

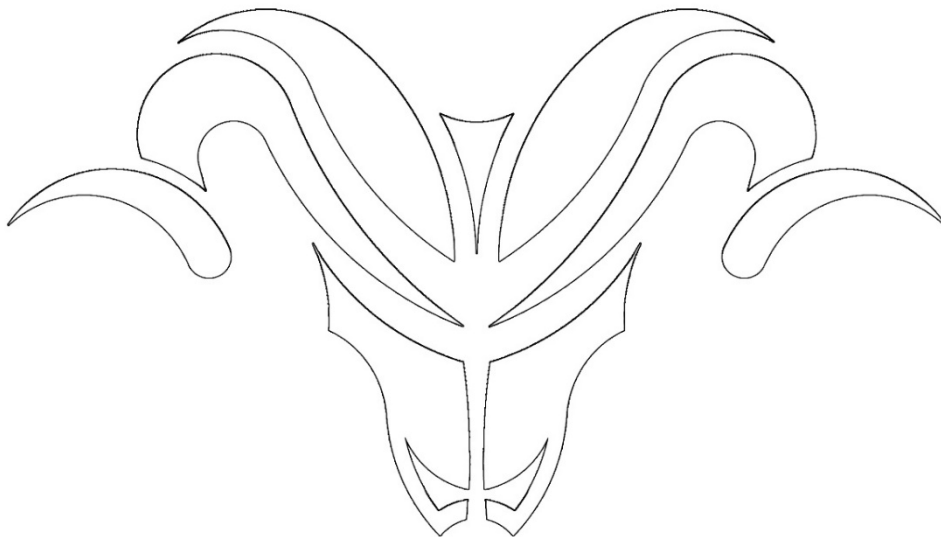
WELCOME TO CROSSFIT OWASSO!

We are super pumped you have chosen to join our family!

CrossFit will change your life, and we guarantee the community at CrossFit Owasso will quickly become part of your extended family.

We truly believe you have made a life-changing decision.

This packet contains important information as you adapt to your new healthy lifestyle and become familiar with CrossFit, the methodology, the movements and the community. Enclosed are valuable insights about the culture, general etiquette, safety, and respect within the gym space for you to have on your journey.



COMMUNITY FIRST.

GIVE US YOUR FEEDBACK. We love to hear from our members and guests. If you have something you want to say, please share it with us. We cannot make changes without criticism.

WELCOME NEW MEMBERS. Our community is what makes us special. Please introduce yourself to new members and help them get acquainted with our community and the gym space.

NO ONE LEFT BEHIND. Your WOD isn't finished until the last member in your class is finished. If you complete your workout before someone else, find someone who hasn't finished and cheer them on. Don't put your equipment up until everyone is finished. It's disrespectful to those who are still working hard to finish the workout.

BIRTHDAY SQUATS. As a member at CFO you are required to do birthday squats on your special day. Ask anyone for the specifics, *and always make sure you have video evidence.*

SAFETY.

ASK FIRST. Additional training during class times must always be cleared with the coach on duty and should not interfere with the ongoing class. The coach always has the final say, and class always has priority to gym space and equipment.

RESPECT THE COACHES. Please pay attention when the Coach is explaining the workout and the movements. We ask that you refrain from loading barbells, grabbing equipment, practicing movements, or talking to your friends or your Apple Watch when the coach is talking. While you may have heard the instruction for a deadlift a thousand times, it may be the first time for the person standing next to you. Be respectful of others and the coaches.

DON'T LOAD UP EARLY. Please do not load or place weight on your barbell until you are told to do so by the coach. Trust us, you will be asked to remove the weight from your barbell.

SCALING. Please do not argue with the coach if they ask you to scale your weight or movement. They are trying to keep you safe and moving effectively and efficiently through the workout. A coach will stop any workout or activity if it is deemed unsafe at any time.

KIDS AND BARBELLS DON'T MIX. We love all our CFO kids, and we encourage you to bring your kids with you, but all children need to be able to sit unattended in the children's room. If your child is yelling, crying or screaming please attend to them immediately. Children are not allowed on the gym equipment at any time, and must be off the black rubber gym floor during and after all classes. Please keep toys and

kids off the lobby floor, and make sure a clear walking path is maintained for members and our guests. Please leave fast food, snacks and sugary drinks at home. Bring some water instead. It's only one hour, and we are guessing the last thing you want to do after a grueling workout is clean up after your kids.

