DECEMBER 5TH 2025

www.crossfitreclaim.com.au

CROSSFIT RECLAIM

GYM UPDATE

Inside this weeks update:

- CrossFit Upcoming Events
- Competition Results
- Updated Timetable
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- Christmas & End of Year Party - November 29
- Programming Overview - CrossFit & Sweat
- Summer Merch - CFR Budgy Smugglers available
- Community Notice Board
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CROSSFIT RECLAIM
UPCOMING EVENTS
DECEMBER 2025
11/12
12 DAYS OF XMAS
Join us for a soecial workout to celebrate Holiday Season!
21/01
BODY SCAN DAY
Free Body Scan for all Members
27/02
CROSSFIT OPEN 26.1
Join us for a massive Friday Night Lights event for the first week of the 2026 Crossfit Open
6/03
CROSSFIT OPEN 26.2
Keep the energy alive – join us for week 2 of the 2026 CrossFit Open!
13/03
CROSSFIT OPEN 26.3
Celebrate the final night of the 2026 CrossFit Open at Friday Night Lights!

Competition Results

SPARTAN

Last Sunday, we had the pleasure of being represented by a strong Reclaim contingent at the local Spartan Stadion event at WIN Stadium.

In an event that recognises overcoming obstacles, having fun and hard work, our members did an amazing job.

Great work team! We've loved hearing the positive remarks from the event.

New Timetable

From 1 December, we'll be trialling a refreshed timetable, with the 10am CrossFit class moving to 12pm each day.

While we had hoped to launch a standalone Mums & Bubs program, the pilot wasn't as successful as expected, so we're pivoting to offer a supervised crèche during the 9am class instead. Parents can now book their kids into the crèche individually, with a maximum of 7 spots available.

Over the past six weeks we've also trialled a Seniors class, and we're excited to continue offering it on Wednesdays at 10am. We'll keep assessing its growth and potential as more sessions roll out.

Supervised Creche Registration Form

Book Your Child into the Supervised Creche!

Our supervised creche is available for children during our 9 am class on Tuesdays, Wednesdays, Thursdays, and Fridays. Spots are limited, so please check Zen Planner and book in advance, as there may be occasions when the creche cannot run due to staff availability.

Steps:

1. Complete the registration and consent form.
2. We'll create a creche membership for your child.
3. Use the Zen Planner Member App to book your child into the 9 am creche class on Tuesdays, Wednesdays, Thursdays, or Fridays.

Parents remain on-site and are responsible for supervision when required. Click the link below to get started:

https://forms.gle/1XQHRdqfTjShSUkD7

CFR Christmas & End of Year Party

WOW... What a night!!

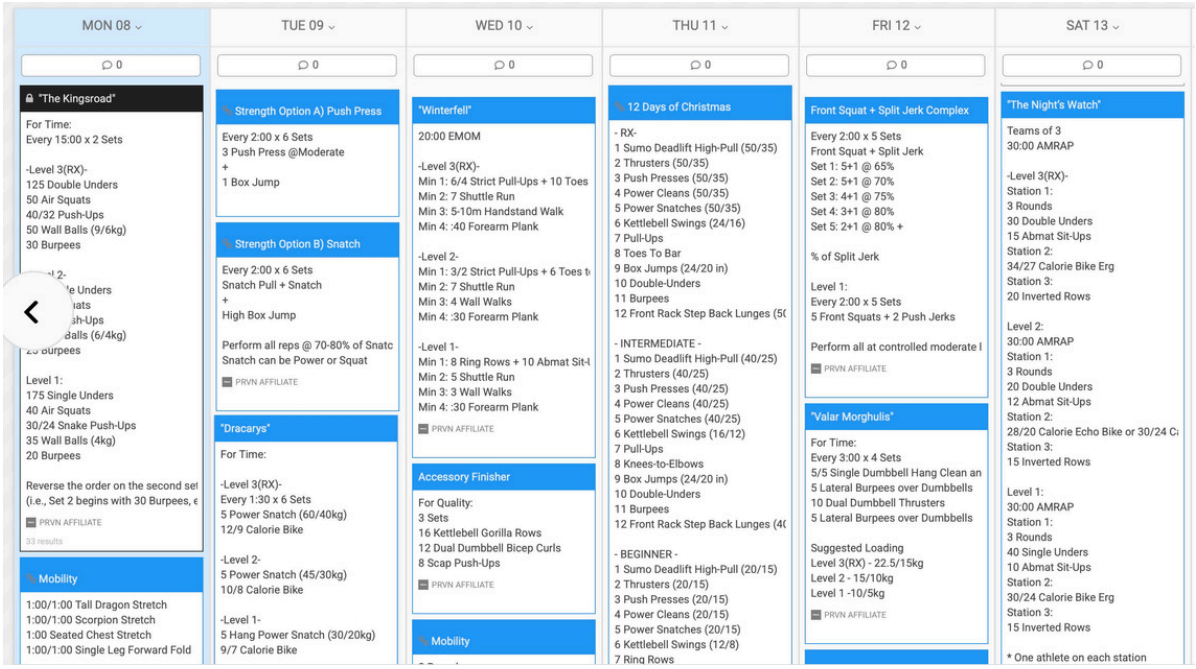
We can't thank everyone enough who attended our Christmas party!
You legends made it one special night and highlighted our lucky we are to be s surrounded by such a loyal community!

