



CrossFit Bemidji New Athlete Packet

Please take full advantage of all CrossFit Bemidji has to offer you. This information will help you get started and integrated into the CFB Community.

Building Better People

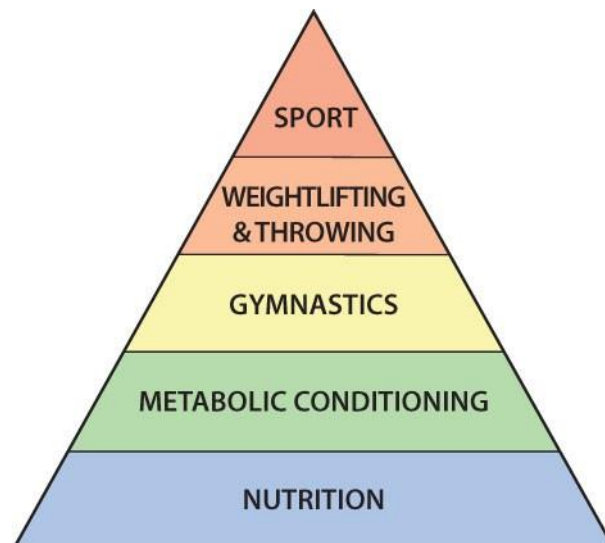
Congratulations in taking the first step towards a future healthier lifestyle. CrossFit is not just a gym; it's a lifestyle and a community. Use this information to help understand our training philosophy and transition you into your new commitment. We are here to help you. If you have a question, just ask!

What is CrossFit?

The CrossFit program focuses on broad, general, and inclusive fitness. It uses constantly varied, high intensity, functional movements to achieve optimal results. The program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. The 3 Stages to Learning CrossFit:

1. Mechanics (Learning proper form)
2. Consistency (Performing with proper form over and over)
3. Intensity (Increasing difficulty by adding weight, speed or complexity of skill)

CrossFit training is based on the following hierarchy. Excellence is built from the bottom to the top:



Sport – Performance

Weightlifting – The control of external weight

Gymnastics – The control of our bodies in space

Strength & Conditioning – Cardio/respiratory & metabolic conditioning

Nutrition – The fuel and foundation for how our bodies perform

Getting Started

New Athlete Workouts

We have a series of 5 workouts for all new athletes to complete at the start of their CrossFit journey. The sole purpose of these workouts is to develop consistent technique and increased capacity so that you can proceed smoothly into daily WODs with solid movement and training habits. By focusing on truly mastering the fundamentals, developing proper body mechanics and increasing strength and mobility, we'll provide you with a fitness base to move seamlessly and successfully into regular WODs.

RSVP'ing and Checking In

Reservations are required for every class. To reserve a spot, login to our website/or app and select the class time you would like to rsvp to under 'Class Schedule'. Once a class is full, you may add yourself to the waitlist and in the event someone un-signs up, then you'll take his/her spot. You will receive an email notification to tell you if you've been added to the class. Classes are capped to manage the ratio of athletes to coaches. This is to maintain quality of coaching and for safety reasons. *If a spot does not open, please refrain from coming in anyway.* Once you arrive, you'll check-in using the kiosk. If you RSVP'd, click "I RSVP'd" and check-in. If you did not, simply start typing your name under Check-in and then select the class you are there for. If you need assistance, one of the coaches will be able to show you how to use it. If you RSVP'd and will not be able to make it, please un-sign up so someone else can have your spot.

CrossFit Bemidji Kids

We offer kids classes every Saturday morning from 10:45-11:30am for ages 8-12. You can register your children as usual and then sign them in to each class they are attending. Refer to class fees below for pricing, and family discounts may apply. If you feel your child is better suited for the regular classes, please make an appointment with Lynn to discuss. This is an option but we need to consider each athlete's abilities and experience, especially with young people.