GHOSTRIDING IS NEVER COOL. Please control your barbells or any weight you are moving. Do not drop lightweight barbells from overhead. This is a phenomenon called Ghostriding and while you may feel cool doing it, we guarantee you won't feel cool when your barbell hits your neighbor. Barbells should only be dumped for safety purposes and out of necessity, otherwise you're just hurting the equipment.

DON'T SUFFER IN SILENCE. If you are injured, please let us know before the workout. Remember we can scale and modify any movement! Only you know how your body feels.

ATTENDANCE.

SIGN IN TO CLASS. Please use the StreamFit App to sign-in at least 30 minutes or more prior to class. This is super important for the coaches to know how many people will be in the class. Please note that class sign-ups are shut off 10 mins prior to class.

COME EARLY. In fact, we prefer that you are early. Use the time to warm up, use the restroom, or meet a new member! Please be ready for class when it starts.

BE ON TIME. Being consistently late for anything is not cool and it's disrespectful to the coach and other members who are on time, and warming up properly for CrossFit is extremely important. We understand you have a life outside the gym and we all know that life happens and traffic sucks sometimes. We won't judge you if you show up a few minutes late occasionally, but please be respectful and ask the coach if it is ok to join late or be ready to wait until the next class if possible. Don't just assume you can just jump into class late.

HYGIENE.

TAKE CARE OF YOUR PERSONAL HYGEINE. Please Wear Deodorant. Just because you can tolerate your body odor doesn't mean others can.

CLEAN UP YOUR DNA. Please clean up your sweat, blood, chalk and other messes. Wipe down your equipment with the provided wipes before putting it away, and please don't forget to pick up your used tape, towels, and sweaty clothes. Make sure your trash gets inside the can, not on the floor next to the can. It's not our fault you suck at basketball.

LEAVE YOUR PETS AT HOME. We love dogs, but they have no place in a CrossFit gym with barbells being thrown around. They also shed a lot and it clogs up our floor cleaner. Dogs also are a leading cause of accidents at CrossFit boxes, and the last thing we want is you or your dog to get injured.

EQUIPMENT AND FACILITY.

SPEAK UP. Please bring things to our attention. If you notice that equipment is broken, lights are out, or there's no toilet paper in the bathroom, bring it to our attention so we can do something about it. We cannot solve problems we don't know about.

USE THE CUBBIES. Please leave all your backpacks, bags, and unused equipment in the cubby area at the front of the gym. Do not place your bags in the back of the gym, around the gym on the boxes, on the floor or on the equipment during class. Nobody wants to stumble over or move your stuff to get to a box or any of the equipment. Only take what you need to the workout floor and keep the rest in the cubby area or in your locker. Please keep drinks and bags off the wood boxes.

CLEAN UP AFTER YOURSELF. Wipe down your equipment after you are done. Pick up your tape, markers, poker chips, trash, water bottles, clothing, and gear. Put away the equipment back where it belongs or exactly where you got it. Stack the boxes neatly, put the bars in the racks, stack the plates in order, and hang up your jump ropes. If you adjust the rings, wrap up the excess straps and don't just leave them hanging or throw them over the rig.

KEEP THE BATHROOMS CLEAN. We don't expect you to be custodial engineers, but you can do the simple things like making sure your paper towels end up in the garbage. If you splash water all over the floor, wipe it up. If you sprinkle when you tinkle or splatter when you do the other, please be neat and wipe the seat and/or remove any evidence from the bowl.

RESPECT THE EQUIPMENT AND STORAGE. Please take care of the equipment, and please clean and put the equipment up *exactly* where you got it. Don't drag boxes across the floors and don't drop kettlebells, dumbbells, or any weights for that matter. Please put weight plates and dumbbells back up with *numbers facing up* so people can see what they are grabbing. Please do not drop a barbell without weight or when stripping weight off the barbell. This causes serious damage to our barbells.

