

# FOREST CITY CROSSFIT



## NEW RECRUIT FIELD GUIDE



FOREST CITY CROSSFIT.COM | LONDON, ONTARIO

# What the heck is CrossFit anyway?

As defined by CrossFit founder, Greg Glassman, CrossFit is “the Sport of Fitness”. CrossFit programming is the purposeful design of **functional movements at high intensity** intended to deliver a radically more effective fitness result. It is a core strength and conditioning program consistent with what is practiced in elite athletic and professional sports training programs with the goal of making state-of-the-art coaching techniques available to everyone.

## Trade ordinary for extraordinary

CrossFit is NOT a specialized fitness program. CrossFit’s ‘secret sauce’ is in the fact that athletes perform **constantly varied workouts** where consistent participation is certain to optimize competency in each of the 10 general physical skills:

### cardiovascular endurance

- stamina
- strength
- flexibility
- power
- speed
- coordination
- agility
- balance
- accuracy



Ashley  
FCCF member since 2015

With **athlete safety at the foundation** of every WOD, the focus is first on learning the mechanics of the movements, followed by consistency, weight and then intensity. **Routine is the enemy. Extraordinary results are the reward.**

## What's in it for me?

Prepare to challenge what you thought you knew about strength and conditioning i.e. getting in shape!

No height restriction. No weight restriction. No age restriction. The question isn't **CAN YOU** get on this ride? It's **WILL YOU?**

At first, you'll think you're coming to CrossFit to master your workout until you discover you're really showing up to **master what you're made of**. Show up with a can-do attitude and willingness to learn, and you'll leave with the mental and physical strength to handle all of the obstacles that life hurls at you.

# The anatomy of a WOD

The CrossFit WOD (Workout Of the Day) is designed to incorporate three different types of exercises: **Metabolic Conditioning (Metcon)** or “cardio”, **Gymnastics or Bodyweight**, and **Weightlifting**.

## Warm-up

- increases body temp & heart rate
- provides stretching
- involves the whole body
- includes major functional movements
- prepares athlete for
- rigorous training

## Weightlifting

- activate more muscle fibers more rapidly than any other form of training
- teaches one to apply force to muscle groups in proper sequence (core to extreme)
- Olympic lifts are the only lifts shown to increase maximum oxygen uptake; the most important marker for cardiovascular fitness
- learn to impart explosive force and at the same time conditions the body to receive force

## Mobility

- help us move our limbs to help achieve their full range of motion
- increases the efficiency of your movement
- increases your power output and thus, your performance
- It keeps you safe! Safety above all else!

## Metcon

- increases efficiency and delivery of energy for any activity
- matches endurance training for aerobic benefit
- increases functional strength

## Warm-up

Run around Bldg then...

3 Rounds:

10/side 1-Arm Russian KB Swings

5/side 1-Arm Suitcase Deadlifts

5/side Alternating Squat Thoracic

## Weightlifting

Single Arm Farmer Carry

(2 x 250' / side @ 350' Max Wt)

Carry for Weight / Distance

Nerve Flossing after each set

- 10 x Palms Up; 10 x Palms Down

REST :30 then other side

## Mobility

Calf & Achilles Stretch

Straddle Side Reach

## Metcon (3 Rounds for time)

800m Run

REST Equal Time

400m Run

REST Equal Time

200m Run

**“Accept the challenges so that you can feel the exhilaration of victory.”**

**- Gen. George S. Patton**

## CrossFit: skills development for a fit future

Simply put, CrossFit develops your fitness foundation to kick-ass at all other physical activities. CrossFit athletes are developed from the “inside out” by practicing functional movements that recruit muscle from your core to extremities. Functional movements are based on real-world activities and on training your muscles for performing the daily tasks of living. This is accomplished by simulating common movements that you might perform at home or in sports.

Instead of targeting a specific body part on a machine or using free weights at a traditional gym, a functional-based CrossFit WOD might involve flexing and extending your major joints. Properly developed, these exercises can make everyday activities easier and reduce your risk of injury.

The emphasis is on helping you achieve a truly fit lifestyle focused on how fit one lives rather than how fit one looks.

