



Affiliate Programming

As affiliate owners we play many roles in the gym, we are leaders in the community, coaches, and athletes. As much as we love our jobs sometimes finding balance can become overwhelming. RX Mentality provides month to month programming for Crossfit Affiliates across the world. The workouts have been tested and written by Scott Panchik and there is always the opportunity to reach out with questions and feedback. This includes any questions about athletes, equipment, and modifications.

The program is designed to challenge your best athletes while improving your newest members. With access to the Open and Regional/Games programs the workouts will meet the demands of any athlete that walks in your door. These workouts include strengths, skill sessions, gymnastics, endurance, and metcons all in multiple time domains.

Below is a sample week of RX Mentality programming. I recommend using the Open program for your gym with the option of “extra credit” from the Regional/Games workouts for members who are looking to increase their volume and work load.

Sample Week: Thursday and Sunday are rest days*

Monday Open	Tuesday Open	Wednesday Open	Friday Open	Saturday Open
<p>Benchmark: 50 HSPU for time 7 minute time cap Extra Credit: Strict</p> <p>Metcon: 2 Rounds Calorie Row 75/50 Calorie Assault Bike 50/35 800m Run</p> <p>*sub 150 double unders for bike if needed **Calories Male/Female</p>	<p>Benchmark The Other Total:</p> <p>Clean (1 Rep Max)</p> <p>Bench Press (1 Rep Max)</p> <p>Overhead Squat (1 Rep Max)</p>	<p>Metcon: 7 minute time cap 30 Thrusters 95/65 30 Pull-ups 20 Thrusters 95/65 20 Chest to Bar 10 Thrusters 95/65 10 Bar Muscle Ups</p> <p>Metcon: 7 minute time cap 90-60-30 Double Unders 30-20-10 Deadlifts 185/125</p>	<p>Weightlifting: 5x 1 Power Snatch 1 Hang Squat Snatch *increasing weight</p> <p>Metcon: 7 Rounds 7 Power Cleans 135/95 7 Lateral Burpee Box Jumps 24/20</p>	<p>Metcon: EMOM 10 minutes</p> <p>Even minute: 5 pull-up holds (chin above the bar, 3 second hold) Odd minute: rest *partner up if needed, as a spot</p> <p>Metcon: 15 minute AMRAP 200m Run 12 Push Jerks 115/75 9 Toes to Bar</p>
Regional/Games	Regional/Games	Regional/Games	Regional/Games	Regional/Games
<p>Benchmark: 50 HSPU for time 7 minute time cap Extra Credit: Strict</p> <p>Metcon: 2 Rounds Calorie Row 75/50 Calorie Assault Bike 50/35 800m Run *sub 150 double unders for bike if needed **Calories Male/Female</p> <p>Extra Credit: 5x :20 second L-Sit hold 2 Legless Rope Climbs 1 minute set rest</p>	<p>Benchmark The Other Total:</p> <p>Clean (1 Rep Max)</p> <p>Bench Press (1 Rep Max)</p> <p>Overhead Squat (1 Rep Max)</p> <p>Extra Credit: 20min Run Even Min: Fast Odd Min: Recovery Jog</p>	<p>Metcon: 7 minute time cap 30 Thrusters 95/65 30 Pull-ups 20 Thrusters 95/65 20 Chest to Bar 10 Thrusters 95/65 10 Bar Muscle Ups</p> <p>Metcon: 7 minute time cap 90-60-30 Double Unders 30-20-10 Deadlifts 185/125</p> <p>Extra Credit: 7 minute time cap 30-20-10 Calorie Row 90ft-60ft-30ft Handstand Walk</p>	<p>Weightlifting: 5x 1 Power Snatch 1 Hang Squat Snatch *increasing weight</p> <p>Metcon: 7 Rounds 7 Power Cleans 135/95 7 Lateral Burpee Box Jumps 24/20</p> <p>Extra Credit: 5 Rounds 7 Strict Ring Dips 14 Pistols</p>	<p>Metcon: EMOM 10 minutes</p> <p>Even minute: 5 pull-up holds (chin above the bar, 3 second hold) Odd minute: rest *partner up if needed, as a spot</p> <p>Metcon: 15 minute AMRAP 200m Run 12 Push Jerks 115/75 9 Toes to Bar</p> <p>Extra Credit Weightlifting 5x3 Front Squat 80-85% of 1 rep max</p>

For \$250 a month you will receive weekly programming for your gym.