CHALK STAYS IN THE BUCKETS. I assure you it is not magical fairy dust, so please use it sparingly. And whatever you do, do not use it to mark off your rounds or spots on the floor. If you cannot follow this rule, you will be directed to the mop and bucket so you can clean up your mess. Do not chalk barbells or dumbbells, you only need to chalk your hands. And remember you don't ever need as much chalk as you think you do.

COACH KIOSK. The computer at the front of class is for coaches only. Please do not use this to sign into class if you are late or to enter your scores after the workout.

SOCIALIZING. We love people hanging out and being social before and after class - it's literally the heartbeat of a CrossFit box. Please respect the ongoing classes and those doing accessory work. Refrain from being loud and hanging out on the workout floor, the equipment, boxes or the mobility mat. Please keep these areas clear for our athletes to use.

ATTITUDE.

BE POSITIVE. Don't drag others down with a bad attitude. We believe anything is possible with a little hard work and determination. Be optimistic, have fun and push yourself and others to do better.

DON'T EVER QUIT. We promise you the workouts will challenge you and push you to your perceived limits. That's what we do. We just ask that you use proper form and always try hard.

DON'T CHEAT TO WIN THE WHITEBOARD. *Effort always earns respect.* Nobody cares about your time on the whiteboard or how much weight you moved. *Seriously, they don't.* They really only care that you showed up and worked hard. And remember it's always better to move light weight perfect and fast than it is to move heavy weight slow and sloppy.

TRAINING.

BE COACHABLE. Everyone needs a coach! If you need help, ask for it. The coach is there to help keep you safe and make you better. Our coaches care about your progress. Just because you follow athletes on social media doesn't mean you know more than the CFO coaches do.

YOUR EGO IS NOT YOUR AMIGO. And it is definitely not welcome at our gym. Don't be afraid to be uncomfortable! Challenge yourself and continue to progress through scaling options until you can execute full range of motion. This CrossFit stuff takes time so be patient, have fun and push yourself and others to become better. And please don't take yourself so seriously . . . it's only CrossFit.

DO ALL THE WORK. Please do not cheat. It's really awkward when you do and it's painfully obvious to everyone around you. The coaches always know when you cheat, so don't do it. Complete every rep with good form and full range of motion no matter how much time it takes you. Train with Integrity, and if you lose count the next rep should always be 1.

TRAIN SMART. WARM UP. COOL DOWN. TAKE REST DAYS. Rest, nutrition, and sleep are critical components to achieving results. Training and Volume alone won't get you to your goal, that is a promise. Make sure a clean diet, plenty of sleep and planned rest days are an integral part of your training at CrossFit Owasso.

HOLD YOURSELF ACCOUNTABLE. Always use full range of motion and train to the standards we teach. Just because you can do RX weights doesn't mean you always should.

DON'T DO RANDOM ACCESSORY WORK. You should always have a plan and set specific goals. Don't just do random workouts you find on social media or on the whiteboard in the back. If you need help, ask Coach Geoff for a program or some accessory work that works with our programming cycles, attacks your weaknesses, and makes you a better athlete.

BASIC NUTRITION.

As a new member of CFO, you're likely coming to us with many fitness goals in mind. While exercise is a huge part of that, it's also essential to consider nutrition as part of your overall fitness plan. We offer personalized nutrition coaching, but here are some simple tips to get you started eating healthier and eating to perform.

Here are 5 nutrition tips to help start your fitness journey:

1. Eat a Balanced Diet.

A balanced diet includes carbohydrates, protein, and healthy fats. All three are important for your health. Carbohydrates provide energy, protein helps repair and rebuild muscles, and healthy fats support overall health. Some healthy choices in each category include:

- Carbohydrates: Whole-grain bread, rice, quinoa, oats, sweet potatoes, fruits, and vegetables.
- Protein: Chicken, fish, turkey, lean beef, eggs, greek yogurt, tofu, tempeh, and beans.
- Fats: Nuts and nut butter, avocados, seeds, olive oil, coconut oil, and fatty fish like salmon and tuna.

Also, be sure to include a variety of fruits and vegetables in your diet. They provide vitamins and minerals that are important for your overall health.