You are going to become a master at **Squat, Lunge, Push, Pull, Hinge, and Twist!**



Check out this awesome **video clip** featuring functional fitness expert Patrick Burkhard on Global news for a fantastic demonstration!



## Put your money on mobility

Whether you're impressed or intimidated by the strength and endurance of the trending CrossFit athletes, the critical component to their level of fitness, that you've likely completely overlooked, is really the secret to their success. That secret is mobility.

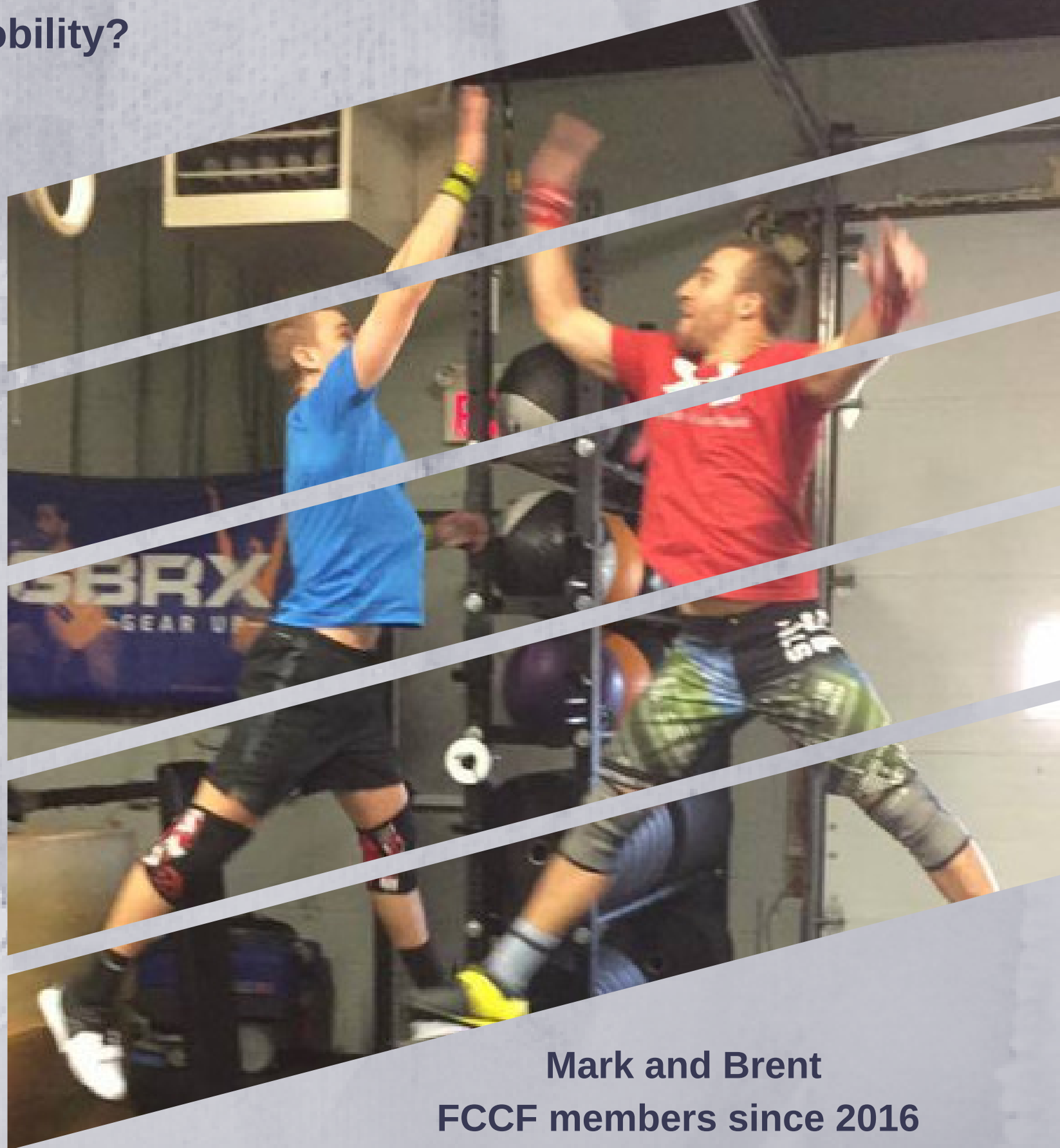
Mobility is probably the single biggest limiting factor holding most people back in CrossFit – and in life. Sadly, there's a good chance that even if you've been working out or playing sports for years, CrossFit has been your first introduction to the concept.

