

Additional Training Tracks



TEENS

3 WORKOUTS/WEEK | 60 MIN

For ages 14-17, this class builds on the Pre Teen foundation with more lifts and movement variety, progressing safely based on technique. The goal isn't to create elite CrossFitters, but to build fitness for sports and life.

ENDURANCE

1 WORKOUT/WEEK | 45-60 MIN

These boot camp-style workouts skip the barbell and deliver sweat, intensity, and fun. Great for cardio and conditioning without heavy lifting.

SPIN

1 WORKOUT/WEEK | 45-60 MIN

High-intensity interval workouts on the Bike Erg. Meant for sweat and grind without the barbell. Can be subbed with an Assault bike, rower, or SkiErg.

AT HOME

6 WORKOUTS/WEEK | 30+ MIN

Ideal for travel or home setups with limited gear. Daily workouts offer bodyweight and dumbbell options, plus warm-up, cooldown, and coaching notes.

L.I.F.E. CLASS

5 WORKOUTS/WEEK | 60 MIN

L.I.F.E. stands for Longevity in Functional Efficiency. It's a gentle version of CrossFit focused on mobility, consistency, and long-term health. Designed for any age or fitness level, this class meets people where they are.

RUNNING

2 WORKOUTS/WEEK | TIME VARIES

A plug-and-play track for your gym's runners. Includes interval, aerobic, and anaerobic running workouts to build stamina and speed.

BODYBUILDING

6 WORKOUTS/WEEK | 45-60 MIN

A stand-alone hypertrophy program. No "for time" workouts—just quality, controlled reps focused on muscle growth and structure.

BURGENER STRENGTH

3 WORKOUTS/WEEK | 60 MIN

Olympic lifting-focused training to build technique and raw strength. Includes warm-up, skill work, classic lifts, and accessories.

MONTHLY CHALLENGE

MONTHLY

A ready-to-use monthly gym challenge for your community. Plug it into your calendar for a fun, engaging, and friendly competition.

EXTRA FITNESS

3 WORKOUTS/WEEK | 60 MIN

Optional training add-ons for athletes who want more outside of the 60 minute class. These pieces complement the main programming.

CROSSFIT 40477 PROGRAM TRACKS

GYMNASICS

Skill classes focused on strength and precise execution of gymnastic movements essential in CrossFit: Handstand (Hold, Push-Up, Walk), Muscle-Up (Rings, Bar), Pull-Ups, Dips, T2B, K2E. No CrossFit WOD here. Programmed inhouse by our gymnastics specialists. Based on [The Gymnastics course](#)

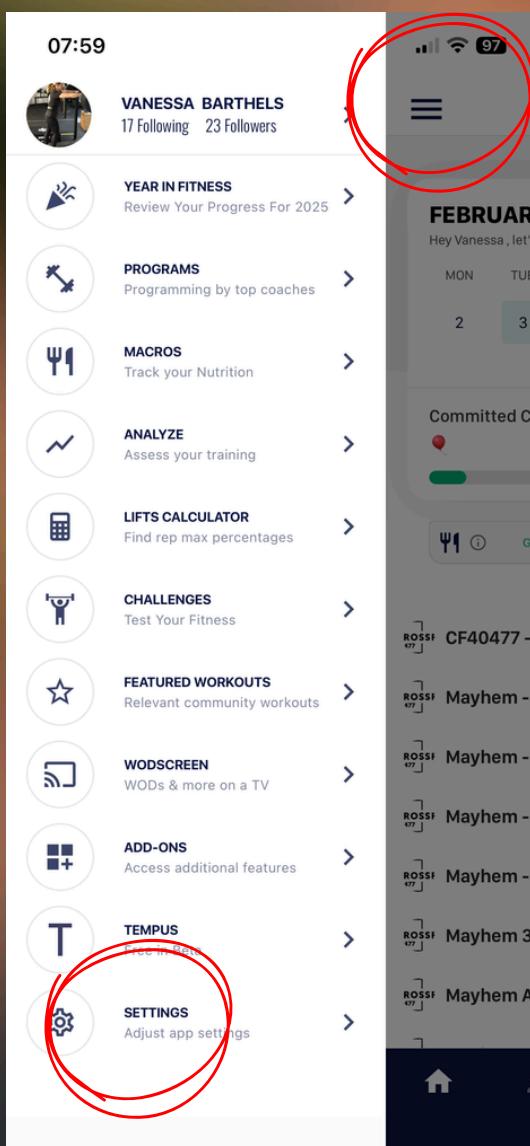
WEIGHTLIFTING

Skill classes focused on the clean execution of Olympic lifts: Clean, Jerk, and Snatch. Emphasis on movement standards and specific strength training; no CrossFit WOD (Advanced Weightlifting and Foundation Weightlifting). Programmed inhouse by our weightlifting specialists.