SPIRIT OF RECLAIM

A big congratulations to Al Gilchrist who was awarded our Spirit of Reclaiim award
Al encapsulates the values by which we go by here at Reclaim. Happy, Humble and hungry perfectly describe what Al is about. Thank you for what you provide to our community within class hours and also outside.

PROGRAMMING

CrossFit: 08 December – 13 December



MON 08

"The Kingsroad"

For Time:
Every 15:00 x 2 Sets

-Level 3(RX)-
125 Double Unders
50 Air Squats
40/32 Push-Ups
50 Wall Balls (9/6kg)
30 Burpees

-Level 2-
Double Unders
Air Squats
Push-Ups
Wall Balls (6/4kg)
Burpees

Level 1:
175 Single Unders
40 Air Squats
30/24 Snake Push-Ups
35 Wall Balls (4kg)
20 Burpees

Reverse the order on the second set
(i.e., Set 2 begins with 30 Burpees, e

PRVN AFFILIATE

Mobility

1:00/1:00 Tall Dragon Stretch
1:00/1:00 Scorpion Stretch
1:00 Seated Chest Stretch
1:00/1:00 Single Leg Forward Fold

TUE 09

Strength Option A) Push Press

Every 2:00 x 6 Sets
3 Push Press @Moderate
+
1 Box Jump

Strength Option B) Snatch

Every 2:00 x 6 Sets
Snatch Pull + Snatch
+
High Box Jump

Perform all reps @ 70-80% of Snatc
Snatch can be Power or Squat

PRVN AFFILIATE

"Dracarys"

For Time:

-Level 3(RX)-
Every 1:30 x 6 Sets
5 Power Snatch (60/40kg)
12/9 Calorie Bike

-Level 2-
5 Power Snatch (45/30kg)
10/8 Calorie Bike

-Level 1-
5 Hang Power Snatch (30/20kg)
9/7 Calorie Bike

WED 10

"Winterfell"

20:00 EMOM

-Level 3(RX)-
Min 1: 6/4 Strict Pull-Ups + 10 Toes
Min 2: 7 Shuttle Run
Min 3: 5-10m Handstand Walk
Min 4: :40 Forearm Plank

-Level 2-
Min 1: 3/2 Strict Pull-Ups + 6 Toes t
Min 2: 7 Shuttle Run
Min 3: 4 Wall Walks
Min 4: :30 Forearm Plank

-Level 1-
Min 1: 8 Ring Rows + 10 Abmat Sit-
Min 2: 5 Shuttle Run
Min 3: 3 Wall Walks
Min 4: :30 Forearm Plank

PRVN AFFILIATE

Accessory Finisher

For Quality:
3 Sets
16 Kettlebell Gorilla Rows
12 Dual Dumbbell Bicep Curls
8 Scap Push-Ups

PRVN AFFILIATE

Mobility

THU 11

12 Days of Christmas

- RX-
1 Sumo Deadlift High-Pull (50/35)
2 Thrusters (50/35)
3 Push Presses (50/35)
4 Power Cleans (50/35)
5 Power Snatches (50/35)
6 Kettlebell Swings (24/16)
7 Pull-Ups
8 Toes To Bar
9 Box Jumps (24/20 in)
10 Double-Unders
11 Burpees
12 Front Rack Step Back Lunges (5(