Warming Up

Proper warming up is essential to preventing injury. It is important to NEVER skip your warm-up prior to performing intense exercise like CrossFit. If you are late to class and unable to get in the appropriate warm-up work, you may not be allowed to train with that class. Your safety is our top priority. If you have questions about the warm-up always ask a coach.

Scaling

Many of you will not be able to start doing the workouts as prescribed (Rx) when starting CrossFit. Mechanics of a skill is the first element of learning CrossFit. Once the mechanics are learned correctly, then it is important to work on consistency of being able to perform the skill well. Finally, you'll increase intensity of the skill by performing the workout Rx.

CrossFit can be scaled for everyone! If there is a skill that you can't do properly on the Workout of the Day (WOD), be sure to ask a trainer to scale the workout for you. If you are working-out with any injuries, or if any movement is painful for you, please ask a trainer for a scaled move. We encourage you to have your injuries evaluated by a healthcare provider.

Setting Goals

Setting goals is just as important in life as it is in the gym and is a great motivation. If you don't have a destination in sight, how are you going to know how to get there?

First start with the Big Picture of where you want to be in the long term and what your time frame is that you want to get there. Then break down your big picture into smaller short-term goals (SMART). Goals should be specific, measurable, achievable, realistic, and time framed. Break your big picture goals into short-term goals and write them down. Keep in mind that weight is not always the best indicator of your accomplishments. CrossFit programming is designed to increase your lean muscle mass and decrease your body fat which may even make the scale go up as your waist gets smaller! If you need help setting goals, ask any coach for help.

CrossFit Bemidji Beliefs

1. We believe that improved wellness is every individual's right, no matter his or her current physical condition.
2. We believe that functional fitness training and good nutrition are the best tools to improve wellness.
3. We believe that improved wellness is possible for every individual who commits to using these tools.
4. We believe that our commitment to excellence in all we do is our most valuable service.
5. We believe in welcoming newcomers and celebrating our veteran athletes.
6. We believe that improved wellness for individuals equals improved wellness for communities, and we are committed to our CrossFit Bemidji community.

Rules to live by at CFB

- We are a community; we support, cheer each other on, assist, push and motivate one another. The last one to finish gets the biggest cheers. Don't put away equipment or leave until your teammates are finished.
- PR's will be celebrated!
- Your mom doesn't work here. Put your equipment away. If you sweat, bleed, or puke on it, sanitize it!
- If you use too much chalk, we have the right to make fun of you.
- You're allowed to cry before, during, and after the workout – just don't act like a baby.
- Check your baggage at the door. Leave your ego, drama, and rumors at home.
- Be Responsible for Your Own Fitness. Scaling back a workout when necessary is intelligent, not weak. You cannot get fitter by staring at a bar that is too heavy. If you have an injury let us know.
- Do not cheat! Do every rep, with solid technique; no matter the time it takes. No one cares what your score was. Everyone cares if you cheated.
- No coaching unless you are a CFA coach. We do encourage you to cheer other on! We have a great coaching staff. If someone needs help, please grab one of us.
- Keep the gym awesome. Introduce yourself to the new folks. We are more than a gym; we are a community.
- Brag to your friends and family. Give us a review on Facebook. Share a testimonial on our Facebook page. You're getting in the best shape of your life. You're having fun. You're doing things you never thought possible. Be proud of this. Shout your awesomeness from the mountaintops.

Triib App

CrossFit Bemidji's website is www.crossfitbemidji.com. Click on the athlete link at the top of the page to access your CFB profile. There is also an app for you to download on your mobile device, just search for Triib.

Schedule – Here's where you'll see the classes offered for the day/week and the times.

Performance Tracking –See the leader board, keep track/view your history of your daily workouts and record your PR's. Its been said that what gets measured, gets managed or improved. It's difficult to gauge your improvement over time if you don't know where you started. So, if you hit a new PR (personal record) on your 1-mile, back squat, deadlift, etc. you'd enter that weight or time here.

