)] [[mov](#)]
Mike Hom 505 Deadlift [[wmv](#)] [[mov](#)]

Use Ascending Sets: With 3 x 5 and 5 x 3 workouts, you would typically need to make a decision whether you will use ascending sets or sets straight across. Straight sets are hard. Not only are they hard on you at the time, but they severely tax your recoverability. Jeff has used straight sets with Connor to great success but pretty much everyone else (including Jeff) has failed using

straight sets. We therefore, with Jeff, Bingo, and most of the athletes in the CFSB trial, used ascending sets (the back squat example above uses ascending sets.) With ascending sets you work your way up to a single PR set. For CFSB we strongly recommend this approach.

1 x 20 Back Squat and Deadlifts
Goal: A set that gets you close to failure between 15 and 20.

10-7-5, 12-9-6, 15-12-9, 21-15-9 protocol
Goal: Unbroken sets.

Complete all reps if you cannot do the set unbroken. Take a 1-minute rest between completed sets. These are generally performed from one week to the next using the same weight until you finish the protocol, then start back over with a 5-to-10 pound increase.

By design, we are seeking competence at 3- and 5-rep max sets, as well as the ability to demonstrate strength endurance with 20-rep max sets. This reflects our emphasis on form, maintaining form under load, and recoverability, and is consistent with our CrossFit emphasis. The ability to move a heavy load multiple times should translate more effectively to CrossFit



benchmark WOD performance and, by extension, to life. While we only rarely explore 1-rep max efforts, we do believe that the CFSB emphasis on 3-, 5-, and 20-rep maxes does indeed translate to higher 1-rep max results as well, and our results seem to bear this out.

We'd like to be clear, though, that we are seeking to achieve what Coach has called "athletic maxes," the max effort results that are possible in an athlete concerned with general physical fitness and NOT the results that are possible for a strength specialist. Jeff describes this as "compressing the upper end" where a relatively small difference is likely to be seen between 1, 3, and 5-rep maxes.

For heavy Met-cons, let's again go to Coach:

"We can take you from a 200-pound max Deadlift to a 500-750- pound max Deadlift in two years while only pulling max singles four or five times a year. We will work the Deadlift, like most lifts, approximately once per week at higher reps and under grueling conditions. It may intuit well that if you can pull a 250-pound Deadlift 21 times coming to the lift at a heart rate of 180 beats per minute, then 500 pounds for a single at a resting heart rate is perhaps manageable."

Heavy met-cons are fun! They are also very productive. Did you see Connor at the games? The deadlift in the burpee/deadlift video was essentially twice his body weight. The 155-lb. Grace type workout was 5-to-10 pounds over his bodyweight. How could a 16-year-old complete these workouts when many grown men couldn't finish in the time limit? The answer is he was/is accustomed to this type of training. Forcing yourself to clean a heavy bar when your heart rate is jacked up is hard. But there is something very CrossFitty about it, don't you think?

Mike Hom and Jeff have been playing with heavy Met-cons for several years and comparing notes. Their first attempts started with a combination of sprinting and 1.5 times bodyweight Deadlifts and Muscle-ups. We have been having a great deal of luck with our heavy Met-cons. The idea of the heavy Met-con from our point of view is to implement a heavy weight within a typical met-con structure, to move a heavy weight under cardiovascular stress. There is no reason to put the weight down in Jackie except that you are breathing

really hard. As you get stronger, the same goes for Fran or Elizabeth. So, with our heavy met-cons, we pair a fairly heavy weight with a low-rep scheme, plus a quick cardio or explosive movement for a relatively short period of time. For example:

5 rounds
10 Box Jumps, 40"
5 Power Cleans, bodyweight

or

5 rounds
300 M run
5 Push Press, bodyweight

or

AMRAP 10 minutes
5 BW Front Squat
10 Pull-ups
15 Push-ups

The resulting workouts are interesting. For the stronger person, they have the same effect as Jackie. There is no reason to stop and rest or put the weight down because it's too heavy. You end up putting the weight down because you need to breathe. The results have been fascinating on both the strength front and the overall metabolic work capability. We have been able to simultaneously train to increase strength and maintain our fitness in the other nine areas of fitness.