Mobility is an indication on how well and efficiently we move and is the jackpot to minimizing injuries and maximizing your ability to unleash your potential on WODs and weights.

**Would you put money on your mobility?**

Why not see how you rate with

[BoxRox's 5 Best Mobility Drills.](#)



**Mark and Brent**  
FCCF members since 2016

**"Exercise is a celebration  
of what your body can do,  
not a punishment  
for what you ate."**

Want to learn more about mobility? Check out this excellent article from **GMB Fitness** that identifies common problem areas and makes recommendations for continuous improvement.



# The 9 foundational movements

**Air Squat**



**Front Squat**



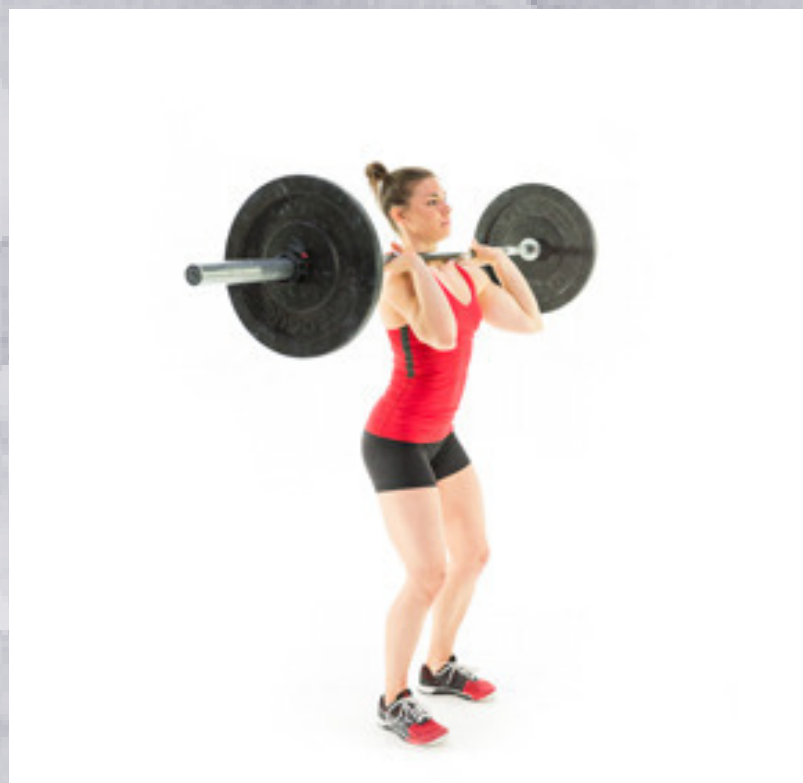
**Overhead Squat**



**Shoulder Press**



**Push Press**



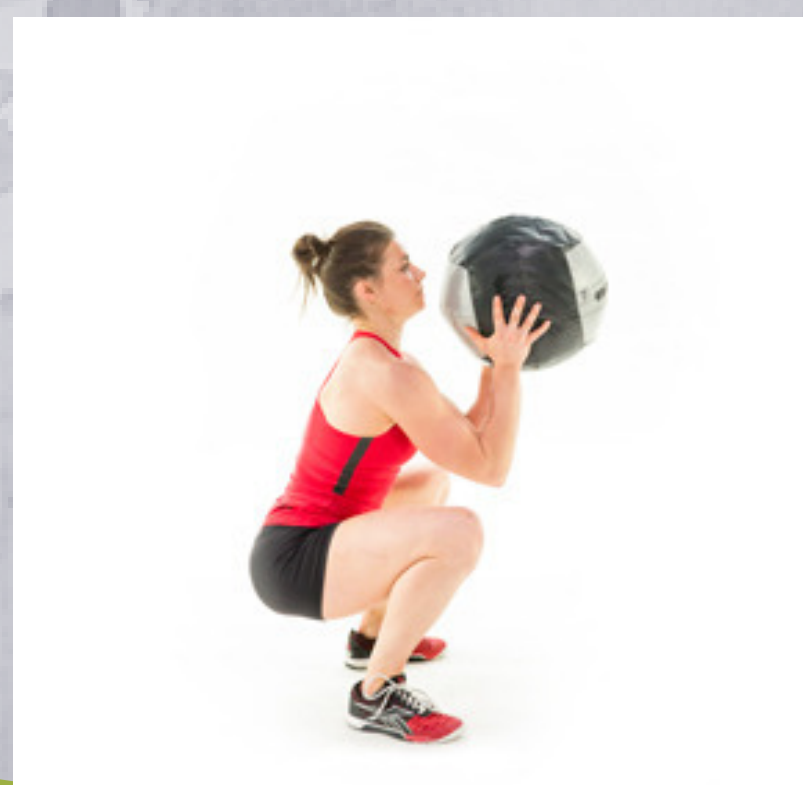
**Push Jerk**



**Deadlift**



**Medicine Ball Clean**



**Sumo Deadlift High-Pull**



Source: crossfit.com

**Click the images  
to view demonstration  
videos.**

# WOD programming components

## Gymnastics / Bodyweight

- Air Squat
- Back Extension
- Box Jump
- Burpees
- Dips
- Knees-to-Elbows
- Handstands
- Handstand Push-Ups
- L-Sit
- Lunge Walk
- Muscle-Up
- Rope Climb
- Rope Jump
- Toes-to-Bar

## Weightlifting - KETTLEBELL

- Kettlebell Clean & Jerk
- Kettlebell Snatch
- Kettlebell Swing
- Strict Press
- Turkish Getup
- Various Carries

