

Foundations Class

What is CrossFit?

Core strength and conditioning program developed for police firefighters and military, also translates to the everyday person by training for life. Train for the unknown and the unknowable. Goal is to get an overall FITNESS.

CrossFits prescription for Fitness

Constantly varied, functional movements, performed at **high intensity**

Functional Movements - performed in a contraction starting from core to extremity they are compound movements-- multi joint (mimic life movements)

High Intensity is defined as power and intensity is most commonly with associating favorable results with exercise, high intensity high heart rate faster calorie burn = rapid fat loss, even high intensity on 1 rep max = more muscle building potential

Constantly Varied – goal is to change it up every day, keep the body guessing and always targeting different goals and muscle groups incorporated. Life is not always the same. We need to train that way stressful day, tired,

What is Fitness?

Hopper method – Think about a hopper with many different challenges in it. (Unknown and unknowable). Anything that comes out we want you to be able to do. Train for everything. That's fitness.

10 general skills in fitness - Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

We do everything in CrossFit through measurable observable repeatable facts -- Evidence based fitness. Complete a workout -- Record results -- 6 weeks do it again -- Compare results and see progress

How do we start?

We want to start a progression. **Technique-Load-Intensity**. Start with correct technique, then slowly begin to add load, then ramp up the intensity after the first 2 come together. This is also how every workout is scalable to any level. Different techniques if need be, and different loads but with same intensity

WODS – explain WOD (workout of the day), show where the warm up will be wrote each day and what a cash out is.

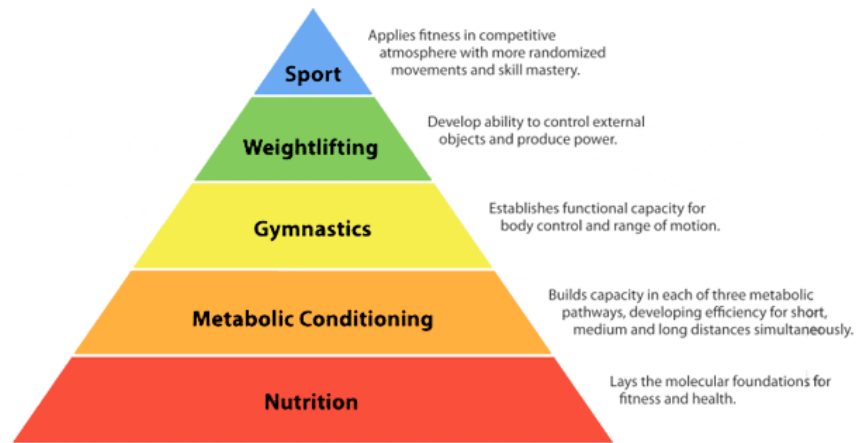
Warm up – 250m row- show them how to- then- pass thru- then- 1 length of gym – high knees, butt kicks, karaoke, bear crawl, inch worms, Walking Lunges

Movements – Air squat -- Front Squat -- Overhead Squat

Shoulder press -- Push press

Deadlift – Sumo Deadlift Highpull

CrossFit Triangle –



Nutrition—Most important part of the CrossFit Triangle. Makes up the base of all your fitness goals.

Paleo, Zone, Go on website and look at nutrition page. Print out food list and we will talk more in depth.

Basic idea is to eat a balanced meal, Protein, Carbs, Fat – Meat, Veggies, Some Fruit, Nuts and Seeds

Movements – Pull up (scale: bands/ring row/ jumping pullup) don't worry about kipping

Ring Dip (scale: bands/ jumping)

Kettlebell Swing

Box Jump

Hip Extension/Back Extension/ Superman

Wall Ball

Sit Up

Push Up

Burpee

Types of WODS – Explain -- AMRAP, Rep Scheme (21-15-9), Rounds

Final WOD –

5 rounds/3 rounds if some need to scale

Run to Broad Street/ 250m row if too cold or raining

20 Air Squats

15 Sit Ups

10 Burpees

5 pull ups

World-Class Fitness in 100 Words:

- **Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.**
- **Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast.**
- **Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense.**
- **Regularly learn and play new sports.**

“Those who do not find the time for exercise will have to find time for illness.”

– Earl of Derby