



Civilian Military Combine MEET-UP

What is a CMC MEET-UP?

A CMC meet up is a 50 minute class/work out that allows all athletes to participate in the actual CMC PIT that will be featured at all CMC events.

The CMC 2013 PIT is as follows...

7 Minute AMRAP (As Many Reps As Possible)

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| 7 Push press | (75lb Males / 45lb Females) |
| 7 American Kettlebell Swings | (40lb Males / 26lb Females) |
| 7 Jump over Burpee Box Jumps | (20 Inch Box- Universal for Male & Females) |

The class consists of the following...

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| • Introduction to the CMC and Charities involved | 3-5 minutes |
| • Dynamic Warm up | 10 minutes |
| • Set up of CMC PIT as well as Athlete/Judges | 5 minutes |
| • First Heat of athletes in the CMC PIT | 7 minutes |
| • Break & switch from Athletes to Judge | 5 minutes |
| • Second heat of athletes (Judges) in the CMC PIT | 7 minutes |
| • Q&A | 10 minutes |

Total time = 50 minutes

Equipment needed

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| Kettle Bells or Dumb Bells | (40lb Males / 26lb Females) |
| Barbells | (75lb Males / 45lb Females) |
| Box Jump | (20 inches) - Their heights can be used if 20 inch isn't available |

Introduction

The Civilian Military Combine lies within the adventure race space that is now exploding globally. Many of you might have done Tough Mudders and Spartan Races or the many other adventure race events popping up all over the country. The CMC was created to be an answer to all these other novelty events by combining both strength and endurance for an ultimate one-day challenge.

The CMC starts off with a strength element dubbed "THE PIT" where all athletes are faced with a series of judged exercises for time. All weight is scaled for both men and women and all movements are basic movements that all athletes can perform, unless an injury or disability prohibits you in some way. After the PIT is completed, all athletes are then funneled into a 5-7 miles adventure race obstacle course where you battle the terrain and elements of the CMC event you signed up for. Depending on whether you sign up for an Urban Assault Series (UAS), Mountain Assault Series (MAS) or Beach Assault Series (BAS) will determine the elements and obstacles you will be faced with.



Dynamic Warm up

Coaches/Trainers of that fitness facility will dynamically warm up the entire class, preparing them all for the CMC PIT workout

Set up of CMC PIT as well as Athlete/Judges

All participants will help set up the layout of the CMC PIT. Depending on how many people are present, we will create as many stations of the CMC PIT as needed.

For example, 20 people will require 20 stations needed of Push presses/ Box jumps/Kettlebells.

The setting-up of athletes and judges is as follows. Everyone will quickly line up in a single line. The CMC PIT Director or Trainers will walk down the line and give everyone a letter. Either "A" or "B". When everyone is given a number we separate them into groups. Group A will judge Group B first. After Group B is done with the 7 minute AMRAP, they will then judge Group A.

First Heat of athletes in the CMC PIT

All judges find a station and pair up with an athlete from Group B. There is ONE JUDGE at each station and ONE ATHLETE at each station. The PIT Director will then sound the countdown for the 7 minute AMRAP.

Group B performs the workout

Break & switch from Athletes to Judge

This is the point where Group B has completed the CMC PIT and will rest/recover/hydrate and get ready to judge Group A in the CMC PIT.

Second heat of athletes (Judges) in the CMC PIT

Group A now performs the CMC Pit Group B Judges

Pit Director will then sound the countdown for the 7 minute AMRAP, Group B begins.

Q&A

This is a chance for all the athletes to ask questions in regard to all CMC events series. We will review strategies on how to approach the CMC PIT in training and on race day as well strategies in regard to all obstacles.