Use gymnastics as a skill developer: Remember Coach's pyramid, the Theoretical Hierarchy of Development? We do! Gymnastics sits right between Weightlifting and Metabolic Conditioning. Perhaps we are throwbacks or strict constructionists, but we'd like to see more gymnastics in our workout sessions. Once the muscle-up is conquered, we might see an occasional clapping pull-up contest or handstand work when we take a look at other programs, but not much else. Gymnasts are the best in the world at controlling their bodies in space and we can learn a great deal from this. Pick some techniques and work them into your skill development time at the end of your session. Forward rolls, skin-the-cats, cartwheels, handstands, pull-overs. Play with these, either in an orderly fashion or just organically.

There is much to be gained from simply working these movements and the skill transfer moves associated with them. Light snatches, cleans, Sot's presses, and muscle snatches can be used in the skill development time as well. Example of a gymnastics/skill developer:

3 rounds (not for time)
10 Sot's presses
3 handstand attempts

or

1:30 total L-sit time

or

5 forward rolls

Make it fun and playful.



Getting Your CFSB Program Started

We should say again that we feel that CFSB is a program for intermediate or advanced CrossFitters. The program demands some prior knowledge of the athlete's strength limits. It involves heavy loads so proper technique is mandatory. Not only is it CrossFit, but it includes CrossFit met-cons performed with higher than usual weights. One must be accustomed to the unique intensity in CrossFit workouts to safely benefit from CFSB.

1. Entry Phase/Introductory Cycle: We recommend you initially run through one complete cycle at a reduced volume to become accustomed to the protocol, gradually increasing the workload each week.

One example of an introductory cycle would be the following:

Week 1: One-rep scheme of Deadlifts and Press

Week 2: Deadlifts, Press, Back Squats

Week 3: Deadlifts, both rep schemes of Press, Back Squats, Front Squats

Week 4: Both rep schemes of Deadlifts, Press, Back Squats, Front Squats

Week 5: Both rep schemes of Deadlifts, Press, Back Squats, Front Squats + Back Squats

2. Begin with the right weight: Selecting the appropriate starting weight for lifts is tricky. Some of the CFSB trial participants seem to have picked starting points that are too high. A guideline would be to select your starting weight at 15-20% less than your current PR. (An example, if your current 3x3 deadlift is 300 pounds, you may want to start the program with about 240 - 260 pounds).

3. Setting goals is key: CFSB is a CrossFit program; after all, we measure our outcomes. This is particularly important when choosing or designing the shorter met-cons that are included on your lifting days. If you are like Jeff and simply like lifting heavy weight, you can follow the general CrossFit prescription of "constantly varied..." and choose exercises essentially at random (being cautious to follow the guidelines regarding your choice of a met-con and your upcoming lifts). Or, if you are like Bingo and your goals involve improving your performance on a particular CrossFit benchmark WOD, you might skew your choice of exercises to achieve a specific training effect (for example: lots of heavy thrusters, front squats, and shoulder presses to improve your Fran).

Notes and Final Thoughts about CFSB

1. Form: This program is not about posting PRs; It's about posting correct PRs. On sets of three and five, form

should be good (not perfect, but good). Taking the time to build a correct foundation is not only appropriate, but necessary. It will pay dividends in the long run.

2. A structurally sound movement is necessary for safe, effective, and efficient weightlifting. A movement that is structurally unsound will break down at heavier loads, possibly causing injury. This is one of the reasons we believe that this is not a program for beginners.

Back Squats: The program was originally built around deadlifts. If you find there are too many squats, or you are uncomfortable with executing squats in your environment, then drop them. CrossFit emphasizes the posterior chain, and many of our most important benchmark WODs involve these movements. In addition, some of the best stand-alone strength programs are from Mark Rippetoe, and Rip is a huge squat fan. All things being equal, try to incorporate the squats.

Soreness and Recovery: You should be sore. Very sore. You are causing your body to adapt after every workout. That's tough and a lot will depend on the met-cons you choose, how you pick your sets, and the rest you get.

Have common sense. If your back or arms are too sore, scale it or skip it. If you can't get into a good start position for a lift even after a good warm up, skip the lift that week. Listen to your body.

We are seeking long-term gains in strength without losing our other fitness competencies. In order to do this we should be seeing small incremental linear gains over long periods of time. Don't be greedy. See the big picture and seek the long-term horizon.

