



Makes Perfect.

The Practitioners guide.

A comprehensive newsletter covering fitness, nutrition, technique, and general exercise topics.

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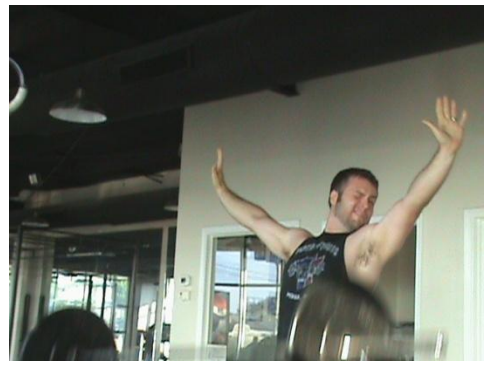
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To Bail or Not to Bail.

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.



Bad Bail



Good Bail

What We Will Never Be.

Practice Crossfit is a community. Practice Crossfit is a goal driven, results producing caldron of individuals working towards one commonality..... Improvement. Practice Crossfit is a place where all else falls to the side when ur in the middle of ur POD. Its all about u, and no one else. For that small amount of time in the day, there are no lies, no false promises, and no going back. Once your in it... u can't shake it. Henry Rollins said it best," the weight never lies, 200lbs is always 200lbs."

What Practice will never be is a FAD. PC will never be PC (get it... Practice Crossfit, and politically correct..whatever its not as fun when I have to explain it). Nor will being some kind of renegade fitness be our claim to fame. PC just doesn't care. We do what is proven to work the best even though it may be the toughest thing most people have ever done, and we do it with total disregard for what anyone else has to say. Because until u have sweat, and worked with us u have no right to voice your opinion of what Practitioners do. The amount of effort in one POD is equivalent to around 4 or so average gym workouts. PC does big exercises, we do them fast, and we do them well. PC will never employ one avenue to get the best fitness results, because..that's not how u get the best results. We will never sit on a bike and pedal all day until we get good at pedaling. We will never run everyday thinking moving your feet quickly is the best and quickest way to optimal fitness. Most members of an average gym look the same year in and year out. They follow a program close to a bodybuilding split. One day is legs, one is arms, one is back, and then chest or so on. So unless u wanna be a bodybuilder...why would u do that. Not to say that to some degree it doesn't work, because with the right diet u could look better, but by way of daily activity or health u may not be better at all. I have trained with bodybuilders who look good, but couldn't do 5 pull-ups, 10 pushups, 15 squats, 5x without having a heart attack. Personally I feel not only should we wanna look good, but also be able to perform at some basic standard of fitness. Furthermore, if u have been following that split routine for some time, and have little to show for it, why would u continue it. Most people do not wanna be bodybuilders, so u should not train exclusively as one, or in any one particular realm of fitness. We will use the best from all doctrines, and discard the rest. We will not allow PC to become the place to be just because your friends are here. The people that train at PC train because they like the results, because they like the challenge, because they know their bodies crave a challenge, and because a sedentary average lifestyle, full of self imposed health problems sickens them. If your reading this, and think you could never be a part of a team of hard working goal oriented people looking for more, and constantly challenging life...then your right. I truly feel sorry for you if you believe that. If u believe that u have been so misguided by the media about how fitness is suppost to be quick and easy, when it is not. Even after failing dozens of times at FADS that come by everyday, there are people who would still rather hold on to that BS mantra than to try something difficult. I am ecstatic that there are 2 CrossFits in Troy now. Maybe it will help sell the idea that exercise is hard. Results come with effort and dedication, not McDonalds, and a nice pretty 20 minute walk in the evening. This article is a result of a situation presented to me at Wal-Mart the other day. A stranger stopped me and began telling me how they read our magazine article, and how they thought it sounded like the latest exercise craze out their, and they couldn't wait to try it. I couldn't decide weather I should be furious or heartbroken. When did exercising intensely, and solely to get results ever go out of style? How is it possible for hard work to be a FAD? How as human beings did it ever become ok to be lazy, and always look for the easy way out? How is it Practitioners always get funny looks when they go to the store after a POD all chalked up lookin rough as hell? Why do dozens of people drive up, look in the window, then drive away everyday? When did it become scary to try hard at things, that there is a chance u may not be perfect at? All PC does is tell the truth. Hate us all u want at least we don't lie. True optimal fitness is hard work. It always has been, and it always will be. Our Practitioners are special. They make a program of odd lifts, and combinations work because they put forth a tremendous amount of effort, day in and day out. We are a means to improvement. The most effective means, and we are not afraid to say it. PC will never be a FAD because we will never conform to any other way of thinking that doesn't totally benefit our Practitioners. We will constantly strive for improvement, and progress, to my knowledge, has never been considered a FAD.