2. Timing is Everything.

It's essential to fuel your body before and after workouts. Eating a meal or snack that contains carbohydrates and protein an hour or two before exercise can help provide energy for your workout. After your workout, eating protein and carbohydrates can help with muscle recovery. Many athletes choose to consume a post-workout protein/carb recovery shake. Talk with a coach if you'd like some suggestions on recovery shakes. They would be happy to help. (Do you sell protein at your gym? If so, mention it here).

3. Stay Hydrated.

Drinking enough water is crucial for athletes of all levels. At a minimum, aim to drink half your bodyweight (in pounds) in ounces of water per day. For example, if you weigh 200 pounds, your goal should be at least 100 ounces of water per day. Add an extra 15 ounces for each hour of exercise you perform that day

4. Eat Enough Protein.

Protein is essential for muscle recovery and growth. As a new CrossFit athlete, a good starting point is to consume 0.8 to 1 gram of protein per pound of bodyweight per day. If you are currently nowhere near this amount, gradually increase your protein intake over the next few weeks.

5. Trying to Lose Weight.

If your goal is weight loss, it's important to maintain a good relationship with food. Try to lose the mindset of good and bad foods. All food can be enjoyed to some degree. Practice moderation, not total restriction.

Consume processed foods in moderation. Processed foods are any foods that have been altered from their original state through various methods such as cooking or by adding preservatives. Some examples include cereal, chips, crackers, frozen meals, deli meats, fast food, soda, cookies, and candy. These foods can still be part of a healthy diet if consumed in moderation. However, because they are often high in added sugars, unhealthy fats, and sodium, having too much can contribute to health problems. Again, moderation is key.

So what's the answer? Find balance through a nutrition plan that can become a lifestyle for the rest of your life. Instead of practicing the rollercoaster ride of total restriction followed by binge eating, which ends up with pounds lost and then gained back again, come up with a plan that you can maintain for life. A good place to start is the 80/20 rule. 80% of the time have healthy, unprocessed foods that fuel your body and 20% of the time allow yourself to give into your cravings.

Once you've mastered the 80/20 rule and you're ready to take things a step further, consider tracking your daily calorie intake and then set some target numbers to reach your goals. Some individuals will do best with specific macro targets (carbohydrate, protein, fat). A good nutrition coach can help you with this. Others will be fine just tracking calories. Regardless of how in-depth you choose to make the process, weight loss comes from eating in a calorie deficit. If you determine how many calories you burn in a given day (many health monitor watches/devices can do this), and you eat less than you burn, you'll lose weight. Just be careful not to starve yourself. Remember that sustainable progress takes time.

One final note: if you have an off day, just jump right back in the next day. You can't ruin weeks of progress in one day, so don't throw the whole plan down the drain just because you had an off day. Let it go and get right back to it. Progress over perfection! You've got this! Take it one day at a time and just keep going.

Personalized Nutrition Coaching.

We highly recommend the 1stPhorm app for personalized nutrition tracking and coaching. If you are interested in taking your nutrition to the next level or you want to dial in your nutrition for intense training, please ask Geoff or Kristi for more information.

PROGRAMMING.

WE ARE A MAYHEM AFFILIATE. That means we are programmed with a large group of gyms across the world by the incredibly diverse team at CrossFit Mayhem. This is the CrossFit box owned and operated by Rich Froning Jr., 4 time individual and 5 time Team CrossFit Games Champion.

We believe this is the best CrossFit class programming in the world, bar none. We also have access to programming from legends in the CrossFit community like Chris Henshaw, Pamela Gagnon, Mike and Sage Burgener and of course Rich himself.



MAYHEM ATHLETE. We have competitive athletes who follow the individualized Mayhem Athlete programming and some other specialized training programs for competitive and elite athletes. This is separate from class programming but follows a similar path and sometimes coincides or is similar to the class cycles.

This programming is reserved for those who have mastered a majority of the CrossFit movements and fully understand the methodology and standards of CrossFit Competitions. As a general rule of thumb this is an athlete who has been doing CrossFit a minimum of 2-3 years and has a broad capacity for weightlifting, gymnastics and cardio movements. These athletes are proficient in a majority of advanced movements and rarely if ever need to scale RX workouts in a class setting. If you think you are ready for this, please ask Coach Geoff for a meeting to discuss the process, and please don't start this difficult programming on your own or do random programming you found on your socials - you are more likely get injured.