



## Hi Neighbor!

Here's CrossFit East River's programming for the week starting **April 27, 2020**.

Included below is a daily mindset and workout of the day for Monday through Sunday.

Please sign-up for our **COVID-FIT Punch Card** to gain access to the daily warm-up, cooldown, and coached ZOOM video sessions. Our premium programing also includes a discussion on desired stimulus and includes equipment variations for those with home gyms.

<https://crossfiteastriver.com/virtual>

We can't wait to see you in our virtual gym!

### Included with this free PDF:

1. Mindset
2. Workout

### Included with our COVID-FIT Punch Card:

1. Mindset
2. Warm-up
3. Workout
4. Demo Video
5. Equipment variations
6. Stimulus explanation

## Monday 27APR20

### MINDSET

"I don't like that man. I should get to know him better." - Abraham Lincoln

Perspective is everything.

In the abundance mindset, there is the belief all human beings are good. No one is born evil. The differences, between a terrorist and a police officer, are not malintentions. Both in their own mind, believe they are doing "the right thing". The difference between the two are their interpretations, and understanding, of the world. Massive differences, but still at the root, perspectives.

A situation we can all relate to from some point in our lives, is poor first impression. An introduction to someone who... you'd rather not spend another second on. After the interaction, you want to distance yourself as far away as possible. Yet, life puts us right back next to them, not by choice, but by chance.

And we talk.

And we strike some common ground.

And we understand.

And things... change. We may not be close friends, but, that animosity we initially felt is no longer there. The brief amount of time we spent talking with them afforded us the chance to better understand their perspective. And why they came across that way.

Next time we find ourselves feel the wave of animosity towards someone, remind ourselves... we just need to get to know them a little bit better.

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

### Metcon

#### 2: Metcon (Time)

"Barbs" (No Equipment Version)

3 Rounds:

20 Odd Object Rows



20 Push-ups  
30 Sit-ups  
40 Jumping Lunges  
30 Sit-ups  
20 Push-ups  
20 Odd Object Rows

Rest 3 Minutes Between Rounds

## **STIMULUS / Cool-down**

## **Tuesday 28APR20**

### **MINDSET**

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."  
- Bruce Lee

We would all come to quickly agree that quality repetition, through honed, focused practice, breeds mastery. We recognize this in application to our squat snatches, our double-unders, and every other movement in CrossFit.

What we don't always talk about, is how this concept applies to our personal lives. We are quick to see that we need more practice reps on the double-under to get better. Can we be just as quick to identify we need more repetitions on being more forgiving? On being more receptive to feedback? On maintaining an open-mind, despite having our own strong opinions?

Much like how we would pick up the jump rope and get to work... let's do the same. Seek out the reps.

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

### **Metcon**

#### **2: Metcon (AMRAP - Rounds and Reps)**

"Tiger Balm" (No Equipment)

AMRAP 20:

200 Meter Run

7 Odd Object Power Clean and Jerks

40 Line Hops

## **STIMULUS / Cool-down**

## **Wednesday 29APR20**

### **MINDSET**

"I can accept failure. Everyone fails at one time. But I can't accept not trying." – Michael Jordan

Michael Jordan is re-known for his incredible work ethic.  
In this quote he speaks to the dedication to the process.

And no matter what our goal is, whether it be in the gym, at work, or at home, this central theme rings true. That we don't commit to success. We commit, to giving our absolute very best. And wherever the cards fall, they fall.

Joining Michael Jordan, what we can't accept, is never trying.



No one on their death bed ever said they regret trying.  
Far too often, they have to say the opposite.

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

### **Metcon**

#### **2: Metcon (AMRAP - Rounds and Reps)**

"Bergeron DBEEP Test"

On the Minute For As Long As Possible:

7 Odd Object Thrusters

7 Odd Object Ground to Overhead

7 Burpees

After 10 Rounds: Add (1) Rep to Each Movement

You can jump up or step up out of the bottom

### **STIMULUS / Cool-down**

## **Thursday 30APR20**

### **MINDSET**

"Nothing is ever attempted if all possible objections must first be overcome." – Samuel Johnson

Just imagine, that we are going to train for the CrossFit Games.