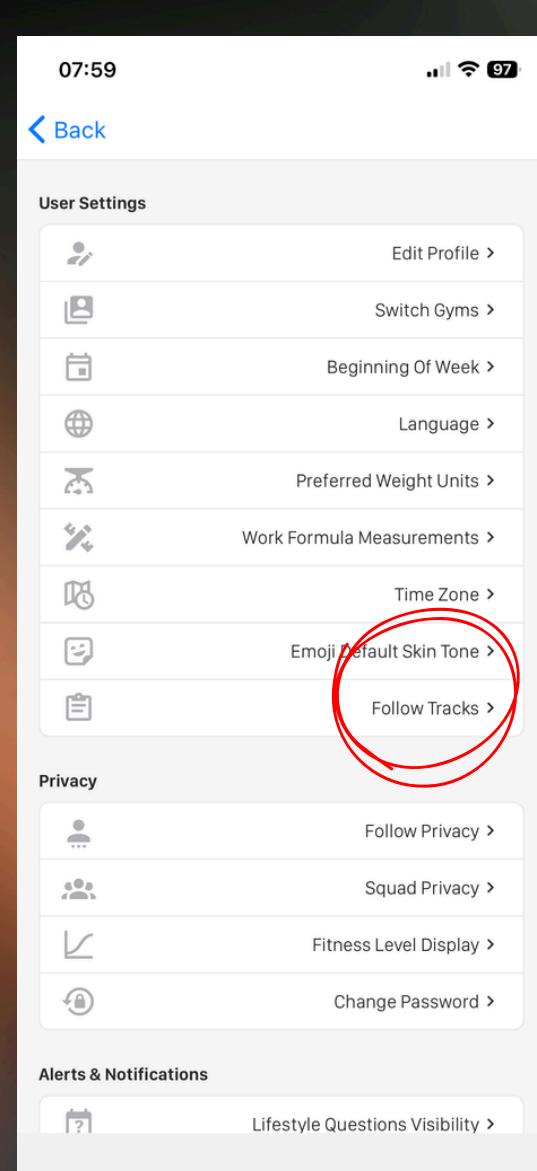
STRENGTH

We offer three strength workouts per week: 2 Lower Body Days and 1 Upper Body Day. Expect structured cycles with progressive overload, one main lift plus focused supersets, and enough rest to move with quality and proper form—strength first, no conditioning bias. Programmed inhouse by our strength specialists.