## Endurance

- Run
- Bike
- Row
- Skipping

## Weightlifting - OLYMPIC

- Clean (& Jerk)
- Snatch

### Common Variations

- Muscle
- Hang
- Power

## Weightlifting - POWER

### Numerous Variations

- Squat
- Deadlift
- Press



Mark  
FCCF Coach since 2017

**"The only place success  
comes before work is in  
the dictionary."  
- Vince Lombardi**

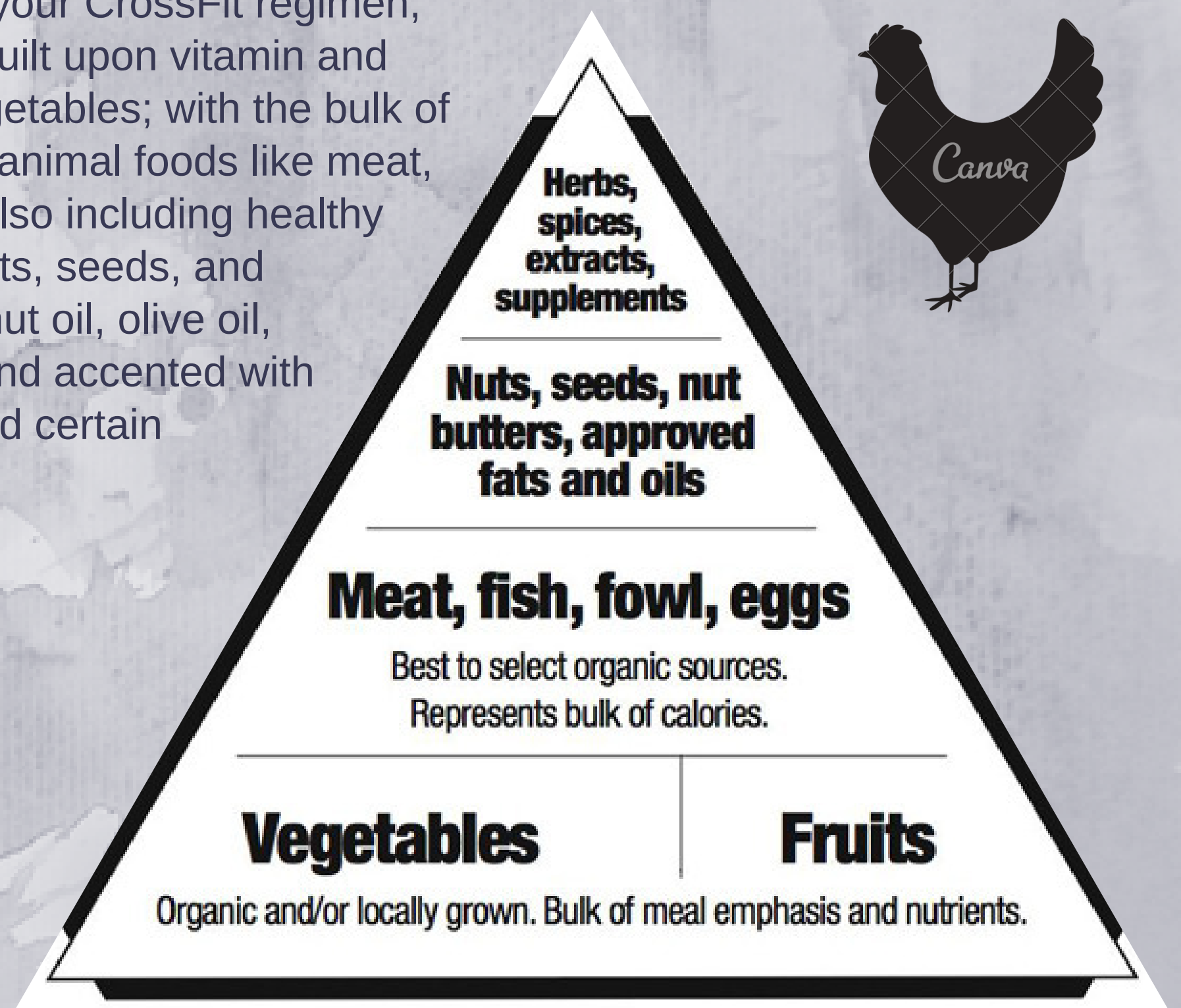
# CrossFit nutrition

There's no doubt you've heard it before but it's definitely worth repeating – nutrition is the foundation to any successful fitness program and healthy lifestyle.

And, just like the workout philosophy, CrossFit strives to keep nutrition SIMPLE. At FCCF we get that simple doesn't necessarily mean EASY, but we're here to support your nutrition goals however we can because we know first-hand that you can't out-train a poor diet.

A basic CrossFit diet is comprised of **30%** lean **Protein**, **40%** complex **Carbohydrates**, and **30%** **Fat** from whole food sources.

A perfect complement to your CrossFit regimen, performance nutrition is built upon vitamin and mineral rich fruits and vegetables; with the bulk of calories from protein-rich animal foods like meat, fish, fowl and eggs; and also including healthy fats like those found in nuts, seeds, and “approved” fats like coconut oil, olive oil, butter, ghee and tallow; and accented with herbs, spices, extracts and certain supplements.



Source: [vibrantwellnessjournal.com](http://vibrantwellnessjournal.com)

We love this **Infographic** from Precision Nutrition as a guideline for portion control.

**“Where is this kitchen that everyone says makes abs?”**





# So how much does it cost?

Your biggest fitness challenge starts long before you ever set foot in the gym. With so many physical activity options competing for your fitness dollars, where do you spend your money??

**HARD STOP.** Your challenge has begun. Can you feel the burn? Hint: it's with your thinking.

Here's our question... how would your answer change if instead of deciding where to **SPEND** your money on a fitness membership, you thought of where to **INVEST** your money in your health and **WHY?**

As with any process, you can't control the outcome of your fitness journey, but you can control the behaviours that will ultimately lead you to achieving your goals. Having a compelling reason **WHY** your health and fitness is important to you, will ensure you stay the course when the going gets tough.

We completely respect that budget has a place in the decision-making process but we wouldn't be doing our job if we didn't remind you to ensure you compare apples-to-apples on your investment!

