

## CROSSFIT ATLANTA FUNDAMENTALS COURSE MOVEMENTS

Hip Extension	Split Jerk
Back Extension	Jump Rope
Push-up	Rowing
Sit-up	Kettlebell Swing
Glute Ham Sit-up	Sumo Deadlift High Pull
Hollow Rock	Rope Climb
Pull-up	Handstand
Unweighted Squat	Knees to Elbows
Dip	Toes To Bar
Deadlift	Wall Ball
Press	Back Squat
Front Squat	Bench Press
Push Press	Squat Snatch
Thruster	Power Snatch
Overhead Squat	Squat Clean
Box Jump	Power Clean
Push Jerk	Lunges
Running	
Muscle-up	

In the case of movements that you cannot do you will learn progressions you can use in group class which will get you there eventually. For example, pull-up progressions include ring rows and rubber band assisted pull-ups. There is a progression or scaling option for every movement.