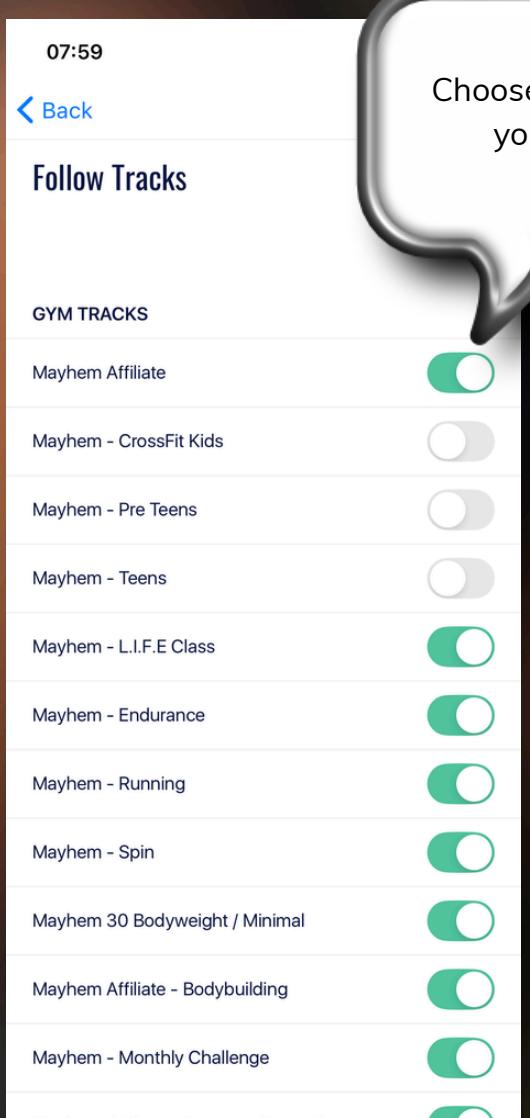
Beyond the Whitboard



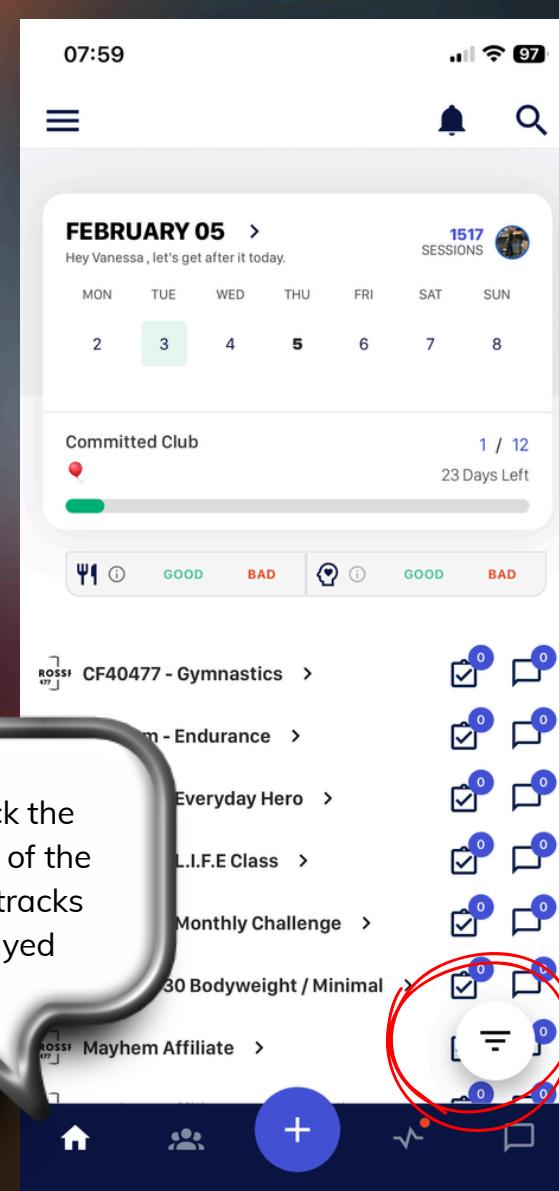
Click on the burger icon and navigate to “settings”