CFSB Results

At the 2008 CrossFit Games, Bingo asked Jeff why he was no longer posting on the Crossfit.com comments section (this is one of Bingo's pet projects, trying to get more of the original CrossFitters to re-engage on the MP). Jeff's response was something about getting criticized for posting workouts that were different from the posted WOD, but he agreed to resume posting the following week (probably only because Bingo is a wretched nag!). In truth, the real reason that Bingo reached out to Jeff for the strength work that would help his Fran was that Jeff had already done exactly this

himself. Bingo remembered when Jeff posted his first wacky workout (a CFSB workout, as it turns out). Just like all of the other CrossFit results posted every day on Crossfit.com, Jeff and Bingo have actually been posting their results there every day since (we believe you have underestimated our ssssnneakiness!).

By the way, you're probably wondering, what ever happened with Bingo's Fran? You know, the one with the thrusters from the rack that was just barely under 10:00? Well, after one 6-week cycle of a scaled-down version of CFSB, Bingo did Fran as Rx'd (from a rack) in 6:43!

At the end of the day, we are CrossFitters because we believe that broad inclusive fitness will allow us to survive—nay, thrive—in our environment. We seek increased work capacity across broad time and modal domains, and we are not willing to sacrifice this work capacity for even the most significant gains in any one domain or competency. We, Jeff and Bingo, believe that one can dramatically increase strength WITHIN the CrossFit protocol WITHOUT sacrificing the other fitness benefits of CrossFit.

We did, as did the other subjects in our CFSB trial group.

So can you.

3-2-1...GO!



Darrell White, M.D. aka "Bingo," first logged on to Crossfit.com Jan. 1, 2006. An eye surgeon by profession, he became a Level I Certified Instructor this Fall. He is still embarrassingly small and fragile, but he is now less "under-strong."

Jeff Martin happily makes his living as a CrossFit Coach. He and his wife, Mikki, own CrossFit Brand X and have developed and run the CrossFit Kids program. Jeff, along with Mikki, maintains the CrossFit Kids website and the Brand X website where WOD scaling is provided to the CrossFit community. They also offer the CrossFit Kids magazine and certifications.

CFSB Programming

	Back squat	Deadlift	OFF	Metcon	Front Squat	Shoulder Press	OFF
Week One	Choose either: 3 x 5 5 x 3	3 x 3 1 x 15-20		20 min or less	Choose either: 3 x 5 5 x 3	Choose either: 3 x 5 5 x 3	
	Metcon Less than 15	Metcon Less Than 10 min			Back Squat 1 x 15-20	Choose one of the protocols 10-7-4 10=>15 Reps	
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Metcon less than 10 min Gymnastic/Skill Dev	Metcon 20 minutes max Gymnastic/Skill Dev	
Week Two	Choose either: 3 x 5 5 x 3	Choose either: 3 x 3 3 x 5		20 min or less	Choose either: 3 x 5 5 x 3	Choose either: 3 x 5 5 x 3	
	Metcon Less than 15	Choose one of the protocols 12-9-6 12=>15 Reps Metcon Less Than 10 min			Back Squat 1 x 15-20	Choose one of the protocols 10-7-4 or 12-9-6 12=>15 Reps Metcon 20 minutes max	
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Gymnastic/Skill Dev	Gymnastic/Skill Dev	
Week Three	Choose either: 3 x 3 3 x 5	Choose either: 3 x 3 3 x 5		20 min or less	Choose either: 3 x 5 5 x 3	Choose either: 3 x 5 5 x 3	
	Metcon Less than 15	Choose one of the protocols 15-12-9 or 12-9-6 12=>15 Reps Metcon Less Than 10 min			Back Squat 12=>20 Reps	Choose one of the protocols 10-7-4 or 12-9-6 or 15-12-9 12=>20 Reps Metcon 20 minutes max	
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Gymnastic/Skill Dev	Gymnastic/Skill Dev	
Week Four	Choose either: 3 x 3 3 x 5	Choose either: 3 x 3 3 x 5		20 min or less	Choose either: 3 x 5 5 x 3	Choose either: 3 x 5 5 x 3	
	Metcon Less than 15	Choose one of the protocols 21-15-9 or 15-12-9 15=>21 Reps Metcon Less Than 10 min			Back Squat 12=>20 Reps	Choose one of the protocols 12-9-6 or 15-12-9 12=>20 Reps Metcon 20 minutes max	
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Gymnastic/Skill Dev	Gymnastic/Skill Dev	

