

### **Will I get too "bulky?"**

This is mostly directed at the ladies...NO. You don't produce testosterone like the guys and you won't be training 24 hours a day, 7 days a week for hours on end. For the fellas, the size you want to gain or lose will be largely determined by your nutrition.

### **What about nutrition?**

Without proper nutrition your body will not be able to withstand the workouts or activities of daily living. Regardless of your fitness goals (increased strength, weight-loss, special race/event, etc.), nutrition is the driving force behind these ambitions. Establishing proper eating patterns will not only fuel your body for the workouts, but aid in energizing it throughout your day. Failing to get your nutritional intake in check will result in slowed progress. The basic concept behind eating the right things in the right portions is simple: Eat meat, vegetables, nuts and seeds, some fruits, minimal amounts of starch and NO sugar. We also have a Certified Health Coach you could speak with.

### **Do I need to be in shape before starting?**

In short, no. The only requirements are that you have a positive attitude, a willingness to work hard, to learn new things and have the desire and passion to let us help you reach your fitness goals. We want to coach anyone desiring to get into the best shape of their lives. Plus, thinking you need to 'be in shape' to start CrossFit is like saying you need to have your life in order before going to church.

### **What do I need to bring?**

Normal workout clothes; t-shirt, tank top, shorts, tennis shoes or no shoes. A towel and water bottle are optional but encouraged.

### **What is a typical class like?**

Each class is one-hour long. We start with a dynamic group warm-up that is designed to get the blood pumping, to get your muscles and joints loose and get you nice and warm. Next, we devote anywhere between 10-20 minutes on our 'skill/strength sessions.' These are times when we are working on specific skills as a group to improve our technique and/or get stronger. After the strength piece comes the 'Workout of the Day' or WOD. Before we yell "3...2...1...GO" we go over all the movements and offer guidance towards the proper scaling of each exercise. After answering all of your questions and when you feel safe and confident, we start the workout and a coach is always watching each person to be sure they stay safe. After the WOD, we cool-down, stretch and then you're free to go!

### **What if I can't do something listed in the workout?**

All CrossFit workouts can be modified for people of any age and ability. Adjusting a workout for a specific person is called "scaling," and it allows very experienced athletes and beginners to train side by side. A skilled CrossFit Trainer can quickly adjust each workout to reflect your needs, goals and current abilities.

**I have a previous injury or injuries (bad back, knee, etc.). Should I do CrossFit?**

We have had many clients come through our gym with tweaks and pain. We have found that our clients have seen marked improvement through strength training and flexibility/mobility work. That being said, we have always strived to continue our education on injury prevention as well as helping with previous injuries. This is why it is important that we know about any previous injuries or mobility issues from the beginning so we can address them early in the program.

Do you have any questions not posted here? Feel free to contact us!