

Scaling CrossFit Workouts

The art and skill of scaling CrossFit workouts can take a lifetime to master. The following exercise will help coaches at any stage continue to refine their scaling methods and will reference the “[Scaling CrossFit Workouts](#)” interview with Jeremy Gordon (CF-L4).

This exercise is designed to run for one hour. Coaches will need a pen and paper to complete the exercise.

Facilitator’s Guidance and Timeline

:00–:05 Welcome and Purpose

- Present your team with an overview of what they will be doing today:
 - Completing a professional development exercise by watching a video and then answering and discussing a series of questions

:05–:20 Watch “Scaling CrossFit Workouts: The Interview”

- [Video available here.](#)

:20–:35 Answer Questions

Give your team 15-20 minutes to answer the following questions:

1. What are the most important factors coaches should weigh when scaling workouts?
2. What are some of the biggest pitfalls to be aware of as a beginner coach scaling workouts?
3. What are some of the biggest pitfalls to be aware of as an intermediate coach scaling workouts?
4. What are some of the biggest pitfalls to be aware of as an advanced coach scaling workouts?
5. What is one example of a scaling effort you tried that did not go as planned? How did you know it wasn’t effective? How will you change that recommendation or scaling option in the future?

:35–:55 Discuss Answers

Take 15 minutes to talk through the coaches’ answers. Be sure to involve all members of your team and remember this is a learning environment for everyone.

:55–:60 Recap

Go around the room and ask each coach to give one takeaway from this exercise.