

# OPEX Fitness Strategy Guide

Granite Games  
Online Qualifier 3 & 4



## **SUMMARY**

- **Gymnastics or Barbell; Pick one element and crush it**
  - For a lot of folks, plan on attacking EITHER the bodyweight or barbell element of each event. Meaning, you can be very aggressive on gymnastics or barbell cycling, but not both. It is just too many repetitions. The other element is where you fraction heavily to keep your power sustained best over these events.
- **Opt for Part 2, before Part 1**
  - In most cases, Part 1 will impair positioning and mobility for the overhead squat; If you are already a person with a tough time in the OHS position, you had better do Part 2 first
- **These do not pair well in the same session**
  - Based on grip and scapular fatigue, these events are not easily paired in the same session, or same day for that matter; Plan on a Friday + Saturday combo of attack
- **Unbroken is a curse word this week**
  - Part 1 is a 12-minute AMRAP, and Part 2 will send many folks into the double-digit time range; You have got to formulate a plan on how you may fraction these movements; You have got to be able to adapt and change that plan if/when things fall apart!

## EVENT DETAILS

Granite Games Qualifier 16.3 & 16.4

Part 1 - 12 minute AMRAP

12 CTB pull-ups

8 Deadlifts 245/165lbs

12 HSPU

8 Deadlifts 245lbs/165lbs

Part 2 - For time

5-10-15-20-15-10-5

Overhead squats 115/85lbs

Toes to bar

## WARM UP/RECOVERY

- Both pieces this week **DEPEND** on excellent positions and movement efficiency, particularly Part 2; Therefore, budget ample time to ensure you can hit as least of a restrict OHS as possible
- You need to **USE YOUR GRIP** (slightly) in the warmup; get blood exchange promoted to your forearms early in the session, but not to fatigue, to ensure you do not end up looking like Popeye within the first couple rounds

### General prep

*15-20 minutes of light aerobic work and structural openers; promote some breathing, some range of motion and helps build a sweat (i.e. - temperature regulation)*

EMOM x12

Min 1 - Light rowing

Min 2 - 30 sec Farmers light - 55/35lbs RX weights

Min 3 - Variable style single unders

x5

..then..

Prep 1) Lacrosse ball to backside of armpit; 90-120 seconds each side; Find a knot and stay on it

Prep 2) Banded overhead lat stretch; 90 seconds each side; Relax AMAP into the pose

Prep 3) Banded ankle distraction; 90-120 seconds each side; Barefoot

## **Specific prep**

*15-20 minutes to work through the movements from the pieces; avoid accumulating too many repetitions on any one movement; the goal for most is to feel good and efficient*

### Part 1

A1. Power clean - Tng 5x3 @65-80% 1RM - no rest

A2. Supinated WCU - tough double after each set of PC - rest 2-3 minutes

+

B. Not for time; Chill pace

5-4-3-2-1

CTB pull-ups

Deadlifts - RX loads

HSPU

Deadlifts - RX loads

(rest 45 seconds)

+

Granite Games 16.3, Part 1

### Part 2

A. Power Snatch x1, then OHS x3 - rep every 75 seconds x5-8 sets - load from 45% 1RM and build 5% of 1RM each round

+

B. 5 minute AMRAP

3 Toes to bar

3 OHS 115/85lbs

12/8 Row calories comfortable

+

Granite Games 16.3, Part 2

## EQUIPMENT

- Just like last week, keep your overall work station tight if possible
  - For both part 1 and 2, have multiple pull-up heights in case you need to hit fast singles
  - Double clip your OHS barbell; do not waste time fumbling with fixing sliding weights
  - Pre-chalk everything; Have your brick of chalk next to the pull-up bar ready to go
- It is summer and body temperature is still critical to maintain
  - Set the building to 76-80 degrees, if possible
  - If your building is without A/C, an early morning attempt gets you in at the coolest time of day
  - Less clothes, more water, and a floor fan are your friends otherwise
- Filming
  - Part 2 should not be difficult to ensure correctly filming angles; However, you need to demo your setup for Part 1
  - Start the camera, do a couple repetitions at each station for Part 1, stop and ensure you remain in frame at all times
  - Every 5 minutes of video is approximately 1GB of storage; make sure you have cleared out at least 4GB

## NUTRITION

- Call it *extending work* or *reducing perceptions of fatigue*; either way, these supplements can help in this style of event:
  - Caffeine; should almost feel under-caffeinated (100-200mg)
  - BCAA sipped through general and specific prep (3-6g)
  - WATER all morning and throughout warm-up
- **Before the event:** For muscle endurance activities, perhaps pushing into lactate usage, a SMALL meal 90-120-minutes prior with some calories is best. Up to 150 calories in liquid form should be used here. Otherwise, given the volume of blood flow necessary for this event, you have to keep food out of your gut to allow flow to your peripheries and muscle tissue. Any other whole foods have to be eaten 4-5 hours prior to performing this event.
- **After the event:** A dose of SUGAR and protein are well warranted after this event. Get on the bike/rower and passively work for 12-20 minutes. AND THEN take down this post-workout liquid nutrition.
  - <8% BF do 3:1 CHO:PRO ratio
  - 8-12% BF do 2:1 CHO:PRO ratio
  - >12% BF do 1:1 CHO:PRO ratio

## AVATARS

- **Group 1 - Bodyweight Ninjas**

- Part 1 - Pace the DL, think smaller sets and less rest time in between those sets. Descending sets is always something to consider when in this time domain and the number of repetitions. This avatar should consider breaking up the DL reps:

5,4,3

4,3,3,2

3,3,2,2,2

3,2,2,2,1,1

etc.