- INTERMEDIATE -
1 Sumo Deadlift High-Pull (40/25)
2 Thrusters (40/25)
3 Push Presses (40/25)
4 Power Cleans (40/25)
5 Power Snatches (40/25)
6 Kettlebell Swings (16/12)
7 Pull-Ups
8 Knees-to-Elbows
9 Box Jumps (24/20 in)
10 Double-Unders
11 Burpees
12 Front Rack Step Back Lunges (4(

- BEGINNER -
1 Sumo Deadlift High-Pull (20/15)
2 Thrusters (20/15)
3 Push Presses (20/15)
4 Power Cleans (20/15)
5 Power Snatches (20/15)
6 Kettlebell Swings (12/8)
7 Ring Rows

FRI 12

Front Squat + Split Jerk Complex

Every 2:00 x 5 Sets
Front Squat + Split Jerk
Set 1: 5+1 @ 65%
Set 2: 5+1 @ 70%
Set 3: 4+1 @ 75%
Set 4: 3+1 @ 80%
Set 5: 2+1 @ 80% +

% of Split Jerk

Level 1:
Every 2:00 x 5 Sets
5 Front Squats + 2 Push Jerks

Perform all at controlled moderate l

PRVN AFFILIATE

"Valar Morghulis"

For Time:
Every 3:00 x 4 Sets
5/5 Single Dumbbell Hang Clean an
5 Lateral Burpees over Dumbbells
10 Dual Dumbbell Thrusters
5 Lateral Burpees over Dumbbells

Suggested Loading
Level 3(RX) - 22.5/15kg
Level 2 - 15/10kg
Level 1 -10/5kg

PRVN AFFILIATE

SAT 13

"The Night's Watch"

Teams of 3
30:00 AMRAP

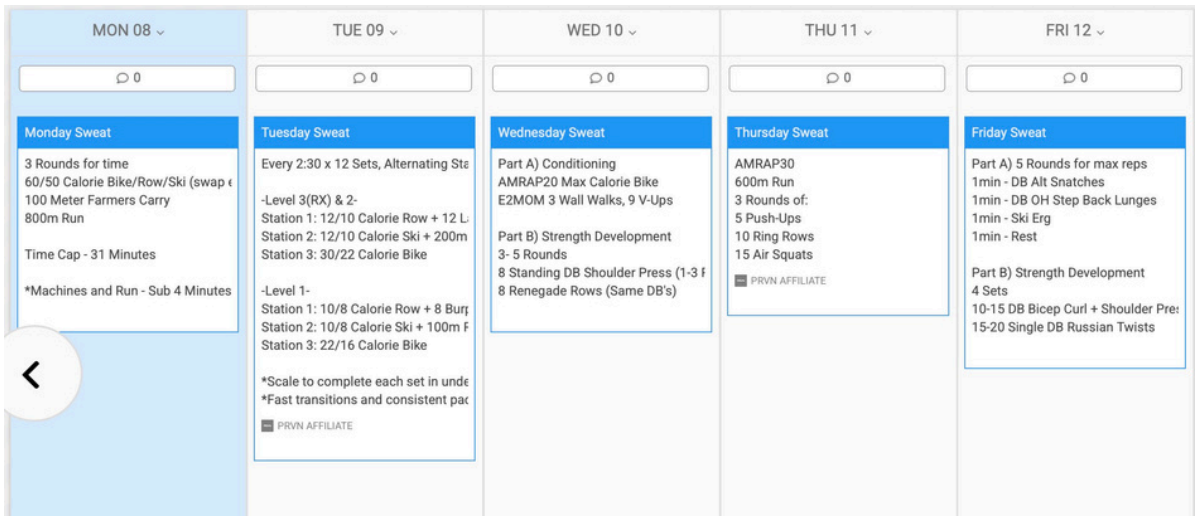
-Level 3(RX)-
Station 1:
3 Rounds
30 Double Unders
15 Abmat Sit-Ups
Station 2:
34/27 Calorie Bike Erg
Station 3:
20 Inverted Rows

Level 2:
30:00 AMRAP
Station 1:
3 Rounds
20 Double Unders
12 Abmat Sit-Ups
Station 2:
28/20 Calorie Echo Bike or 30/24 C
Station 3:
15 Inverted Rows

Level 1:
30:00 AMRAP
Station 1:
3 Rounds
40 Single Unders
10 Abmat Sit-Ups
Station 2:
30/24 Calorie Bike Erg
Station 3:
15 Inverted Rows

