

March

2011

PRAC  
TICE  
CROSS  
FIT



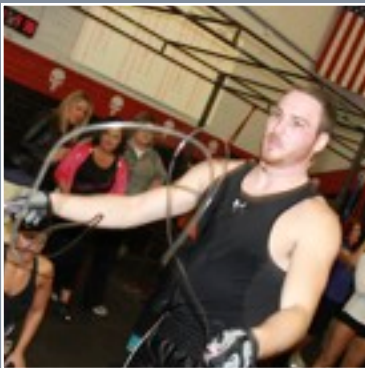
Volume  
35

"THE  
PRACTITIONERS  
GUIDE"

# -FROM THE VAULT FEBRUARY 2009- “SORE, HURT INJURED”

**Josh Bunch**

“Muscles ache. Backs get tight. Legs feel like lead. Hands bleed, days after they tear and make washing ur hair feel awesome.”



This could very well be the most simple way to publish a guide. Just recycle. This could very well be me running out of beautiful content to deliver. It could be me chopping at the block avid writers always talk about.

Yeah, it could be, but its not. This months Guide will be dedicated to years past articles that this very week alone, myself and others have referenced heavily. Makes sense to rush back a few years when the doors of PCF are stock full of new athletes.

The unabashed classic version of “Sore, Hurt Injured” is below, free from editing or restructuring so you can see just how far we all have come, and how truly grammatically challenged I am:

Beginning this article makes me wanna Google recommended exercise durations, recommended exercise bouts per week, and recommended intensity dictated by age. Just as I begin to type this into the search bar it hits me.....who the hell is making these statistics anyway. Out of shape scientists. Statisticians who will use statistics to argue any point. I mean come on u can just about make statistics prove anything u want....14% of all people know that.

These various studies usually amount to virtually the same result. Controlled variables with inept effort from inferior programs. I for one will prescribe to the empirical data housed on the internet over the past 7 years on crossfit.com. Ages, bodyweights, genders, wko times, weights used, scores, are all housed producing the biggest base of knowledge concerning true fitness. If u take a gander at the archives on CrossFit u will find no RXD weight in the early days. It was just a wko. U picked the weight then logged it all up to the seconds. Over time consistencies arouse and through collected data over the most substantial survey that still continues, prescribed weight was born. Also logged was rest, and rest in relation to performance.

The go stop conundrum is different for everyone. A lot of folks are awesome at 3 days on 1 off. Some are great with 5 days two off. Some train all the time and take off when their body tells em to (I believe this one is too loose, and has far to many holes for me to even argue, so I say a huge no for that one). Its good to change it from time to time. Also, one is not perfect for everyone. So it bears questioning....which is for me.

Excluding the performance aspect of times, and gains and such simply look at the SHI occurrence and recovery ratio. Never ending soreness. Actually sensation of hurt. Or incapacitated by injury. Lets fist Define the 3.

## **Injury**

Easiest of the 3....ur stuck. Wait till whatever won't work works. Injured means unable to perform at most fashions.

## **Hurt**

A little more questionable in nature is hurting.

Hurting

can mean u can still do. If u ever tell a trainer something hurts, they should modify adjust or correct if necessary. Realize however if what your doing is right by all general standards, it still hurts, and ur not injured.....it just may be ur body tryin to get u to stop discomfort, and u may be required to surpass what currently feels like “hurt”, which will subside as soon the activity is over. I say this without judgment or

ridicule, but “hurt” means life. Having the mental fortitude to bring urself, and ur body to a place where it is trying to make u stop is a fantastic endeavor many will fail to ever reap. Im not saying do our movements till u hurt, that would be irresponsible. I am saying define hurt properly. There is a level of “hurt” required for the level of intensity we wish to see. Find it, and go live there. Everyone may have a different level they can function at or handle, but what u do not want to see is a looming “hurt” turn into an injury. If your “hurt” is spot specific i.e. shoulder girdle, and u still do 100 push-ups per day till its injured....ur fault. If the look on your face is of udder torture because u are 1 deadlift away from paralyzation....ur fault. No-one training u can ever truly know how bad it feels, so in the end u are the boss, don't be stupid, or show off some false sense of bravado, or unimaginable pain tolerance. Trainers can only correct the visibly un-safe. A previous underlying issue that is not presenting itself outwardly is only known by u. If the “hurt” is gonna be injured in one more round....modify, adjust, or stop. I cannot find a better way to depict this other than a 1-10 chart of “hurt”. By my definition I believe a seasoned CrossFitter can maintain a workout pace and total body “hurt ” ratio of 7-8. Beginners are much less. As far as certain body part afflictions, I would say no more than 4 in any one area. There is a big difference in whole body intensity to the point of exhaustion, than site specific “my knee will snap off if I squat once more kinda pre injury hurt”. Discern the two for yourself.

## **Sore**

Most will be, are, or just have gotten used to it at times.

