

# Avalon On-Boarding

Avalon CrossFit and Personal Training  
50 Terminal St, Building 2, Level 3  
Charlestown, MA 02129  
www.avaloncrossfit.com



Name:

Coach's Name:

## Session 1

Warm-Up	Complete	Incomplete	Notes
How to use Treadmill: 400m walk on Treadmill	<input type="checkbox"/>	<input type="checkbox"/>	
How to use Rower with proper technique: 250m Row	<input type="checkbox"/>	<input type="checkbox"/>	
PVC Introduction/Standard stretches	<input type="checkbox"/>	<input type="checkbox"/>	
Air squat	<input type="checkbox"/>	<input type="checkbox"/>	
<b>PVC Squat</b>			
Back	<input type="checkbox"/>	<input type="checkbox"/>	
Front	<input type="checkbox"/>	<input type="checkbox"/>	
Overhead	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Olympic Training Bar</b> (Grip, Set-up, safety)			
Loading bar and Using Safety Clips (200 lb. max)	<input type="checkbox"/>	<input type="checkbox"/>	
Overhead Squat	<input type="checkbox"/>	<input type="checkbox"/>	
Shoulder Press	<input type="checkbox"/>	<input type="checkbox"/>	
Front Squat	<input type="checkbox"/>	<input type="checkbox"/>	
Back Squat	<input type="checkbox"/>	<input type="checkbox"/>	

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Body Weight	Complete	Incomplete	Notes
Push Up (modifications)	<input type="checkbox"/>	<input type="checkbox"/>	
Ring Row (modifications)	<input type="checkbox"/>	<input type="checkbox"/>	
Ring Dip (support hold/modification)	<input type="checkbox"/>	<input type="checkbox"/>	
Pull Up	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Equipment and Movements</b>			
GHD Set up, and Back Extension	<input type="checkbox"/>	<input type="checkbox"/>	
Ab Mat Sit Ups	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Kettlebell</b>			
Russian Swing	<input type="checkbox"/>	<input type="checkbox"/>	
Transfer	<input type="checkbox"/>	<input type="checkbox"/>	
CrossFit Style	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Wall Ball Shots</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Cool-Down and Stretch</b>			
Nutrition Talk/Answer Any Questions	<input type="checkbox"/>	<input type="checkbox"/>	
Stretch	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Review Next Steps (i.e. determine membership or class to purchase/ Determine if more onboarding is needed/ Schedule Next On-boarding if onboarding pack was purchased)</b>			
	<input type="checkbox"/>	<input type="checkbox"/>	<b>Date</b>

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## Session 2

Warm-Up	Complete	Incomplete	Notes
Walk on Treadmill 400m	<input type="checkbox"/>	<input type="checkbox"/>	
Row 250m	<input type="checkbox"/>	<input type="checkbox"/>	
PVC Stretches	<input type="checkbox"/>	<input type="checkbox"/>	
Squat/Back Squat/Front Squat/ Overhead Squat	<input type="checkbox"/>	<input type="checkbox"/>	
Push Ups	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Dead-lift</b>			
PVC (Weight in heels, shoulders over or in-front of bar)	<input type="checkbox"/>	<input type="checkbox"/>	
Olympic Training Bar	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Presses with PVC</b>			
Shoulder Press	<input type="checkbox"/>	<input type="checkbox"/>	
Push Press	<input type="checkbox"/>	<input type="checkbox"/>	
Push Jerk	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Presses with Olympic Training Bar</b>			
Shoulder Press	<input type="checkbox"/>	<input type="checkbox"/>	
Push Press	<input type="checkbox"/>	<input type="checkbox"/>	