Another strategy is breaking up the DL with 3's from the get go. It can keep pace and keep you under redline within the movement. KEY for this group is to recognize that time will be made up by recovering in between reps NOT doing big sets with a substantial amount of rest.

The avatar should push the gymnastics reps as much as possible based on the individuals capabilities. Think bigger sets and increasing the amount of breathing during the reps to prolong muscle fatigue, with low rest.

This avatar should consider breaking up the CTB/HSPU reps:

8,4 CTB/HSPU

7,5 CTB/HSPU

6,6 CTB/HSPU

5,4,3 CTB/HSPU

5,4,3 CTB/HSPU

- Part 2 - Structurally if the workout does not impose any limitations for you with OHS, then consider the TTB reps where most time is going to be made up.

This avatar should consider breaking up the OHS reps:

5

5/5

5/4/4/2

THEN on the set of 20 GO a fairly deep into the set with a push to maximize reps to work toward the "bulk" portion of the workout

6-8/6-8/Finish

5/5 - These will hurt, recognize that and begin to start to push top end

5 reps - GO unbroken, it will save time if you can fight through the last 5 reps

This avatar should consider breaking up the TTB reps in bigger sets:

5

10

8/7

6/5/5/4

7/5/3

3s and 2s - DO WHAT is needed, if you can conserve on the front end reps it sets you up to finish with bigger sets which will be critical to score the best time  
Finish with an amrap set, attempt 5 unbroken, GO FOR IT

- **Group 2 - Barbell Gorillas**

- Part 1 - This group is opposite of Group 1, which allocated most of the energy toward gymnastics and required pacing within the DL to permit maximizing the score.

Each round be smart, try to recognize that you may not be able to hold 12 unbroken deadlifts for 2 sets within this workout, so accept breaking the reps and recovering faster when putting the barbell down

This avatar should consider breaking up the DL reps:

12

6/6

6/6

4/4/4

4/4/4

3s

etc.

The avatar should PACE gymnastics reps to ensure muscle fatigue is prolonged, the key component will be NOT going ot big up front and continuing to chip away at reps

This avatar should consider breaking up the CTB/HSPU reps:

5/4/3 CTB/HSPU

5/4/3 CTB/HSPU

4/3/3/2 CTB/HSPU

4/3/3/2 CTB/HSPU

3/3/2/2/2 CTB/HSPU

3/3/2/2/2 CTB/HSPU

Then do what's NEEDED to continue moving and sustain good repetitions

- Part 2 - Structurally if the workout does not impose any limitations for you with OHS, then based upon the load this should be a fairly light OHS.

This avatar should consider pushing reps within the OHS knowing that the TTB will create some limitation.

This avatar should consider breaking up the OHS reps:

5

10

10/5

8/7/5

8/7

5/5



5

The TTB will require more pacing based on structure. Know that the rate of contractions on the squats will elevate breathing so NO breath holding while doing TTB reps!

This avatar should consider breaking up the TTB reps in smaller sets:

5

5/3/2

4/3/3/3/2 - with low rest in between sets, KEEP chipping away

4/4/3/3/2/2/2

3/3/3/3/2

2/2/2/2/2

GO for it - 2s and 1s to finish!

- **Group 3 - In it to win it!**

- Who belongs here?
  - If you are set on qualifying for the live event, you have got to attempt larger, unbroken sets; the other two strategies are too conservative to break a top-100 score (which you need!)
  - You might run this event too hot and fail, but there is no other option in getting the best score possible
- Refining the strategy
  - The time domain on each workout is too severe to open *guns a blazin'*
  - You still have to play it smart
  - Part 1
    - Plan on this event feeling steady and smooth; the separator is not sprinting between stations, the separator is being able to **REST THE LEAST** between your fractions of 12UB, 8/4, or 6/6
    - If you fraction, the INSTANT you stop performing repetitions has to be the moment you cue yourself to get moving away; Even this feedback process will crew x5-8 seconds a single break
  - Part 2
    - Unbroken is non-negotiable on the OHS; you have to do it; some really great scores are going to come through and it will be on the backbone of lightening fast cycle time here
    - Toes to bar has some flexibility in what you do for fractions; but again, it all comes down to less total fractions and less total rest between the fractions
    - 5 - 5 UB

- 10 - 10 UB
- 15 - 10/5; You should not need to, but it sets up the next two sets better
- 20 - Win/Lose here - 20UB, 10/10 or 10/5/5
- 15 - Win/Lose here - 15 UB, 8/7, 5/5/5 at the worst
- 10 - Go for it; whatever it takes
- 5 - Go for it; whatever it takes

## **NUMBER OF ATTEMPTS**

- Based on this week being split into two, similar style events, you can reasonably plan on repeating just one event, one time; Think of it like this as well: You are asking the same muscle groups do to THREE events in fact over the weekend

## **FINAL NOTES**

Great success in the first two weeks, tons of great chatter in the community! Continue to enjoy the qualifiers. Granite Games has put together some tough tests but a great mixture of many different modalities. We hope that this prep guide can provide great information and map you through each week of the competition. Please do not hesitate to contact Mike and Matt - [Granitegames@opexfit.com](mailto:Granitegames@opexfit.com). We will be open for questions and conversation, and be sure to tune in with James Fitzgerald on Friday LIVE on Facebook at June 24th @ 8 PST/10 CST.