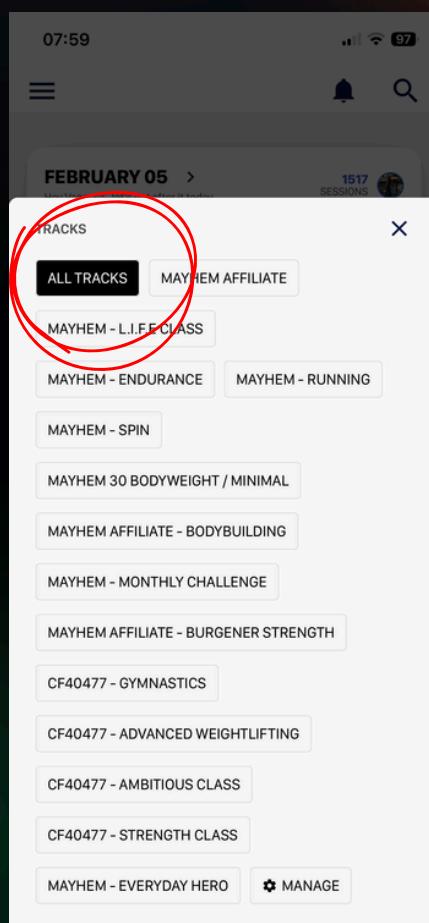
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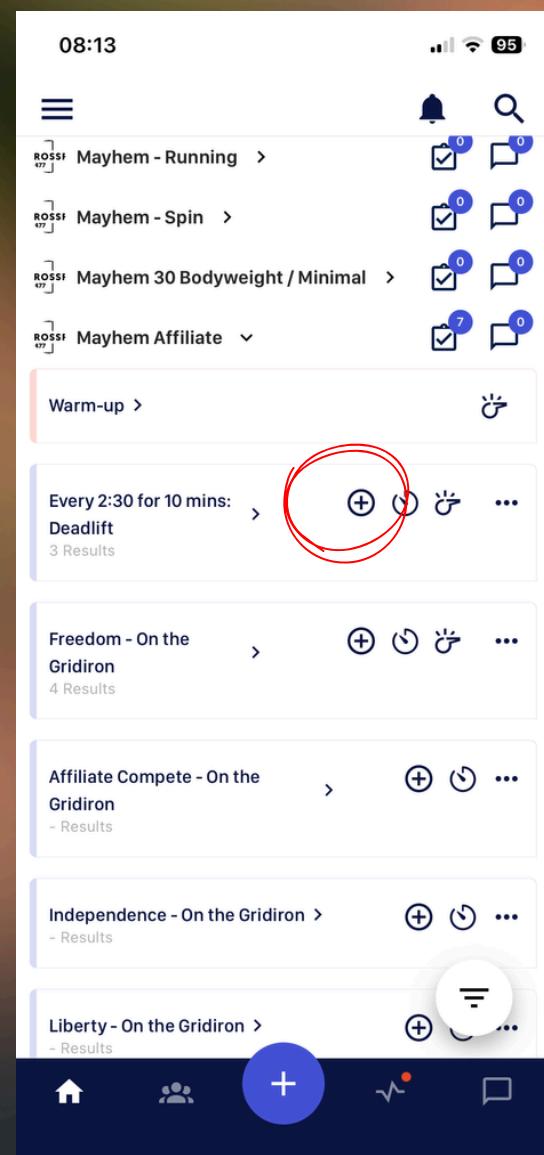
Choose the program tracks you want to follow



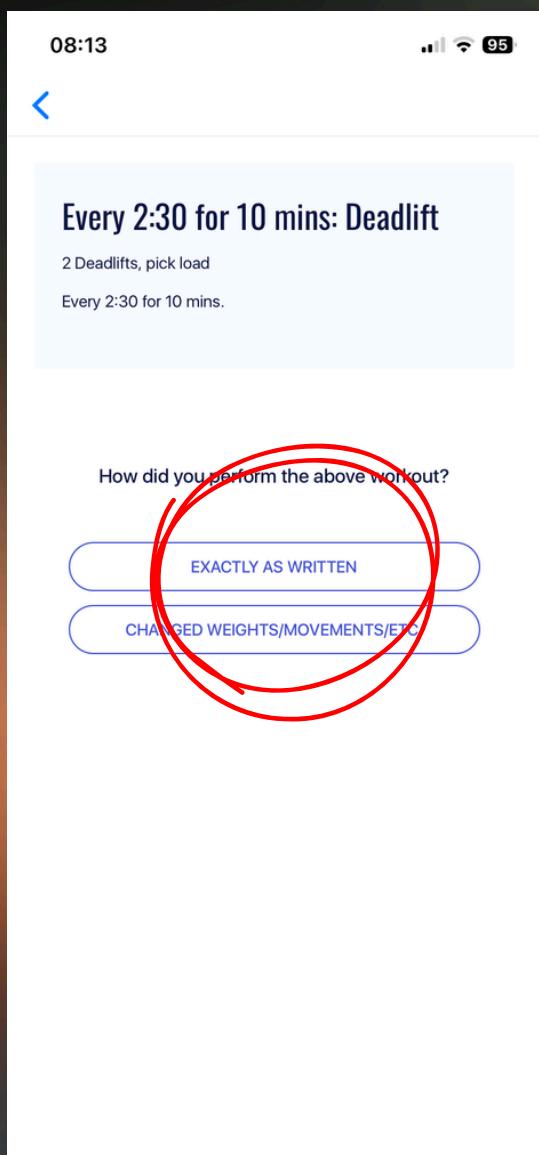
Go to home screen, click the filter icon on the bottom of the screen and choose the tracks you want to be displayed



Beyond the Whitboard- Track your results



Choose the workout you want to track and click the + sign



Click on the appropriate button

Log your score and don't forget to click on "Log score"

