



## Constantly Varied Progressions: February

February is the final month of preparation before we jump into the CrossFit Open Season. We will stay on a similar path as January's GPP Path, with a little more of the Open Prep. Some of the strength days will move a little earlier in the week to replicate what the week will look like as we move toward the Open at the end of the month. This month we want to prioritize quality in our movements with a touch more volume built-in with some Barbell and Dumbbell Complexes in EMOM formats. This is our second month in this training cycle and then in March, we will focus more on the higher skills for the top 25% heading into the Quarterfinals.

### Open Season

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January  
GPP

**Primary:** Skilled Barbell Lifts  
**Secondary:** Squats  
**Skill:** Gymnastic Skills with Various EMOMs  
**Bonus:** Open Repeats

February  
Open Prep

**Primary:** Squats  
**Secondary:** Technical Lift + EMOM BB Cycling  
**Skill:** Dumbbell Complexes + EMOM Formatted WODs

March:  
Open

**Primary:** Deadlift  
**Secondary:** Overhead Squat  
**Skill:** Rope Climbs

# General Physical Preparedness

## **Primary Strength:** *Front, Back, & Overhead Squats*

- ▶ *This month, our squats will continue to vary from week to week between the 3 different squatting positions with various rep schemes.*
- ▶ *We aim to continue challenging our squats without genuine "Max Efforts" to stay strong and fresh for the upcoming Open Season.*

## **Secondary Strength:** *Technical Lifts + EMOM Barbell Cycling*

- ▶ *In February, we will continue working with the Technical Lifts while integrating them into an EMOM Format.*
- ▶ *Like the squats, we will back off testing any 1 rep max just in case we see something like a max test during the Open.*

## **Skill:** *DB Complexes + EMOMs*

- ▶ *Sticking with the Open Prep theme, we will continue to work with typical Open movement patterns while mixing in some DB Complexes to challenge our stability, strength, and stamina.*
- ▶ *We will also continue with past Open Workouts alternating between Fridays and Saturdays.*