CrossFit		Globo Gym
\$\$\$	 Membership	\$
✗	 Fancy Equipment	✓
✓	 Daily Program Design	✗
✓	 Certified Coach	✗
✓	 CrossFit Community = Your Fitness Family	✗
✓	 Daily Feedback for Continuous Improvement	✗
✓	 Supporting a Local Small Business	✗

[Click here for FCCF Membership details.](#)



## The lingo

**Affiliate** – An affiliate is a gym, or “box”, that’s officially affiliated with the CrossFit brand authorized through CrossFit HQ to utilize the CrossFit trademark and apply its methodologies. In order to become an affiliate, gyms must have CrossFit-certified trainers on staff.

**AMRAP** – As Many Reps/Rounds As Possible

**Athlete** – This is YOU. As long as you are pursuing health and fitness here at Forest City CrossFit you will be referred to as an athlete.

**Box** – CrossFit gyms are typically referred to as a ‘box’.

**Every Minute on the Minute (EMOM)** – Format typically used to perform a movement (or series of movements) beginning at the start of each new minute (or specified minute eg. E2MOM (Every 2 Minutes on the Minute))

**Front Rack** - Position where the weight is supported on the front of the shoulders with the elbows elevated to a position where they may be anywhere from just in front of the bar, and up to shoulder level, with the upper arm parallel to the ground.

**For Time** – Track the time it takes to complete a prescribed workout, this is your “score”.

**Heroes** - Several CrossFit Benchmark Workouts are named after actual military, law enforcement and firefighters that have died in the line of duty. These workouts are typically very challenging as a way of honoring these heroes.

**Intensity** – A key component in getting faster WOD times; the same amount of work completed in a less amount of time is possible with more intensity and more power. Don’t be afraid to push yourself past your comfort zone.

**Max** – As in Max pull-ups or Max Back Squat, etc.: how many reps can be done consecutively before stopping or what is the maximum weight which you can successfully perform a single rep.

**Maximum Effort (ME)** – For example if the workout contains: 2 min ME rowing. That means you will row as hard as you possibly can (accumulating the highest possible distance, calories etc.) for 2 full minutes, therefore putting forth a maximum effort.

**Metabolic Conditioning (MetCon)** – training with the intent to enhance performance in the three metabolic pathways that provide energy for all human action: 1) the phosphagen pathway (~10 seconds or less); 2) the glycolytic pathway (lasts up to several minutes) and; 3) the oxidative pathway (constant physical demands in excess of several minutes). MetCons are typically designed to train stamina and endurance and generally include a timed component performed at high intensity.



## The lingo

**Modified** – Scaling or adjusting a movement to accommodate the fitness level or current capabilities of the athlete.

**PR** – Personal record, new best performance of a given movement. For example, you just got a PR on your Clean & Jerk with a weight of XXX lbs.

**Range of Motion (ROM)** – The full movement of a joint between complete flexion to complete extension.

**Repetition (Rep)** – One instance or performance of a given exercise and the term used to indicate the number of times to perform the movement.

**Rep Scheme** – e.g. 5 x 10, 1 x 3 (# sets x # reps; see "set" below) – how many times to consecutively execute a movement before finishing or moving on to the next movement of the workout.

**RFT** - Rounds/Reps for Time

**ROM** – Range of Motion

**Rx** – or prescribed. Every WOD and movement has standards. Performing a WOD or movement according to the standards is referred to “as prescribed” or Rx. If you modify or “scale” a WOD or movement, it is not Rx. Always remember that scaling when necessary is very important and keeps you safe and is a sign of training smarter not just harder. In CrossFit, all WODs can be scaled down to meet fitness level or capabilities of the athlete. The goal is to develop to where the Rx is challenging, yet doable.

**Scaled** – The movements in CrossFit can be adjusted or modified to accommodate all fitness levels and abilities while still eliciting the desired stimulus of the programmed WOD.

**Set** – A specified number of repetitions. For example, 3 sets of 10 reps, often seen as 3 x 10, means do 10 reps (unbroken), rest, repeat, rest, repeat.