Profile – Here you can see the classes you RSVP'd for, change your notification settings, see your current invoice, add or change your credit card or change your pin for the kiosk. If you'd like to change your class fee structure, please contact Lynn or Tanya.

Store. Can only be done on the website or kiosk. Here's where you can purchase apparel, gift certificates, pay for any Special Classes (Rowing Challenge, Boot Camp, etc.), InBody Scans, products, etc. You'll need to use the pin number that you selected under your payment method.

InBody Scans. The InBody composition scan gives us the opportunity to provide a more comprehensive look at your fitness and overall physical health that's scientifically proven more thorough and accurate than a scale, a dunk tank or a body mass caliper. You can get a Body Composition Scan done by appointment; email Tanya@crossfitbemidji.com to schedule yours. They're \$10 for CFB athletes. This gives you the chance to see what your body is made of instead of just looking at a number on the scale.

Monthly Charges – As an athlete benefit, when you purchase products (FitAid, Kill Cliff, etc.), you will be allowed to charge them to your account which will process with your next monthly class fee payment. At the kiosk, select Shop and add the products you are purchasing to cart and using your name and pin #, add to your monthly invoice.

The first of every month, class fees come out. This is also the card or bank info we'll use when running the charge sheet. The class fees are:

Unlimited Month-to-month	\$125	Teen 13-17	\$75
3x / Week Month-to-month	\$105	Kids 12 & Under	\$35
1-Year Unlimited Monthly	\$113	*Full-Time College	\$75
1-Year 3x Week Monthly	\$95	(*No other discounts apply)	
*10-Class Punch Card	\$125		

Military-Active & Retired/Fire & Rescue/Police-Sheriff-FBI-Border Patrol-Game Warden/First Responder-Additional 10% Discount

Family Discounts-2nd member gets 20%, 3rd member gets 30%, all additional members get 40%

Athlete of the Week. We've decided to start highlighting our athletes here at CFB. Every week, we'll highlight someone new on our public Facebook page and on our website. It consists of the same questions and a before and after photo or any picture of you in the gym that you like. It's just a way for us to get to know each other a little better and for Bemidji to see what we're really all here for. The athletes are chosen by seniority. If you do not wish to participate, you absolutely may opt out.

Staying safe in the gym (the Rhabdo talk)

Rhabdomyolysis (rhabdo) is a rare but serious health condition sometimes caused by working out at a very high intensity. CrossFit workouts, just like all high intensity workouts, have the potential to cause rhabdo under the right circumstances. Rhabdo is very, very rare. But even though it's very rare, it's also very serious.

If you feel terrible after a workout, then the next day extreme swelling and soreness starts, and then you start peeing brown urine – you have rhabdo. This is not normal muscle soreness. CrossFit will make you sore – sometimes very sore. Rhabdo will make you incapacitated, or close to it. Go to the ER immediately. This is no joke. It can be fatal if not treated. Rhabdo happens when your muscles break down to the point that muscle tissue enters your bloodstream. Your kidneys can't handle this. They freak out and eventually shut down. This is how rhabdo can be fatal – kidney failure. The most important thing about Rhabdo is: **If you think you may have Rhabdo, then go to the ER immediately.**

What are the Symptoms of Rhabdo?

- Extreme muscle pain and soreness
- Swelling
- Difficulty moving the affected muscles
- Weakness in the affected muscles
- Dark urine (brown, cola-colored)

What should I do to prevent rhabdo?

