

## *The Practitioners guide.*

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

# Practice CrossFit

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Amanda, Jordan, Lauren, Diane, Ash, Scott, Suzanne, Matt, Cheryl, Chip, Randy, Whit

# Pride

By Josh Bunch

As a Trainer I believe a certain amount of Pride is required just to make it throughout the daily bouts of pessimism, or disbelief.

On occasion I feel the need to justify a number of my previous musing to those who do not know me as well as others. Or to put it another way. Since this news letter is distributed to Practice CrossFitters, and non-members alike, I wanted to begin the year with an article which shines light on the individuals involved in our program currently. For those of u not familiar with exactly how our program works, I invite u to read on. To learn how I feel about those who engage consistently in the art we call CrossFit. But more importantly, the way they should feel about themselves.

At times I come off very offensive about the people I have the pleasure of working with. I do this because of the extreme amount of respect I have for each and every one of them day in and day out. Consistently they embark on workouts that appear impossible to the uneducated eye. Daunting, unforgiving, relentless. U pick the adjective that best describes a situation u put yourself through that only 1% of the population will do, strictly because the results are just that damn good.

I am a very selfish person. On a daily basis I am rewarded by the achievements of those around me. I cannot even put into words how amazing I feel when I witness an individual accomplishing a goal they previously thought unattainable before arriving at PCF. It's the best feeling u can have being addicted to the happiness of other people. While I am not one to jump around like I'm seizin when somebody gets their chin over the bar for the first time, or gets their first unmodified "Fran", u can bet inside I'm permanently documenting this moment. This moment I will keep forever. This moment I relish as the reason I love doing what I do. I get to merely facilitate, while the PCFers I work with put in a tremendous amount of dedication, and hard work, and rightfully get to claim every iota of achievement as their own.



Terra shows what a whole bunch of these may lead to.....



.....this.

# Pride

On a daily basis I fall guilty to the same dreadful crime. I let PCFers leave without makin sure they know how proud they should be of themselves. As I previously explained the pride I have for my clients is obvious. I know personally how hard all our workouts are. I do em too. When our PODs are completed the way our Practitioners do them its inevitable for me to feel an overwhelming since of pride in each and every one of them. Not for some egotistical Im their trainer bullshit bravado. Im proud because u do each and every POD by urself. U alone take everyday as a victory. U alone win every time, just by doing what others refuse to do..... .....challenge themselves.

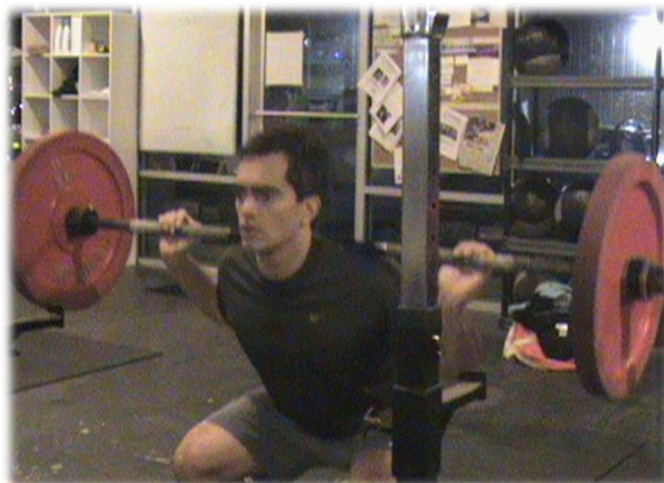
For those of u unfamiliar to how we train this may sound a little braggadocios, or self-serving. To u I say...u don't know what the hell ur talkn about till u wko with us.

I pen this article to ensure everyone I work with realizes just how astonishing they are. When ur in the checkout line at the store and u feel different than the person standing next to u.....that just may be justified. In the general sense of the word of course ur different, but Im referring to how they may view things, and how u may view them now, as opposed to Pre-Practice Crossfit. They may never feel that sincere sense of accomplishment u feel on a daily basis. More than likely those of u training at PCF are truly addicted to goal achieving, and I would wager If u would remove that from them they would feel like a coke head fiendin for their next score that just aint comin.