**Strict** – As in ‘strict pull-up’, etc. A strict movement is performed with no assistance from any other part of the body or apparatus (e.g. no kip from the hips to generate extra power, no bands to lessen the strength/mobility required to complete the movement).

**Tabata** – Interval training which typically lasts for four minutes and is usually performed in 8, 30-second intervals with a 20-second on (working) and 10-second off (rest) scheme per exercise.

**Unbroken (UB)** – Complete all prescribed reps for a given set without stopping.

**Workout of the Day (WOD)** – This is the set of modalities that your coach uses to put you through a challenging workout on any given day.

## 1 Round for Time

400m run  
40 air squats  
30 sit ups  
20 push ups  
10 pull ups

Not ready for a full push-up?  
No problem! [Click here and choose your variation.](#)

Not ready for a full pull-up?  
No problem! [Click here and choose your variation.](#)

[Or click here to schedule your FCCF Trial Class today!](#)



Christa  
FCCF member since 2015

## Fitness Level Chart for 1 Round

Aim to complete in 10 min

10 to 8 min - Beginner

7 to 5 min - Intermediate

Under 5 min - Pro

Choose your goal and we'll help you get there!

**"If it doesn't challenge you,  
it doesn't change you."**

**-Fred DeVito**



## How to choose a CrossFit gym

Ensuring that you find the best CrossFit box where you feel welcome and comfortable, supports your fitness goals, and puts your safety first, is of great importance. We encourage you to sign up for a trial class at several locations before making your final decision.

Below is a list of questions that you may want to consider as you begin your search for the best CrossFit box for your needs:

**Does the coach ask you about your goals and discuss how programming can be modified to meet your goals or limitations? Is the programming shared on the gym web site?**

**What is the experience level of the coach(es)? Are they comfortable training beginner and advanced athletes? Are they athletes themselves? What certifications do they have? What is their experience outside of CrossFit? How do they manage the class? Are they giving athletes constant feedback that allows them to progress and improve?**

**Is the gym neatly organized, clean, well lit, and inviting?**

**Is the equipment well organized, easily accessible, and is there enough for everyone? Is it in good condition?**

**What is the culture of the gym? Are the members at or above the fitness level that you you would like to achieve? Are they friendly and helpful? How do they interact during the class? Are they working hard but also having FUN? Does the community extend into other social events outside the gym?**

**Does the gym offer or recommend other services that complement/support overall health and wellness i.e. nutrition, massage therapy, chiropractic, yoga and/or mobility?**



Jamie (L) - Head Coach  
Aidan (R) - FCCF member since 2015

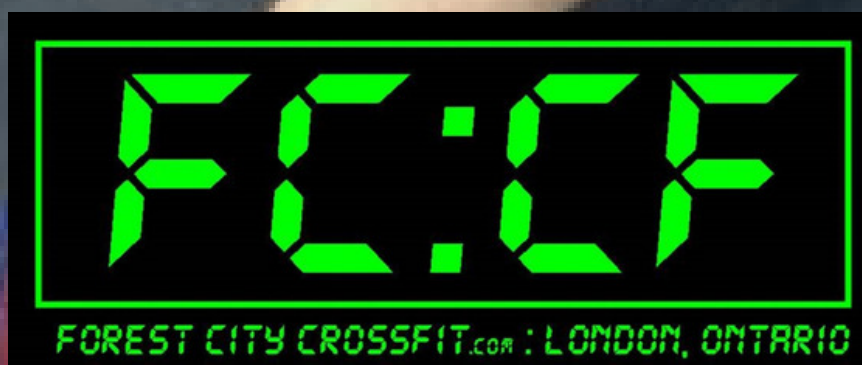
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**"People working together  
in a strong community  
with a shared goal  
and a common purpose  
can make the  
impossible possible."  
- Tom Vilsack**

**Success is peace of mind,  
which is a direct result of  
self-satisfaction in knowing  
you did your best to become  
the best that you are  
capable of becoming.”  
- Coach John Wooden**

Emma - FCCF member since 2015  
Ted - FCCF member since 2016

**Click here to schedule your  
FCCF Trial Class today!  
We can't wait to meet you!!**



[www.forestcitycrossfit.com](http://www.forestcitycrossfit.com)

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