



CrossFit Thunder "Glute Gainz"

*Big Booty Coming soon
New Training Block Begins on March 6th*



Now Presenting: Glute Gainz -> an 8 Week progression all about building a bigger backside. Butt seriously, this program is designed to primarily develop your posterior chain while also working at upper body pressing. This program focuses mainly on the "big 3" squat, bench, and deadlift and can be run a variety of ways.

Option #1 "Strength Bias" Maximal Gainz - Minimal Conditioning

Main Lift -> Strength Bias Squat, Deadlift, & Bench

Option #2 "Undecided" Moderate Gainz - Moderate Conditioning

Main Lift -> Strength Bias Deadlift -> Conditioning Bias on Squat & Bench day

Option #3 "Conditioning Bias" Main Lift -> Conditioning Bias Squat & Deadlift

Minimal Gainz - Maximum Conditioning

Main Lift -> Conditioning Bias Squat, Deadlift, Bench

Why get stronger now?

I came up with this idea based on 3 primary criteria:

#1 is the Kinfolk Lift-Off happening on Saturday April 29th, this features the big 3 and the clean, snatch, and jerk.

#2 is with a large number of new members in the gym getting strong and hard strength training is crucial. Not only to day to day lift but for promoting longevity of movement and injury prevention within metcons.

#3 is the time of the year. Leading into the summer and during May we will focus on high volume, primarily body weight conditioning. This will lead to less strength work during that time, so the loading is increased prior to getting to that cycle.