Practitioner of the Month

To pick some cute word, or coined cliché, or even tired phrase would be disrespectful to a person as Diana. She doesn't want bland pleasantries spouted. She wants silence if she's doin it right, and correction when something needs to be better. This personality epitomizes a truly fun person to be around. Diana's ability to pin point what few flaws she has, and to constantly work to make them her strong point, leads her into being not only a top notch athlete, but a truly motivating person to be around. Its great to be good at stuff. But it's a whole different ball game when ur good at stuff, and have such an inviting personality it makes others wanna better themselves. Diana makes other Practitioners better even if its by guilting them into it. Her quiet practice after each POD is quite noticeable, and common. Practitioners see her staying after, so they do to. They may not have wanted to, but hey, Diana does it, so why can't I? Sometimes, I don't even think Diana wants to. This is all the more reason to make her POM. Its easy to do things we wanna do everyday. Not so easy to work on things u have a hard time with daily. Self improvement is attained through fortitude, and perseverance. Diana demonstrates these qualities constantly. It is totally acceptable to be selfish while u workout. Even recommended. But somehow Diana manages to still motivate those around her while she trains. Be it a kind word, a little smile, or standing right there with em when they feel like this is the worst POD they could ever do. If you are absent the pleasure of working out with Diana, u r missin out. She is not only a great athlete, hard worker, and awesome person to be around, but ur POD time just seems to be a little better when u hit it with her.



Diana Mullen



By Josh Bunch

Testimony of a Practitioner

Where Do I Belong?



Brandi Hartzell



By Brandi Hartzell

Where do I belong? I've always been one to hop from one exercise fad to the next. But somehow Practice has made a special place in my life! I love to excel in anything that I do, and matchingly I need to be recognized and rewarded as often as my efforts. Not only do my two favorite guys here, praise me when I do well, but my friends, whom I consider my competitors. If someone is doing better time or heavier weight, I know what I want to do next! I am not one to just be okay with sitting on average. I want my best! They say surround yourself around what you are and who you want to become. Well, I think I found that very place!! No average people here!

Every POD is different. That keeps my body working in different ways and my mind doesn't get comfortable with what to expect! The surprise attack always gets me to try my hardest. To be honest, I am afraid of trying so hard to never find the end of the tunnel. What I'm trying to re-learn is I don't want the tunnel to end. Because then what? My life doesn't just stop there! (is your glass half full or half empty?) I can continue to find out my amazing abilities and celebrate each goal reached! And the style of this Practice walks me through each goal to the next.

I am impressed at the things that I've accomplished so far. I never thought in my life would I be able to do a single pull-up. After a little "PRATICE" every time I'm there. I'm finding out all kinds of things that I can do! I want my kids to see how one applies effort to achieve success. You can't preach it, you have to live it!

Josh and Ryan are my motivators. I just want to say thank you for helping me find myself and where I belong.

Through the blood... (I brag to everyone about my battle wounds!)

The sweat... (even my sweat angel's butt is getting smaller!)

And the tears... (I'm still tough even when I cry)

You have never let me feel weak and always push me to keep going. (yelling at me to just *push that stupid bar up over my head!!!*) I still have plenty of growing to do both physically and mentally. But I am super excited about each baby step! And on my really good days, a **baby leap!**

Thank You

What “On Da Clock” Means

I have heard it said that a human beings single greatest power and weakness, is hope. Since I have never witnessed hopefulness to be negative, I would toss up “time” for your consideration. Lets not get metaphysical about how time can neither be positive or negative. Or substance or matter. In essence...time just is. Even if u are doing good things everyday all day, u will still run out of time. I will not debate weather that’s negative or not, but I will discuss how just having that mentality can make us better at life in general. What if we were to view everyday as if our time was to run out tomorrow. Excluding all the crazy things u may wanna do or whatever whims u may have, wouldn't we at least be very productive for that last 24 hours. Shouldn't a broad range of productivity be our main goal daily. Not just our workouts, but our relationships, careers, and dreams. Not to say we cant have a general day of relaxation, but how much of that is really necessary. Humans are meant to perform, not sit around watching others work. If u were to stopwatch ur entire day, where would most of ur time be allotted. T.V.....reading.....goal accomplishing.....relationship building.....day dreaming.....studying.....working. Would it disappoint u if u did time ur day. Would it be like your workout where the immediate activity was great, but your transition from movement to movement sucks. Is there lots of lag times where u could better yourself in some way. Do it. Bustout the clock and see what happens. U might not like what u find, but it may give u a different perspective when u say u don't have the time for something. Be honest, if u really wanna do something u usually make the time. When its POD time attack it like it's the last one u get to do. Look at the clock as your partner. Its gonna make u better if u constantly pay attention to it every minute of everyday. Time runs out for us all, but to lose track of it is no excuse for poor performance in any area of life.

By Josh Bunch



Melissa

Kris

The Sugar Sin

We all do it, as if by some compulsive muscle memory. We pick up an undiscovered food at the market and flip it over to study the Nutrition Facts as one would cram for an exam. The Nutrition Facts highlights the amount of calories in our new food that come from fat, protein, and carbohydrates. With a closer look, there is also a column entitled, "%DV" or Percent Daily Value, which essentially informs the reader of the percentage of each of the before mentioned macronutrients, as well as vitamins and minerals, this serving provides versus a daily intake of 2000 calories. As we examine, we notice that sugar does not have a %DV rating. Why is this? Why does sugar not add to our daily fuel needed to function? Do we need to avoid sugar altogether?! Let's examine these quandaries closer.

