

CrossFit is a system of simple movements that compound and build on one another, becoming more complex and challenging as your work capacity increases. It is extremely important to have a good foundation. OnRamp is designed to familiarize participants with the foundational movements, skills, and intensity of CrossFit. Jefferson City CrossFit's system is designed to acclimate you as an athlete to proper instruction in technique and safety as well as introduce you to our classes, community, and coaching processes. Please initial each line to indicate you have received proper instruction to complete this movement safely in correct form and without injuring yourself.

Press Series +

- Strict Press (P)
- Push Press (PP)
- Push Jerk (PJ)
- Handstands/Handstand Pushups (HS/HSPU)
- Burpees
- Hand Release Pushups/Pushups (PU)
- Thrusters
- Box Jumps
- Pull-ups/Ring Rows (PU/RR)

Squat Series +

- Air Squat (AS)
- Front Squat (FS)
- Back Squat (BS)
- Overhead Squat (OHS)
- Kettle Bells (KB)
- Rowing
- Wall Balls (WB)
- Double Unders (DU)
- Sled Pushing/Pulling

Pull Series +

- Deadlift (DL)
- Sumo Deadlift High Pull (SDHP)
- Medicine Ball Clean (MBC)
- Power Clean
- Snatch
- Rope Climb (RC)
- Situps (SU)
- Toes to Bar (T2B)
- Knees to Elbow (K2E)
- Wall Walks (WW)
- Turkish Getups (TGU)

I understand by signing below I acknowledge that I have been taught proper technique and form on the above mentioned movements. I understand in the event I were to injure myself, it was at my own risk and not because I wasn't taught proper technique. I understand that several of these movements will be performed in the future under load and weight and I have been instructed how to complete them correctly with PVC pipe and under a weighted barbell/ and other weighted apparatus.

Print Name

Signature

Date