Yes u are that unique. Take Pride in yourself, and those u train with. U need not be ridiculous about it like I may be. Hell if someone spoke ill of one of our PCFers to me I may need to use my 1 phone call to get a hold of someone for bail money but whatever that's just how much I believe in those I get to work with everyday.



Whit and Mike getn after some back squats



# Pride

After 8 or so years of training I truly believe workouts can change lives. Not some stupid cliché hallmark card crap either. Tangible, real amazing changes with measurable, repeatable, and observable results. The kind of changes that make people walk around with their heads held high. The kind of change where u want to share how well u did on your POD that day to your significant other first thing upon entering ur home. The kind of change that prompts u to approach that individual carrying about 60lbs too much fat, in hopes of saving their life by passing on our workout philosophy. The kind of change where u wear ur first two-piece bikini in public in ur life.....just to clarify Im targeting women with that.

But I paddle on. It is difficult to stop lamenting about the respect I have for all those doing our style of workouts. There are almost 1000 affiliates out their doing similar activates we are. Even with all that exposure we are the minority in fitness. If u r part of that minority be very proud u are an elitist just for playing with us. How many people can say they learn something new about themselves everyday, by challenging themselves in virtually every way.

I sincerely hope everyone CrossFitting at PCF(or anywhere for that matter) has this embedded within them wherever they go. The notion that they will always be the minority in fitness mainly because its just that damn hard. Reveal in urself, that u r that strong, u can be against the rest of the herd of fitness America. Be ecstatic that those training beside u are achievers just like u.

Our goal at PCF of spreading the fitness gospel continues to grow because of those of u doing it. It is the responsibility of PCFers to disciple to the uneducated. To at least inform them of the proper way to become the person they may just wanna be but r just to afraid to ask. After all someone was kind enough to save, or at least enlighten our lives. At least give them the opportunity to say yes....give them the chance to feel the overwhelming since of achievement u get daily.



Justin tearn up pull-ups.....with tore up hands.

# CrossFit Games Callout



Bonnie overhead

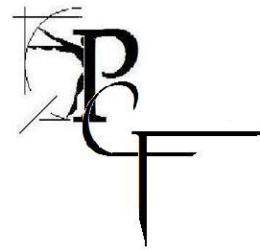
When: July 10-12

Where: Aromas, California

Who: Whomever is qualified, or wants to watch, or wants to compete as a team.

Contact: [jbunch@gopractice.biz](mailto:jbunch@gopractice.biz)

The qualifier for the games has been posted. It is a 2 day event in Columbus on May 16-17. So if ur interested in competing get with us for training. There are only 12 total spots open, so we gotta get after it



## Sponsor Needed

We are also looking for local businesses or plain generous folks looking to support the community. Anything will be greatly appreciated.

# Clock Whores

We first started doing CrossFit back in late 2004 and affiliated in early 2005. The single greatest innovation the program advocated was the time clock. The clock measures what each specific workout is and creates a unique performance data point. I introduced the concept to my clients to help them shift perspective on training. The paradigm shift was profound, and resulted in shifting the training from not just working hard; we were working very hard, and being able to measure their specific performance in every workout. Before I was introduced to CrossFit we were doing functional movement that was constantly varied. The workouts we were doing were intense in the sense of a lot of work done but adding the clock added a new dimension to our training. I think of it as a person following a moral code before they were introduced to the theory behind it. The concept of timing all the training shifted the concept to performance measurement as the means for getting results. The results from changing to actual performance metrics in every workout were and are fantastic. The change in view point resulted in people changing focus from narcissistic superficial appearance based fitness goals to a performance-based "How much can I do" model of training. The results are a stronger motivation to train and surpass superficial promises in the typical gym brochure. People began to focus away from judging people's fitness on their appearance and replaced it with a real measure of fitness, actual physical output. The focus has become more centered on how much weight, how far, how fast and the results have been astounding. All of the superficial goals are being achieved by having legitimate performance benchmarks to strive for.

