

# 6

## MOVEMENTS TO PRACTICE FOR YOUR FASTEST CROSSFIT OPEN

PERFORMANCE



# 6 MOVEMENTS TO PRACTICE FOR YOUR FASTEST CROSSFIT OPEN PERFORMANCE

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Success in the Open can be boiled down to a few things, but none are more important than efficiency.

The WOD Life has partnered with Coach Michael Lanwehr to provide guidance on how to be more efficient with six movements almost guaranteed to show up this year.

Lanwehr is the head coach at Maxability Sports and CrossFit in Teaneck, New Jersey. He started CrossFit in 2009 and became a full-time coach in 2011.

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# DOUBLE-UNDERS

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## POSTURE

Maintain relaxed arms, elbows in, hands slightly in front of your body. The rope should be spinning at your wrists, not your shoulders or elbows.

Practice to eliminate all unnecessary movement — excessive movement through your arms, kicking your butt with your heels (AKA the donkey kick), or pulling your knees to your chest. Extra movement = extra tired.

## WRIST ACTION

Let your wrists do the bulk of the work. Move the rope faster, rather than trying to jump higher.

## SPEED

Speed isn't as important as consistency is. The athlete who is slow and steady wins so stick to a cadence you're comfortable with.

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Recommended **Practice WODs.**  
**Video tutorial from Khan Porter**  
**here.**





# THRUSTERS

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## BREATHING

Breathe! Breathe at the top of the rep, the bottom, and everywhere in between. Practice taking breaths at different points of the repetition with an empty barbell. This helps you move more and rest less, since you won't be as out of breath.

## BAR POSITIONING

The bar should remain in contact with your shoulders but still with a full grip. This will allow you to perform the full movement without regripping, which wastes precious seconds.

## REST

If your mobility allows and you only have a few reps left, rest with the barbell overhead, not on your chest. This is a better spot to take a break than with the barbell sitting on your chest, compressing your ribs and lungs and making it more difficult to breathe.

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Get more practice in [with this WOD from Tia-Clair Toomey.](#)







# DUMBBELL SNATCH

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## PACING

Touch-and-go reps are a must, if you can manage it.

## TECHNIQUE

No early arm bend. With the amount of volume in the Open, all those early arm bends add up and can cost you toward the end of the workout.

Receive the dumbbell in a power position. Widen your feet so you can drop under the weight, as opposed to muscle snatching it.

Keep the dumbbell close. It'll feel lighter and be less fatiguing.

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Practice your dumbbell snatch technique with **a challenging WOD from Rich Froning.**







# KIPPING PULL-UPS

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## POSTURE

Pinch your shoulder blades, pull your shoulders back, and puff out that chest a bit to make for a better target and shorter range of motion.

## TECHNIQUE

Push away from the bar aggressively. This helps to maintain your crescent-moon swing if you plan on doing consecutive reps. Helpful tip: always look at it as your chest touching the bar on the way down instead of when you are going up; this will provide efficiency and fluidity in the movement.

## PACING

Trust me, there's nothing wrong with singles. Just don't rest too long. Doing singles can allow an athlete to get a more consistent kip swing, save their grip (especially if they have to do an extra swing between each rep), and help keep their heart rate down.

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[Watch a video demonstration of the ideal technique here.](#)

# WALL BALLS

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## PACING

Use a clock to hold yourself accountable. Once the ball drops, peak over at the clock and know exactly how long you're resting.

Drop the ball when you're tired and really rest. Any time you have any external load on you (like the ball), it's making you tired. When it comes to rest, quality matters. Give your body a few good seconds to recover when needed, and you'll move faster overall.

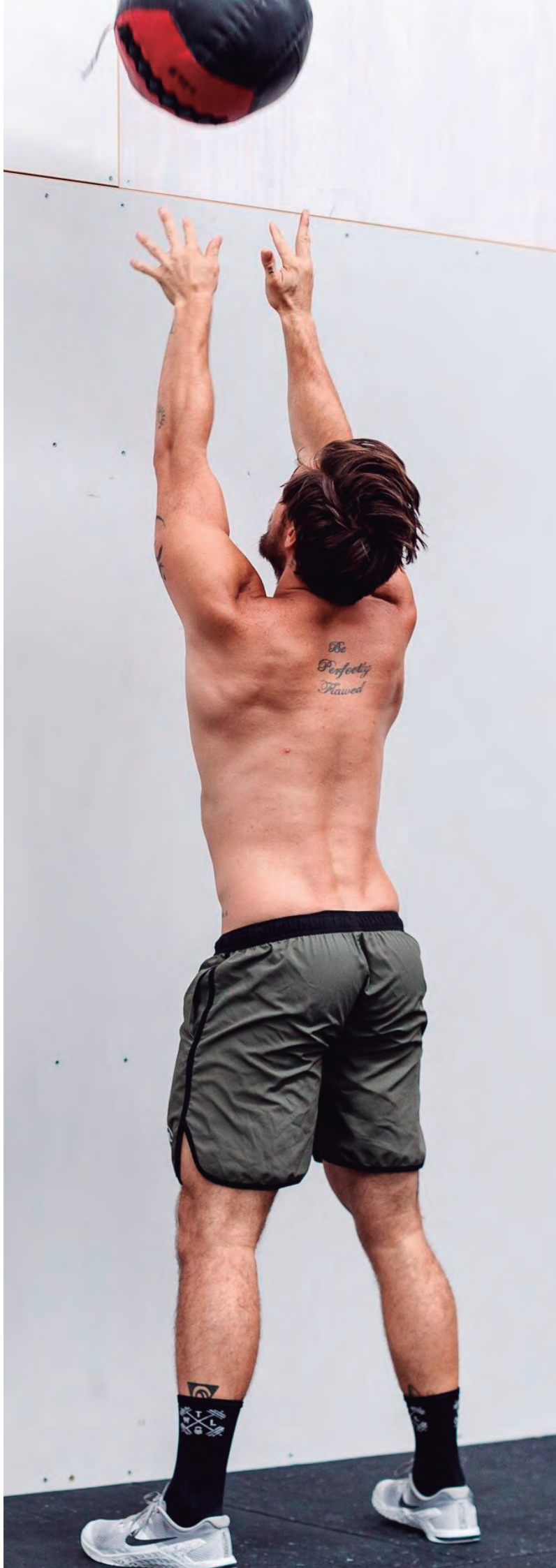
## TECHNIQUE

No free throws! Throw the ball with two hands.

Drop your hands and let your arms relax for a split second between reps.

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**Read this blog** for more tips on improving your wall balls.





# DUMBBELL CLEAN AND JERK

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## TECHNIQUE

Get that dumbbell off your damn shoulder! Try to catch the weight and go overhead in one smooth movement.

The transition between hands can be tricky. One option is bringing the weight to your shoulder first on the way down, then almost popping it off your shoulder to exchange the weight.

Again, fight off the urge to have an early arm bend. When the arms bend, the power ends. Use your legs.

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To get in tons of practice, view [this list of challenging dumbbell workouts.](#)





# GEAR TOP PICKS

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Links to source the gear to support your training and Open performance.

**HAND GRIPS** >

**SPEED ROPES** >

**KNEE SLEEVES** >

**LIFTING SHOES** >

**SHOP OPEN READY**  
**COLLECTION** >