What is sugar?

Table sugar, sucrose, is a simple carbohydrate, or simple sugar. Sucrose is made up of two monosaccharides (carbohydrates composed of single sugar units), glucose (aka blood sugar) and fructose (aka fruit sugar). Unlike sucrose, complex carbohydrates are composed of simple sugar units in long chains called polymers. Three polysaccharides are of particular importance in human nutrition: starch, glycogen, and dietary fiber. All carbohydrates are technically sugar. Before your body will use the carbohydrate in table sugar, a baked potato, or a green bean, it must break this carbohydrate down to glucose, the form of sugar that your body can "burn" for energy. Since all carbohydrates eventually end up as glucose, the original source of the sugar should not be relevant, rather the rate at which the sugar enters the bloodstream. The complex carbohydrate will enter the bloodstream at a much slower rate than the simple, due to the increased time needed for the body to break down the long polymer chains.

Time is on our side...yes it is.

The rapid breakdown of sucrose leads to a quick and large dump of glucose into our bloodstream. This is a positive thing if your body is about to require a fuel source for demanding physical activity, but if not, the majority of the freed glucose, remembering that no sugar source is straight glucose and must be broken down by the liver, will be stored as a triglyceride, or fat. This is why it makes sense to indulge in the complex carbohydrate over the simple.

The dangers of sugar

We live in a country, in which 90 to 95% of its diabetic population is made up of type 2 diabetics, or those whom have developed insulin resistance due to high sugar lifestyles! Insulin, the hormone that leads glucose from the bloodstream into our cells to be used as fuel, can become over-utilized in those with a high sugar diet, rendering the individual resistant to insulin. In other words, insulin does have a shelf-life, and over-use can wreck havoc. Those with insulin resistance will not be able to use the glucose in their bloodstream, no matter what the sugar source is.

If you're reading this article, most likely you're not battling type 2 diabetes, but, even with a healthy life-style, anyone over 45 should be tested for pre-diabetes, or, blood glucose levels that are higher than normal but not yet in the diabetic range. This syndrome does not have any symptoms, and can be diagnosed with fasting blood glucose levels of 100-125 mg/dL.

No more Hershey bars?!

So should we avoid sugar all together? Obviously one candy bar will not give you diabetes, and no one is saying not to indulge *in* that one candy bar.....just not the second or third in one setting. It goes without saying that we should be reaching for the sweet potato or green bean over the table sugar, and elevated blood glucose should only occur if our body is preparing a fuel source for battle. As for the lack of a Percent Daily Value rating...take that up with the FDA.



Justin Coby PharmD



Who do u Wanna WKO With?

Did u answer Friends? Or did u say co-workers? Did u get deeper and say individuals with the same goals as me? Did u maybe say people who may be better at certain things than u, cause we all know that working with someone who trains at a higher level of efficiency makes us way better. Whatever your answer they are all right. The wrong answer obviously is, "I wanna wko in a place where I am left unchallenged". Or if u said' "I'm super out of shape so I need to go where everyone else is out of shape also".....that's about as ridiculous an excuse as there ever could be.....and yes we live in the real world and there are stupid questions, and stupid reasons for doing, or rather not doing what needs to be done. I will delve no farther into this line of questioning. I will instead pose a interesting idea to Practitioners, and unfamiliar, alike. Here at Practice Crossfit, we all choose who works out with us. Who gets to share in the results. If you are a Practitioner, and u know someone who needs us, or someone u know will love us....send em. Upon membership approval they will get to reap the same benefits u do. We only have 30 or so spots open for enrollment, and we want whoever needs to make a serious change in their health, body, and life. Practice wants the average person who doesn't quite know if they could cut it....but they wanna try. PC caters to no particular demographic. Whomever enters must be positive, and work hard. Past experience is irrelevant. Current body condition is not a factor. We start where u are, and take u farther than u could have ever imagined. So try it. If you're a Practitioner, bring a friend to wko with u. First time is free. U get to decide who u train with. Someone who hopefully makes u better. If u are an unfamiliar to the program.....try it. First times free. What possible excuse could overcome a free wko. If u have one, ur wrong....very wrong...and very sad.....Our program is doable for anyone with heart, drive, and determination to be better....if u lack those....stay where ur at....If this upsets u....good.



Melissa



Melissa, Joe, Jase, and Tim...still alive after "Fran".

TidBits

Welcome Terra!



Terra Kennett

As a physical therapist assistant and Afaa certified personal trainer, Terra has 17 years experience in the field of health and exercise. Formerly a nationally qualified NPC figure competitor, Terra knows how to set goals, train hard and meet challenges head on.

Terra is a dedicated, loving wife and mother of two who understands the demands of work and family. Any goal you have for yourself is attainable! You CAN do it! Having a professional trainer provide knowledge, experience, motivation and hold you accountable can be the catalyst for you to create your lifestyle change.

This is the life you have been given, how you live it....is up to you

Terra will be offering her professional training services as one on one training, or open sessions. If u have problem areas, need some general technique adjustments, or just want a super knowledgeable coach...call Terra...552-7694

Call for a free POD.
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