Muscles ache. Backs get tight. Legs feel like lead. Hands bleed, days after they tear and make washing ur hair feel awesome. Some weeks soreness is of no consequence, others nightly hot tub trips with ibuprofen chasers are the cats meow. The body will not change through smiles and sunshine. What makes it change will leave u compromised, unable to climb stairs at times, and a much different individual for it. The better kinda different, not the different just to be different stuff.

A very close friend of mine posed a interesting query. They asked since u are willing to workout in discomfort of every kind. Be it lack of sufficient calories, rest, recuperation, site specific pain, or whatever mal- formation u can think of. Do u xpect others to do it as well? No. I believe our workouts prepare us for the unthinkable. They make us better at life. We can all work through a variety of theses sensations, but to compare urself to one another is unrealistic, and sometimes dangerous. I never want to impose my will of deprivation onto others mainly because its not always necessary. Just because I will fight tooth and nail for the clients I train because of the belief I have in them doesn't mean they must train as myself, or anyone else for that matter. Some can handle more, some less, all are different. Know urself well enough to stop “hurt” before injury. To welcome soreness as change for the better. To take a day off when needed. To observe, and emulate those seemingly better, but not to the degree of danger. Remember adequate rest makes u better. Too much rest makes u weak. Caution and fear both have a place...right behind desire, and consistency.

Yet another classic tale and writing capability rears its mis-spelled ugly head from the even more stubborn past. But an interesting topic none the less. I authored this piece years ago after we sent three barbells back to the manufacturer with five or so months of us because we were not bailing correctly. Thankfully the manufacturer took back two, and we are left with our classic "PCF jacked bar" to prove bailing is not a requirement, but a rare necessity.

First off, lets go over what a bail is before we decide when and when not to do it. Yes u could spell it bale...I researched it, either is correct. Most practitioners know that a bail means to throw weight away from the body, or to "Bale Out". For those of you unfamiliar, we at Practice use rubber weights for safety, so it is perfectly acceptable under certain circumstances to toss it. What are those circumstances you say? Well...how about this. Is the bar gonna hit your head or the ground. If its goin for the noggin...bail it. Simple huh. Lets go again. If u feel something painful happening to your person...more painful than the usual that is...bail it. What if your goin for that great POD time, your spent, and u just punched out the last rep, and haven't the ability to control the object...I say bail. Those are petty good reasons to toss some weight right? So when shouldn't we? The first thing that comes to mind is an empty bar. Now if

its totally necessary, go for it, but more often than not, u can set it down. Without the rubber weights for padding it loosens the core of the bar, even when dropped from a nominal height such as 1 or 2 feet. Lets say for arguments sake, your pissed off cause u just cant seem to get that clean right. Well.....no bailing for that sorry ass reason. How bout your tired, at the end of the POD, and are just ready to be finished. Great, that's how I feel....set the bar down no bailing for that either. Why the rules u ask? Safety, and longevity. Of course we wanna keep our stuff nice, but more so we want everyone around you safe. We discussed when to, and not to Bail, but we neglected the proper bail technique. If it is dire, get the bar away from you as fast as possible, and u out of the way ultra speedy. If it is not, and u still can muster control. U never take your hands off a bar until it is done moving. Not for you really, but for the person next to you, or walking by you. You never know if someone is moving stations right behind you. If you decide to just get away from the bar while it is six feet overhead for no good reason, u could inadvertently slam the person next to you. Also, rubber bounces. So if u keep your hands on it, there should be no chance of it rolling into a partners area. Your bar should never leave your territorial bubble...which is about an arms length. Now u know, and knowing is half the battle.



# -FROM THE VAULT AUGUST 2008- "TO BAIL, OR NOT TO BAIL"

**Josh Bunch**

"You never know if someone is moving stations right behind you. If you decide to just get away from the bar while it is six feet overhead for no good reason, u could inadvertently slam the person next to you."





Melissa F



## “PRACTITIONER OF THE MONTH”

“Just let me do it”, Melissa said a couple weeks ago amongst a team of partners who were themselves no slackers. She didn’t ask either, she ordered. She believed. Where was this girl hiding when I meet the girl who first entered the doors of PCF months ago.

Proof positive there is more than one way to Wall-ball. Bounce catch, or catch toss. Squats are wide, close, kinda close, back, front over, and finishing an assigned task also usually has more than one mean to the end. Sometimes that end is delegation where the team utilizes the strengths of everyone, but on occasion someone just stands up and does. Sometimes the difference between success and failure, is doing, and delegation, and some of the best delegators in the world today forgot how to do.....they could learn from Melissa.

In the same workout not long ago I witnessed Melissa help her team out by doing simply what others could not. From tossing a near 100lb fire-hose over her shoulder solo, to

performing a scary Wall-ball backwards that not only traveled 10’ up, but 10’ away, directly to target....repeatedly.