* One athlete on each station

Sweat: 08 December – 12 December



MON 08

Monday Sweat

3 Rounds for time
60/50 Calorie Bike/Row/Ski (swap
100 Meter Farmers Carry
800m Run

Time Cap - 31 Minutes

*Machines and Run - Sub 4 Minutes

TUE 09

Tuesday Sweat

Every 2:30 x 12 Sets, Alternating Sta

-Level 3(RX) & 2-
Station 1: 12/10 Calorie Row + 12 L
Station 2: 12/10 Calorie Ski + 200m
Station 3: 30/22 Calorie Bike

-Level 1-
Station 1: 10/8 Calorie Row + 8 Burp
Station 2: 10/8 Calorie Ski + 100m F
Station 3: 22/16 Calorie Bike

*Scale to complete each set in unde
*Fast transitions and consistent pac

PRVN AFFILIATE

WED 10

Wednesday Sweat

Part A) Conditioning
AMRAP20 Max Calorie Bike
E2MOM 3 Wall Walks, 9 V-Ups

Part B) Strength Development
3- 5 Rounds
8 Standing DB Shoulder Press (1-3 F
8 Renegade Rows (Same DB's)

THU 11

Thursday Sweat

AMRAP30
600m Run
3 Rounds of:
5 Push-Ups
10 Ring Rows
15 Air Squats

PRVN AFFILIATE

FRI 12

Friday Sweat

Part A) 5 Rounds for max reps
1min - DB Alt Snatches
1min - DB OH Step Back Lunges
1min - Ski Erg
1min - Rest

Part B) Strength Development
4 Sets
10-15 DB Bicep Curl + Shoulder Pres
15-20 Single DB Russian Twists

Summer Merch Launch

We're placing an order for custom CrossFit Reclaim Budgy Smugglers! 🏋️‍♂️🔥 Concept designs are attached - available in men's briefs, women's one-piece, and women's bikini styles. If you'd like to rep Reclaim in style this summer, check out the designs and get your order in!

- **Pre-Orders close 1/12/25**
- Delivery expected Early/ Mid January 2026.

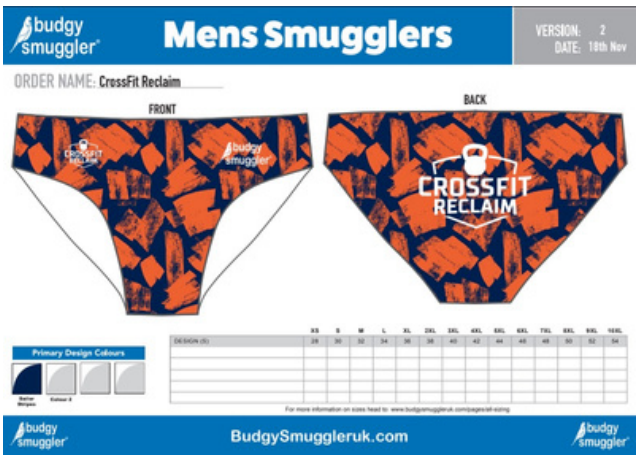
Women's

One Piece - $100

Bikini - $100/ set OR $60/ piece

Men's

$60



Order now via CFR Square Site link or QR code:
crossfit-reclaim.square.site

Community Notice Board

Dear Service Provider,

Unanderra Community Centre aims to support our local community by inclusion and wellbeing, we support children, young people, families, and people experiencing or at the risk of vulnerability.

On a weekly basis we support fifty plus families with grocery staples and have noticed this need increase as many people are experiencing economic hardship due to the raised cost of living.

As the holiday season approaches, we aim to bring some joy to our local community and would love your help in making this Christmas special. We are reaching out to you with a vested interest in seeing our community thrive to help us provide this.

We kindly ask if you would consider donating [specific amount/goods] to assist us in our efforts to get us one step closer to making Christmas special for everyone who visits our service.

Please explore our face book page https://www.facebook.com/unanderracc to learn more about our service and the partners who are already helping us meet our goal.

Together we can make a difference in our community! Please reach out to me at michelle@unanderracc.org.au or 4271 2213 if you have any questions about our organization or how you can get involved.

Thank you for your time and we hope to hear from you soon!

Michelle Cook
Manager
Unanderra Community Centre
CRN Princes Highway & Factory Road Unanderra
PH: 42 71 2213

Members Only Facebook Page

If you are not part of our CrossFit Reclaim Members only Facebook Group, Search us on Facebook to join and Stay up to date with information & be part of our online community !

CrossFit Reclaim Members Only Group