

## Jump Ship Training Affiliate Programming

### WHAT YOU GET :

- 6 days per week of monthly GPP affiliate programming based off our Jump Ship 90 program which includes one 'Recharge' day.
- The affiliate program runs on a 60 Minute clock to ensure class stays on time.
- A 'competitor's finisher piece' is provided each day.
- Onboarding call with Seth to go over the programming and answer questions.
- 10 warm up examples.
- Scaling suggestions.

\$109/month includes access to JS 90, competitors, JS 60 & our crew only Instagram.

### ABOUT THE PROGRAM :

-The affiliate program runs from a 0-60:00 clock which can be utilized in a number of different ways. You can start the clock right when class starts to keep the whole class moving from piece to piece OR you can have the coach keep a private clock on their watch/ phone.

-Every day starts with 0-10/12 minutes designated for white board time and a warm up. We will provide you with 10 example warm ups that can be used, modified or completely disregarded. We don't want your coaches to become robots who just follow whatever is written down, we want them to have an opportunity to express their style. We do recommend they plan their warm up to include some of the movements they will be coaching in the next hour to stay on track.

-After the warm up, there's typically another 10 minutes built in before piece 1 begins. This is time for movement specific warm up and coaching. All pieces (strength & metcon) have a time cap to ensure class will not run over.

-Once weekly on Tuesday, Wednesday or Thursday, there will be a 'Recharge' day programmed. This is essentially a de-load day to help the overzealous Monday - Friday athletes get some recovery in. We have tested this at our gym, CrossFit Deerfield Beach, and have received great feedback. These 'Recharge' workouts can be taken easy to focus on recovery of the muscle and joints OR these workouts can be hit hard (usually for 3x/week members) to still get a really great aerobic style workout.

-After the class ends, each day, there is a competitor's finisher piece. This is not designed for the typical member and should not be considered 'extra work'. This is specifically for the 'RX' athletes who needs and can handle the extra volume and/or skill work. With the affiliate class and finisher piece, the competitor should plan for 90 minutes each day.

-We will also provide you with a 'scaling suggestions' sheet to help with workout modifications.

-You will have an opportunity to schedule a call with Seth to go over the program. Here, he can answer your specific questions regarding certain pieces, coaching suggestions and how to handle 5 day per week programs with Saturday WOD suggestions.