

Hi Neighbor!



Here's CrossFit East River's programming for the week starting **May 18, 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 programming 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 "NASTY DOZEN" 18MAY20

MINDSET

"I guess it comes down to a simple choice, really. Get busy living, or get busy dying". - Andy Dufrense, The Shawshank Redemption

Last week, we thought through the meaning of how "Crisis" is written in Chinese. Two symbols, translating to "danger", and "opportunity".

A third word to add comes from the Greek "krisis", where the English word originated from. In Greek, "krisis" translates to "choice".

Adversity will change us, but how it changes us is the "krisis" - the choice. Are we choosing to learn from our challenges, leading to wisdom, growth, and depth? Or do we choose to become hardened and bitter?

Danger, Opportunity, Choice.

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

Metcon

2: Metcon (AMRAP - Rounds and Reps)

"Nasty Dozen"

AMRAP 12:

50 Air Squats

7 Strict Pull-ups

12 Double Dumbbell Deadlifts

~~STIMULUS / BODY ARMOR / Cool-down~~

Tuesday "TIGER BALM" 19MAY20

COMPARE TO 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:

30 Plank Jacks

7 Odd Object Power Clean and Jerks

25 Situps

STIMULUS / BODY ARMOR / Cool-down

Wednesday "CEO" 20MAY20

MINDSET

"I was complaining I had no shoes, until I met a man who had no feet." - Confucius

A short story to share.

A man walked into a shop to order some flowers to be sent as a gift to his mother, living 200 miles away.

As he got out of his car he noticed a young girl sitting on the curb sobbing. He asked her what was wrong and she replied, "I wanted to buy a red rose for my mother. But I only have seventy-five cents, and a rose costs two dollars." The man smiled and said, "Come on in with me. I'll buy you a rose." He bought the little girl her rose and ordered his own mother's flowers.

As they were leaving he offered the girl a ride home. She said, "Yes, please! You can take me to my mother!" She directed him to a cemetery, where she placed the rose on a freshly dug grave.

The man returned to the flower shop, canceled the gifting order, picked up a bouquet and drove the two hundred miles to his mother's house.

At times, we can take many such relationships with our family and friends for granted. A humbling reminder to value what we have.

Never whine, never complain, never make excuses.

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



Metcon

2: Metcon (AMRAP - Rounds and Reps)

"CEO"

5 Rounds:

AMRAP 3:

3 Double Dumbbell Power Snatches

6 Push-ups

9 Air Squats

Rest 1 Minute Between Rounds

~~STIMULUS / BODY ARMOR / Cool-down~~

Thursday "Athlete's Foot" 21MAY20

MINDSET

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do."
– Derek Jeter

Whether we believe in talent or not is irrelevant.
Everyone, however, should believe in hard work.

When we were born, we looked just like the next baby. We didn't have any skills, any separating "talents". Nothing.
We learned everything, from scratch.

Yet, there is a time in our lives that we think we can't learn anymore. That we're too old to learn new tricks. In that moment, remind ourselves.... nothing has changed but our perceptions. It's a self-imposed limit that goes directly against our greatest strength, and what makes us human. Adaptability.

The difficult pill to swallow is that when we chalk it up to not having the "talent", it's really an excuse. An excuse that we don't want to put in the hard work. When we can see it from that angle, talent doesn't matter. All that matters now, is how hard we're willing to think, plan, strategize.... and work.

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

Metcon

2: Metcon (Time)

"Athlete's Foot"

5 Rounds:

1 Minute Plate Hops

1 Minute Weighted Sit-ups

1 Minute Dumbbell Russian Swings

1 Minute Rest

~~STIMULUS / BODY ARMOR / Cool-down~~

Friday "Cinnamon Swirl" 22MAY20

MINDSET

"Belief is irresistible." – Phil Knight



Inspiration can move us for a couple moments. Motivation, might have hours. A day at most. They both run out. Belief however, will never. Belief is unending.

When we believe to the core of our being in something, failure is not an option. It's just not a possibility in our world. We can get kicked down, beat up, thrown into the mud over and over... but it won't matter. Because we'll get back up, every time smarter. Belief knows nothing but to try once more.

Yet one of the greatest tragedies in life is that we don't believe.
We don't believe we have control over our lives.
We don't believe we have the capabilities, or if we ever will.
We don't believe we're the right person.

Yet one thing we can believe – that it is us, and only us, that can create the life we want. And if we can take that to heart, then there is nothing else to do, but to try once more.

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

Metcon

2: Metcon (AMRAP - Rounds and Reps)

"Cinnamon Swirl"

AMRAP 20:

200 Meter Run

5 Strict Pull-ups

10 Double Dumbbell Push Presses

15 Double Dumbbell Deadlifts

~~STIMULUS / BODY ARMOR / Cool-down~~

Saturday "Gone In 60 Seconds" 23MAY20

MINDSET

"The greatest enemy of knowledge is not ignorance. It is the illusion of knowledge." - Steven Hawking

One of the largest dangers in life is a closed mind. The scariest part: we often don't even realize it's even happening. It's never done on purpose.

It's how our mind operates by default. When we believe we have the answer, we stop looking for the solution. We not only stop seeking it out, but we are no longer sensitive to the thought of another option. We can effectively blind ourselves.

Purely acknowledging that human condition can be all that we need. It's the consistent reminder to always remain a student, most especially, when we are convinced we have things figured out.

As Socrates said, "All I know, is that I know nothing."
Grateful for what we have learned, yet eager to climb higher.

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Metcon

2: Metcon (Time)

"Gone In 60 Seconds"

3 Rounds:

40 Single Dumbbell Step-Back Lunges (50/35)
30 Single Dumbbell Alternating Power Snatches (50/35)
20 Burpees

On the Minute: 20 Double Unders



~~STIMULUS / BODY ARMOR / Cool-down~~

Sunday 24MAY20

MINDSET

"Success at anything, will always come down to this. Focus and effort. And we control both." – Dwayne Johnson (The Rock)

Often our world looks at individuals such as the Rock, and chalk him up to being "gifted". Or "naturally talented". Yet he would put it a very different way.

Focus and effort. Because we don't see the painstaking hours behind closed doors, the long nights and early mornings, it looks so natural for him. So easy. But as Vince Lombardi once said, "The man on top of the mountain didn't fall there". Nothing in life happens by accident.

All that matters is two things:

Where do we want to go (focus), and how hard do we want to work for it (effort).

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

Metcon

2: Metcon (No Measure)

"Supple Sunday"

5 Rounds:

30 Second Side Plank (Each Side)

200 Meter Farmers Carry (50's/35's)

1 Minute Max Leg Lift Overs

~~STIMULUS / BODY ARMOR / Cool-down~~