- Gradually build up volume and intensity in your workouts, especially after a long break from exercise. Your first workout after a break in training should get your heart rate up and allow you to do some work, but it shouldn't be crushing.
- Even if you have been exercising regularly, jumping to a much higher intensity too suddenly can be dangerous. This doesn't mean that you should not work out at a high intensity. This means that you should ramp up your intensity slowly, over several weeks or even months.
- Don't fear putting weight on the bar. Lifting heavy weight focuses you to stop and prevents rhabdo. Rhabdo comes from performing way too many reps at a light to medium load.
- Listen to your coach. He/she is your co-pilot for training. When you press the gas pedal to the floor with reckless abandon, your coach is there to prevent a catastrophic crash. He can't ultimately control the vehicle. You're the pilot. But he will exert as much influence as you will allow.
- Give your coach information. Your coach doesn't live in your shirt pocket. He/She doesn't know that you drank a thimble of water over the past two days and ran a half-marathon for fun after yesterday's deadlifts.
- Hydrate before, during, and after your workout. Does that mean you should visit the water fountain during short metcons? *Sometimes*. If you hydrate adequately before your workout, then you probably don't have to visit the water fountain during a 10-minute effort. If you didn't hydrate well prior to beginning your workout, then you should indeed visit the water fountain as much as needed.
- Even if you and your coach does everything right, sometimes the perfect storm of circumstances can conspire against you. That's why it's important that you know the warning signs, symptoms, and what to do if you think you have rhabdo.

CrossFit Glossary:

ABBY – Assault Air Bike

AMRAP – As many reps/rounds as possible

Box – What CrossFit gyms are called in the CrossFit Community

Burpee – From a standing position, jump down to push-up with chest touching the floor, jump feet back up towards hands, jump straight up in the air and off the ground, and clap hands overhead

Broad Jump – Jumping straight ahead as far as possible landing in a slight squat.

BW – Body Weight

CFT – CrossFit Total – Max squat, press, and deadlift

CFB – CrossFit Bemidji

C&J – Clean & Jerk

C2B – Chest to Bar Pull-Ups

DL – Deadlift

DU's – Double Unders – Jumping rope with the rope passing twice under each jump.

GHD – Glute Hamstring Developer machine

Hook Grip – Wrap your hand around the bar and grab as much of your thumbs with your first two fingers.

HSPU – Handstand Push-Up

KB – Kettlebell

KBS – Kettlebell swing

K2C – Knees to Chest – Hang from a bar and, with a tight stomach lift the legs just high enough so that the knees are chest level.

K2E – Knees to Elbows – Hang from a bar and, with a tight stomach lift the legs just high enough so that the knees touch the elbows.

Kipping – During pull-ups or other gymnastic skill, the usage of some type of momentum, either by kicking or swinging

MetCon – Metabolic Conditioning Workout

MU – Muscle up – Hanging from rings or bar, you do a combination pull-up and dip so you end up in an upright support above the bar/rings.

OHS – Overhead squat – Full-depth squat performed while arms are locked out in a wide grip press position above head.

PC – Power Clean

P – Pood, Weight Measure for Kettlebells; 1 Pood = 16 kg/35 lb

PR – Personal Record

RDL –Romanian Deadlift. Often a single leg RDL. Keeping a slight bend in the knee set your back tightly and hinge at the hips as far as you can without losing the straight line in your back. Once you reach your lowest point, return to standing.

Rep – Repetition – One performance of an exercise

Rx'd – As Prescribed; as written. A WOD done without any adjustments.

RM – Rep max. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10x's.

ROM – Range of motion

Scaling, scalability, and scale: modifying a WOD/Workout from the prescribed (Rx) weights, reps, rounds or distance, to make it (usually) easier. Technically, *scaling down* means to make the WOD easier by lower weights, reps, rounds, or changing the movements. On the other hand, *scaling up* means to modify the WOD so that it's harder in a similar way, by increasing weights, reps, rounds or whole movements.

SDHP – Sumo deadlift high pull.

Set – A number of repetitions, ex 3 sets of 10 reps, often seen as 3x10, means do 10 reps of a certain movement 3 different times with rest in-between each set.

Subbed – Substituted, substitution of a specific exercise.

TGU – Turkish Get-Up

T2B – Toes to bar – an exercise that requires an athlete to hang from a bar and lift their legs up so that their toes come in contact with the bar.

WOD – Workout of the Day