And imagine listing out everything that could possibly prevent us from getting there.

The list.. Goes into the thousands. It's essentially unending. Imagine if we tried to solve each and every one of those potential problems before beginning?

We'd never start. We want to realize that we can bring the possibility of failure so far into reality that... we never take the first step. It's called paralysis, through analysis. We overthink, and freeze.

So how do we work around this? It's not that we pretend those possibilities aren't there. That's delusional. Those possibilities are real. But we see those possibilities in a different vein. That they are part of the way, and not in the way. That we recognize the starting line will never be perfect, but we're going anyways.

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

### **Metcon**

#### **2: Metcon (Time)**

"Piza"

4 Rounds:

30 Odd Object Swings

30' Odd Object Overhead Carry (Left)

30 Sit-ups

30' Odd Object Overhead Carry (Right)

### **STIMULUS / Cool-down**

## **Friday 1MAY20**



## MINDSET

"How wonderful it is that nobody needs to wait a single minute before starting to improve the world." - Anne Frank

Written by one of the most courageous of girls, who experienced first hand what monstrosity is. A victim to the Holocaust, she had every reason in the world to turn to hate. To turn to blame. To turn away from everything that is humanity. Yet she chose a different path.

Be the change we want to see in this world

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

## Metcon

### 2: Metcon (Time)

"Round-a-Bout"

For Time:

50 Odd Object Squat Cleans

50 Over and Back Dumbbell Hops

50 Hand Release Push-ups

50 Over and Back Dumbbell Hops

50 Odd Object Squat Cleans

## STIMULUS / Cool-down

## Saturday 2MAY20

## MINDSET

"A hero is one that knows how to hang on for one, minute, longer." - Norwegian Proverb

Often the difference between those who make it, and those who don't.

If we want to see it through, we have got to be able to hang on. To push further than before. Success is like a wrestling match, with bouts of incredibly high intensity, and full of twists and turns. But in that... it's a test of endurance.

But above all, it's a test of will. That when everyone else stops, gives up, turns in... we hold on for one, minute, longer.

"The Green Mile"

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

## Metcon

### 2: Metcon (AMRAP - Rounds and Reps)

AMRAP x 4 MINUTES

4 Backpack Shoulder to Overhead

4 Air Squats

4 Backpack Burpee\*\*

-Rest 1:00 b/t Each AMRAP-

\*Pick Up Where You Left Off

\*\*Perform a burpee with hands on Backpack, then Deadlift the Backpack

(Score is Total Rounds + Reps)

## STIMULUS / Cool-down



## Sunday 3MAY20

### MINDSET

"The man on top of the mountain did not fall there" – Vince Lombardi

When we see the best of the best compete, they seem to make it look effortless. So effortless, they get labeled with terms like "naturally talented" or "gifted".

But this couldn't be farther from the truth. As Vince Lombardi writes, they didn't fall into excellence by chance.

The hard truth is that they have worked harder than us. It's not because they were born with it, or because they received it by chance. It's because they earned it. They climbed the mountain... there's only one way up.

This isn't intended to be demoralizing... it's quite the opposite. It's empowering. It's proof that we too can climb, if we so choose to put in the work. That discipline and commitment over time can get us there.

It doesn't matter where you started. And it doesn't even matter where you are right now. All that matters, is where you want to go, and how hard you are willing to work for it.

**Warm-up** – For access sign-up for a COVID-FIT Punch Card [here](#).

### Metcon

#### 2: Metcon (AMRAP - Rounds and Reps)

"Supple Sunday"

AMRAP 15:

20 Odd Object Strict Presses

20 Strict Sit-ups

20 Odd Object Bent Over Rows

1 Minute Wall Sit

### STIMULUS / ~~Cool-down~~