The essence of the time clock as a performance measurement is to have exercises with ranges of motion standards, specific weights and repetitions so the performance can be measured and repeated again to track progress. The idea is to measure overall work capacity in specific repeatable measurable terms. (The scientific method) The program itself attracts people who are by their very nature competitive and like to see things done in real terms. The typical "I feel better" is replaced with "I am performing better" and as a result, "I am happy with my training." A person being able to deadlift more or run faster or do more pull-ups help people to self-actualize their performance in terms of best effort yesterday versus best effort today. The idea of personal best and competing specifically with yourself is the essence and core of HyperFit USA's application of CrossFit philosophy in our training.

## **The dark side of the clock**

Over the years of doing CrossFit style training and scoring the workouts some strange idiosyncrasies have come to light. The unfortunate aspect of human psychology is we tend to compare ourselves to others. Sibling rivalries for parental attention, co-worker pay raises and who has the better car are all typical societal measures of one ups man ship. The nature of our classes and the clock ticking off in the background leads to some unfortunate behaviors which run contrary to good health and training. The basis of our training is group classes. Group classes begin with a structured warm up, equipment set up, skill set with an expectation of ROM and technique expectations and finally the WOD (Workout of the Day). The WOD is begun with what has become a staple in the CrossFit training communities a: 3, 2, 1 GO and people begin the workout. The workout is where the magic and some of the horror begins.

The upside of doing group classes is a camaraderie, the intensity and general communal feeling that comes from group suffering/successes. The bond between people because of mutual respect for toughing out a hard workout develops friendships that go far beyond the normal saying "Hi" at the globogym. People find that they have a lot more in common with the people in the classes than they do with many of their professional peers. The community of people created as a result of the training goes far beyond the normal gym.

The downside of doing classes and having public performance measurement can cause people to feel pressure to perform in ways that borders on obsession. It is healthy to be competitive and want to have someone that will push us to bring out our best. It is unhealthy to derive one's self image from how we stack up relative to others. That sounds all well and good and is really symptomatic of "mine is bigger" western society. How does this behavior manifest itself in something as simple as a gym? Our very nature as human beings pushes us to measure score and evaluate our success in terms of other people. Over the years we have had several members that were so competitive with others that they would skip repetitions, cut range of motion short, or in the worst case I can think of they actually lied about their score. I am going to use a derogatory term in the hopes that it will catch on and hopefully prevent people from undermining their own training: Clock Whores.

By Doug Chapman of Hyperfit USA.

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

# Clock Whores

**Definition of a Clock Whore:** Person who is so obsessed with beating the clock/others that they will prostitute themselves and sacrifice important and vital components of training such as range of motion, repetitions or other performance metrics for a "better" time.

These people actually miss the whole point of the training. The point of physical fitness training, from my perspective, is to improve oneself both physically and mentally, not necessarily in that order. The people who have taken the time clock or score beyond the extreme and compromised range of motion, number of repetitions, etcetera are doing so at the expense of the utility of the training. If someone judges their performance solely based on their status relative to others it reflects a distinct lack of self esteem. The idea of the style training is to develop self-esteem to increase capacities in many, many different modalities. A person who compromises training in order to beat others harms their self esteem. People know inherently when they are doing something wrong and there is a price to pay when they go against what they know is right.

**Spotting Clock Whores:** I imagine it is the same a proctoring an exam – The person who is constantly looking for the instructor is suspect. Another suspect behavior is always partnering with the same person when they score their workout. If some only does a full range of motion when the instructor is looking, then they are suspect. These behaviors are not hard and fast. On more than one occasion I have been called out by my instructors, rightly so, for ROM violation because I was exhausted. (The call outs are done with much joy and aplomb.) We all have issues when we get tired, it is part of the training. I have asked Tamer on more than several occasions what rep he was on because I had no idea where I was. The real difference is the consistent corner cutting. It takes time to become apparent, but when it is, it is like the giant elephant in the room no one acknowledges.



