



Welcome to

CROSSFIT CAÑON CITY

We are excited to welcome you to our CrossFit family! As you start (or continue) your CrossFit journey, please feel free to ask any questions that are not answered by this handout. Feel free to choose your own workout schedule, and we'll see you at the gym!

TERMINOLOGY

AMRAP As Many Rounds As Possible: Because no two people are the same, no two workouts are, either! When you see this, it's your cue to push yourself as hard as possible and see what you can accomplish.

Double-Under A jumprope skill that requires you to pass the jumprope under your feet twice before you hit the ground. Don't give up - it takes serious practice!

Metcon Metabolic Conditioning: typically two to three exercises repeated in rounds. They'll get your heart pumping!

Mobility Training that is designed to improve motor control and movement of the joints.

RX Prescribed: This is the suggested weight or number of reps for this workout. Does it mean you have to do it? No! You (and your trainer) can tailor your workout to however you're feeling.

RM Rep Max: The most amount of weight that you can achieve in X amount of reps.

WOD Workout of the day: expertly crafted workouts designed to help you achieve maximum fitness.

WODIFY An online tool (via website or free app) that helps you keep track of what the WOD of the day is, and your personal stats, including personal bests and performances.

INTENSITY

CrossFit is for everyone. Whether you're looking to train for a running event, hoping to lose a few holiday pounds (aren't we all?), or trying to engage in fitness in a new, positive, interesting way, you'll find that coming to the gym every week will make you feel happier, healthier, and more energetic! Every workout is designed to help you reach your greatest potential, but that doesn't mean that every workout is going to look the same for everyone. Only YOU (and your fabulous trainer) can push yourself, and only YOU can set goals for yourself. If you reduce the weight, cut a rep, drop a set, take a longer rest, or take a prolonged water break, that does NOT mean that you have failed. The only failed workout is the one that you don't do. Just be the best version of yourself, and you'll win every time.

SCHEDULE

	MONDAY	TUESDAY	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:45 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30 a.m.	CrossFit	S.T.E.A.M.*	CrossFit	CrossFit	CrossFit	
8:30 a.m.						Endurance
9:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Open Gym 9:30-10:30 am
10:00 a.m.						
4:00 p.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
4:30 p.m.						
5:00 p.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:30 p.m.						
6:00 p.m.	CrossFit	S.T.E.A.M.*	CrossFit	CrossFit	CrossFit	
6:30 p.m.						
			Mobility / Yoga			

* S.T.E.A.M. (strength, training, elements, agility, mobility) classes focus on technique and form. Coaches will work with you to improve your function and mobility on the core elements of CrossFit with the goal to maximize growth. Consider joining in if you would like a more in-depth introduction or refresher in each category. Check www.crossfitcanoncity.com/hoursclasses for more information

Week 1: Gymnastics

Week 2: Squats: air squat, front squat, OH squat, back squat AND deadlifts, sumo deadlift high pull

Week 3: Shoulders: strict press, push press, push jerk

Week 4: Med ball cleans, kettlebell swings, cleans, and snatches



4 MISTAKES NEW CROSSFITTERS MAKE:

#1: Too Much Too Fast

Many people begin CrossFit as a supplement to a skill or activity that they already enjoy, hoping that it will make them stronger, faster, or better than they already are. And it can! But CrossFit is an entirely different set of skills and movements, so it should be no surprise that you'll have to take it slow at first. Trainers are there to guide you, instruct you, encourage you, and help you. As you learn the plethora of information that is CrossFit, your trainers will learn more about you, and you'll be astounded at their ability to help you gauge your progress and adjust your workouts accordingly.

#2: Not Enough Rest

You are probably going to use muscles, joints, and tendons that you haven't used in a while. Give your body some time to heal and recover. Ice sore muscles whenever necessary, and stretch on your off days.

#3: Exercising With an Ego

It's fun to compete! Many of us are motivated by a little healthy competition, and it pushes us to better our own performance. But don't necessarily make that your goal. Your only real competition is yourself. Not everyone has the same workout schedule, goals, or outside influences, and that reflects in our CrossFit performances. Your trainers are educated, skilled individuals who have nothing but your best interest in mind. So if they mention that your form is a bit off or you're skipping a step, take a moment to think it through and commit it to memory. Everyone at CrossFit Cañon City is on your team, and we want to see you succeed by doing your best and avoiding unnecessary injury.

#4: Quitting

We can all admit it: snatches have the ability to make us all feel like uncoordinated losers at one time or another. But that doesn't mean it's the truth! You'll get the hang of it: the terminology, the movements, and even the disappointment that you didn't complete a workout. Don't be hard on yourself: rely on your gym buddies to encourage and uplift you, lean on your trainer to help you figure out a confusing workout, and remember to have fun. When it doubt, jump rope it out.

WORKOUTS

1. When you arrive at the gym, you'll see the day's WOD written on the whiteboard. Join in the warmup.
2. Your trainer will explain the workout, start the clock, and offer assistance throughout.
4. There may be a "skill" listed at the bottom, which you are welcome to work on at the end of the Metcon.
5. Record your performance on the overhead screen: this is linked to Wodify and will track your progress!
5. Have a drink of water, give someone a high-five, and have a great day!

Warm-up

Warm-up #1

5 min Cardio- Run, Row, Jump
Trainer led dynamic stretch/mobility
Review Movements

Weightlifting

Overhead Squat (1-)

In 10 minutes find your 1RM.

Metcon

Metcon (AMRAP - Rounds and Reps)

10 minutes
7 Deadlifts @ 70% 1RM
14 Push-ups
**note weight.*

Translation:

When you arrive, begin with 5 minutes of the cardio activity of your choice. Your trainer will then lead a stretch / mobility activity that changes regularly.

You'll have 10 minutes to find your 1-rep maximum of an overhead squat (a squat with the bar lifted above your head).

The clock will be set for 10 minutes, and you'll do as many reps as you can of 7 deadlifts and 14 pushups. The weight of your deadlifts will be 70% of your maximum lift weight when you only have to lift once.

QUICK TIP:

Squat, clean, deadlift, jerk, and snatch: They're hard to keep straight! Log onto our website at: crossfitcanoncity.com and check out the "Demo Videos" link for help. Then practice at home; we do!

WODIFY / FACEBOOK

You'll get an email with information for your Wodify login. Use the website, or download the free App. You can see other members' performances, give them encouraging feedback, track your own progress, and check the daily WOD. Don't forget to also join our Facebook group, where we offer contests, announcements, and fun posts!