Strong Medicine (continued)

	Back squat	Deadlift	OFF	Metcon	Front Squat	Shoulder Press	OFF
Week Five	Choose either: 3 x 3 3 x 5	Choose either: 3 x 3 Choose one of the protocols 21-15-9 or 15-12-9 15=>21 Reps		20 min or less	Choose either: 3 x 5 5 x 3	Choose either: 3 x 5 5 x 3 Choose one of the protocols 10-7-4 or 12-9-6 12=>15 Reps	
	Metcon Less than 15	Metcon Less Than 10 min				Metcon 20 Minutes max	
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Gymnastic/Skill Dev	Gymnastic/Skill Dev	
Week Six	5-3-3-1-1-1-1	5-3-3-1-1-1-1 1 x 20		20 min or less	Choose either: 3 x 5 5 x 3	5-3-3-1-1-1 Metcon 20 minutes max	
	Metcon Less than 15	Metcon Less Than 10 min			Back Squat 1 x 20		
					Metcon less than 10 min		
	Gymnastic/Skill Dev	Gymnastic/Skill Dev		Gymnastic/Skill Dev	Gymnastic/Skill Dev	Gymnastic/Skill Dev	
Week Seven	Return to week one continue linear or wave progression						
	Reset at week one and begin new linear or wave progression						
	Rest week or 1/2 volume week						
Week Eight	If rest week, week 7:						
	Return to week one continue linear or wave progression						
	Reset at week one and begin new linear or wave progression						

Strong Medicine (continued)

	Deadlift Start	Deadlift Finish	Back Squat Start	Back Squat Finish	Front Squat Start	Front Squat Finish
Male, 49, 170#	345 x 1	410 x 1	265 x 1	345 x 1	?	?
	325 x 3	405 x 3	230 x 3	315 x 3	175 x 3	235 x 3
3 cycles	305 x 5	375 x 5	215 x 5	280 x 5	155 x 5	225 x 5
	185 x 20	325 x 15	185 x 20	245 x 20		
5 years CF						
Metcons Tested	Elizabeth					
Start	5:36					
Finish	4:27					
	Sumo stance	Standard DL				
Male, 17, 160	?	330 x 1	?	330 x 1	?	?
	285 x 3	320 x 3	275 x 3	310 x 3	235 x 3	265 x 3
	280 x 5	315 x 5	235 x 5	290 x 5	215 x 5	245 x 5
2 cycles						
5 years CF						
Metcons Tested	Fran					
Start	3:52					
Finish	2:30					
Female, 40, ?	240 x 1	265 x 1	175 x 1	?	135 x 1	155 x 1
	235 x 3	240 x 3	155 x 3	?	115 x 3	150 x 3
1.5 cycles	215 x 5	225 x 5	145 x 5	180 x 5	105 x 5	150 x 5
5 years CF						
Metcons Tested						
Start						
Finish						
Male, ?, 165	?			275 x 1		
	275 x 3	320 x 3		250 x 3	175 x 2	195 x 3
2 cycles	275 x 5	320 x 5	170 x 5	230 x 5		180 x 5
3 cycles on DL						
1 year CF						
Metcons Tested	Diane	Murph				
Start	@20:00	34:00				
Finish	9:56	31:51 (with Chest to bar pull-ups)				
Male, 26, 175	375 x 1	405 x 1	295 x 1	325 x 1	225 x 1	245 x 1
	305 x 3	395 x 3	295 x 3	310 x 3	205 x 3	240 x 3
1.5 cycles	305 x 5	335 x 5	255 x 5	280 x 5	165 x 5	210 x 5
5 years CF						
Metcons Tested						
Start						
Finish						
Male, 26, 175	305 x 1	355 x 1	465 x 1	505 x 1	285 x 1	
	305 x 3	335 x 3	405 x 3	450 x 3		300 x 3
1 cycles	285 x 5	?	405 x 5			275 x 5
5 years CF						
Metcons Tested						
Start						
Finish						