



CROSSFIT GENERATION

POWERED BY



CrossFit Generation is excited to announce our new on-going program called “CFG Efficiency Clinics.” The CFG Efficiency Clinic program has been developed to help athletes hone in on various aspects of CrossFit movements and skills in a small group setting. Clinics will breakdown movements in a detailed manner and allow for plenty of hands-on learning. This concept was developed by your CFG coaches as a way to respond to the needs of our athletes to continue to improve and develop skills. The CFG Efficiency Clinic will focus on common trouble areas for CrossFitters. Outside of the beginner class On-Ramp and one-on-one Personal Training, there has been no formal program designed to address this type of need. We are happy to be able to offer this service and feel strongly this will further help you reach goals and become better CrossFit athletes. Movements and Skills you may see offered through the program includes, but is not limited to:

Squat Mechanics and Variations (Overhead, Back and Front)

Box Jumps

Wall Balls

Double Unders

Rope Climbs

Foam Rolling

Mobility

Rowing

We will provide a list of all upcoming clinics in advance on a monthly basis. Instructions on prerequisites and registration details for each one will also be highlighted in the listing. *In addition, if you would like to gather a group of your friends to work on a specific movement or skill of your choosing, you may do so and we will work with your group on a time to meet.*

The CFG Efficiency Clinics will begin in May. We feel strongly in building a solid base and begin with mastering the basics, so we'll be kicking off the program with Squat Mechanics and Gymnastics Skills. Details below:

MAY

Air Squat Workshop

Wednesday, May 6th 6pm - 6:45pm (one session only)

\$5 per athlete

- Squat mechanics, cues, mobilization

- WOD: Tabata squats

Squat Clinic (back, front and overhead)

Monday/Wednesday 6:00pm - 6:45pm

\$20 per athlete per clinic includes two 45 min sessions

May 11th and 13th (Back squat)

May 18th and 20th (Front squat)

May 27th and June 1st (Overhead squat)

- Each clinic will include: Squat Mechanics, Cues, Mobilization, Bailing techniques

JUNE

Gymnastics Focus- Mondays/Wednesdays 6:00pm - 6:45pm

\$20 per workshop

Push up and Burpee

June 8th and 10th (1 session on each)

- Mechanics , Cueing , Mobilization

Dip and Pistol

June 15th and 17th (1 session on each)

- Mechanics, Cueing, Mobilization

Handstand Push Up

June 22nd and 24th (2 sessions)

- Mechanics, Cueing, Mobilization

Pull up

June 29th and July 1st (2 sessions)

- Mechanics, Cueing, Mobilization