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Push Jerk	<input type="checkbox"/>	<input type="checkbox"/>	
<b>GHD and Core Work</b>	<b>Compete</b>	<b>Incomplete</b>	<b>Notes:</b>
45° Down/Parallel to floor/Past Parallel/Full Range	<input type="checkbox"/>	<input type="checkbox"/>	
Knees to Elbows	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Rope Climb</b>			
Pull from ground	<input type="checkbox"/>	<input type="checkbox"/>	
Foot Clamps	<input type="checkbox"/>	<input type="checkbox"/>	
<b>CrossFit Movements</b>			
Thruster (Olympic Training Bar)	<input type="checkbox"/>	<input type="checkbox"/>	
Medicine Ball Clean	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Box Jump Progression</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>WOD (For Time: 15-12-9 Rep Rounds)</b>	<input type="checkbox"/>	<input type="checkbox"/>	
250m Row			
Air Squat			<b>Time</b>
Push Up			
Ring Row			<b>Modifications</b>
Ab Mat Sit Up			
250m Row			
<b>Schedule Next On-boarding</b>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Date</b>

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## Session 3

Warm-Up	Complete	Incomplete	Notes
Walk on Treadmill 400m	<input type="checkbox"/>	<input type="checkbox"/>	
Row 250m	<input type="checkbox"/>	<input type="checkbox"/>	
PVC Stretches	<input type="checkbox"/>	<input type="checkbox"/>	
Squat/Back Squat/Front Squat/ Overhead Squat	<input type="checkbox"/>	<input type="checkbox"/>	
Push Ups	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Review</b>			
Dead-lift	<input type="checkbox"/>	<input type="checkbox"/>	
Thruster	<input type="checkbox"/>	<input type="checkbox"/>	
Press/Push Press/Push Jerk	<input type="checkbox"/>	<input type="checkbox"/>	
Rope Climb	<input type="checkbox"/>	<input type="checkbox"/>	
GHD	<input type="checkbox"/>	<input type="checkbox"/>	

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New Movements	Complete	Incomplete	Notes
Floor Wipers	<input type="checkbox"/>	<input type="checkbox"/>	
Renegade Rows	<input type="checkbox"/>	<input type="checkbox"/>	
Skin the Cat	<input type="checkbox"/>	<input type="checkbox"/>	
Kettlebell Clean Press and Hang Clean	<input type="checkbox"/>	<input type="checkbox"/>	
Bench Press	<input type="checkbox"/>	<input type="checkbox"/>	
Jump Rope/Double Unders	<input type="checkbox"/>	<input type="checkbox"/>	
<b>WOD Dead-lift 3x3 - Then- (3 Rounds for Time)</b>			
250m Row		<b>Time</b>	
8 Box Jumps			
8 Wall Ball Shots		<b>Modifications</b>	
8 Knees to Elbows			
20 Jump Ropes			
<b>Cool Down and Stretch</b>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Schedule Next On-boarding</b>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Date</b>

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## Session 4

Warm-Up	Complete	Incomplete	Notes
How to use Treadmill: 400m walk on Treadmill	<input type="checkbox"/>	<input type="checkbox"/>	
How to use Rower with proper technique: 250m Row	<input type="checkbox"/>	<input type="checkbox"/>	
PVC Introduction/Standard stretches	<input type="checkbox"/>	<input type="checkbox"/>	
Air squat	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Middle Pull of Clean</b>			
Dumbbell Hang Clean	<input type="checkbox"/>	<input type="checkbox"/>	
Fast Elbows/Front Squat	<input type="checkbox"/>	<input type="checkbox"/>	
Hang Clean with Bar	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Squat Clean</b> (Difference of Power/Squat)			
Practice Catch with Bar from Hang	<input type="checkbox"/>	<input type="checkbox"/>	
Squat Clean from Floor	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Press and Jerk</b>			
Review/Practice	<input type="checkbox"/>	<input type="checkbox"/>	
Squat Clean and Jerk	<input type="checkbox"/>	<input type="checkbox"/>	
<b>WOD Push Jerk 4x3 - Then - 5 minute AMRAP</b>	<b>Complete</b>	<b>Incomplete</b>	<b>Notes</b>

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		Time	Modifications	
10 Kettle-bell Swings				
10 Box Jumps				
Cool-Down and Stretch	<input type="checkbox"/>	<input type="checkbox"/>		
Discuss Membership Packages	<input type="checkbox"/>	<input type="checkbox"/>		Package