The first time Melissa entered PCF she was mousy, timid, and seemingly very unsure of how to move. But she stayed, and not everyone does...if you can hang you should be proud like Melissa. Its not that you need big muscles, six pack abs, board shorts tight shorts not shorts or bandana’s...you need mental strength. And sadly, a lot ain’t got that.

Melissa has demonstrated her mental strength in spades and proves to me yet again that PCF doesn’t do shit to create it, it merely expresses it. That is the epitome of why we never sell, or preach CrossFit. Folks like Melissa already have the goods inside of them. They didn’t walk in and be talked into a WOD in a warehouse with skulls on the wall, on the wrong side of the tracks. Mentally she was already on the proper side to start with...PCF just gave the train some juice to move like it never has before...congratulations Melissa.

# "WE'RE OFF TO SEE THE WIZARD"

## Justin Coby Pharm D

"In other words, even if this hCG deal did work, you'd have a better chance of getting your hands on it without a prescription by sucking on a pregnant belly-button!"



As a pharmacist, I get asked about all the latest health fads by my patients. From Acai berry juice to Zostrix, many times my expertise on drugs spills over-the-counter. Recently, I have had an increased number of folks inquiring about hCG and the HCG diet. At first I was sincerely confused as to why everyone was so interested in a hormone that is related to pregnancy, but then I found out that the all-knowing Dr. Oz had an hCG-focused episode and it became clear to me. Side note - whatever Oprah or Oprah-related puppets say will eventually become public gospel, "But doctor, Oprah said...!". I digress. In viewing this episode on Dr. Oz's website, I discovered that some folks claimed to lose ridiculous amounts of weight by injecting this hormone while restricting themselves to 500 calories a day! If it sounds like a bad idea guess what it just might be?

Human chorionic gonadotropin (hCG) is a glycoprotein hormone produced in pregnancy that is made by the developing embryo after conception and later by part of the placenta. The hormone interacts with luteinizing hormone/choriogonadotropin receptor (LHCG) and promotes the maintenance of the corpus luteum (portion of the ovary) during the beginning of pregnancy, causing it to secrete progesterone. Progesterone enriches the uterus with a thick lining of blood vessels and capillaries so that it can sustain the fetus, as well as, repelling the cells of the mother, protecting the fetus during the first trimester. Pregnancy tests measure the level of hCG in the urine, which can be detected typically between 6 to 12 days after ovulation.

So what does a pregnancy hormone have to do with losing weight? Well that's where Albert T.W. Simeons comes into the picture. Old Al was a British endocrinologist who, while studying pregnant women in India on a calorie-deficient diet, and "fat boys" with pituitary problems (aka low testosterone) treated with low-dose hCG, claimed that both lost fat rather than lean (muscle)

tissue. He reasoned that hCG must be programming the hypothalamus to do this in the former cases in order to protect the developing fetus by promoting mobilization and consumption of abnormal, and excessive adipose (fat) deposits. Simeons, practicing at Salvator Mundi International Hospital in Rome, Italy, recommended low-dose daily hCG injections (125 IU) in combination with a customized ultra-low-calorie (500 cal/day, high-protein, low-carbohydrate/fat) diet in order to lose adipose tissue without losing lean tissue. Doctors today don't seem to support this starve and shoot hCG methodology, mostly due to the shared opinion of the medical community found in the Journal of the American Medical Association that "there is no scientific evidence that hCG is effective in the treatment of obesity; it does not bring about weight-loss or fat-redistribution, nor does it reduce hunger or induce a feeling of well-being".

Recently there has been an influx of "homeopathic (big word that basically means available without the supervision of a doctor) HCG". This over-the-counter version claims to have the same amino acid make-up of the hormone, but does not actually contain any trace of hCG. In other words, even if this hCG deal did work, you'd have a better chance of getting your hands on it without a prescription by sucking on a pregnant belly-button!

Like all miracle diets, there is no proven scientific backing to the HCG diet. In fact, most likely the folks that have seen successful weight loss have done so by restricting themselves to a 500 calorie diet. If I only ate lettuce, two apples, and several slices of turkey all day, I'm pretty sure I wouldn't have the energy to even plunge that hCG-filled syringe into my butt! I suppose I'll just have to settle for Paleo and Crossfit for now.



## "Fittest Fridays"

We are officially well into the 2011 CrossFit Open Forum workouts and already we have witnessed spectacular turnouts, blessed performances, and team building the military would be proud of.

"Fittest Fridays" @6pm will continue throughout May until the 2011 Open Forum reaches completion. Everyone is recommended to attend the events even if you are not competing. Bring friends, and family meet faces from classes you never attend, and eat or play with the crew after.

[www.gopractice.biz](http://www.gopractice.biz)

[www.practicecrossfitkids.com](http://www.practicecrossfitkids.com)

**PRACTICE CROSSFIT**

**200 s Walnut Troy-552-7694**

[www.crossfit.com](http://www.crossfit.com)

[www.crossfitcure.com](http://www.crossfitcure.com)