Ash with max thrusters in 10 minutes.

By Doug Chapman of Hyperfit USA.

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

# Clock Whores

## Why am I bringing this up?

A person's performance is PERSONAL! We want all of our members to improve, have perfect form, go faster, get stronger and get the results they want. The strict adherence to performance standards is the key to your success. The competitive environment should bring out the best in our natures, not be a showcase for our flaws. Occasionally, bad behaviors become apparent and harm the entire community. Members know when someone else is cutting corners or bragging about a performance they really didn't earn. If the chin doesn't get over the bar, then it doesn't count. Claiming a score on Fight Gone Bad or a Fran time that cannot be repeated when the camera is on is a clear identifier. It harms the integrity of the program as a whole.

We want people to keep records of results to help them track their progress, not to compare to others. We have opted against performance boards in the gym in favor of the forum and personal training logs on our web site. Our goal is the improvement over time based on **your** efforts in terms of mechanical efficiencies (better form), faster times (higher metabolic capacity) or an overall strength gain as well as the rest of the physiological markers and is the basis of training at HyperFit USA. The culture we have developed is to strive for perfect mechanics as well as fast performances. We stress perfect mechanics because bad or marginal repetitions contribute to chronic injuries over time. Part of perfect mechanics is developing full range of motion and correct biomechanical body alignment. Our clients often hear "and make the repetitions right" rather than going fast. Forcing a square peg into the round hole to get a faster time is like intentionally hitting your thumb with a hammer; you are tough and stupid, thanks Jeff Martone for that one! It does someone no good to work to get a fast Fran time at the expense of shoulders back or knee soreness (chronic injury).

We post videos and pictures on our web site so people may see what they are doing. The camera usually goes for really good stuff or really bad. In either case, let both be a lesson for personal improvement for each of our people. When someone is doing something right, be like them, when someone is doing something wrong, learn from them.

Striving for perfection is the journey along the only road you make worth traveling. There is no end, but the ride is great



Sarah deadliftin above....Sarah's hands below.. This is not promoting injury. Merely supporting dedication, and perseverance. PCF girls are tough.



By Doug Chapman of Hyperfit USA.

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

# Testimony of a Practitioner

My addiction to CrossFit's got nothing to do with achieving gangs of weight loss in record time while learning about my bad eating habits. Truth be told, I was already in pretty good shape when I started CrossFit.

Thanks to a nutritional nutcase of a mother, I grew up eating many of the "right" foods most of the time in healthy portions and carried this learning into adulthood. For the last six years, I've weight-trained (in typical fashion) four days/week, run 15-20 miles/week, cross-trained with boxing, aerobics and spinning and utilized personal trainers to vary my workouts. Heck, for the last couple of years I even packed most of the meals I was consuming every day (forget that they weren't balanced appropriately).

So...what's so special about CrossFit? That's easy: variety, intensity, scalability and near personal training EVERY session. I used to keep detailed workout logs, read what I could on new exercises and rarely skipped the gym. But the routines got old fast and, eventually, I slacked off on intensity and "stretch" effort. I don't get that option with CrossFit.

Every day is a challenge designed to push your mind, body and soul to the limits in 20-40 minutes using functional movements you never imagined could be so damn hard. Daily workouts are almost never the same...and when they are, it's a test of my ability to raise the bar on a prior performance. The effort is gut-wrenching most days, but I've never seen anything – repeat ANYthing – transform a body faster. Even I, who expected little noticeable change to my own body, have seen dramatic enhancements in strength and lean muscle mass in three short months. *Why Practice CrossFit?* Well now, that's a bit harder to put into words. Maybe it's the fitness evangelist I have as a trainer who refuses to even politely entertain the phrase "I can't". Or the uniquely qualified and genuinely engaged trainers that complete the team. Or just maybe it's the scary-driven people I get the privilege to work out with each day – sometimes twice.



By Kara Foster



# Testimony of a Practitioner

Where else can you hear a fellow workout pal say, “What’s the extra credit for today?”...after they’ve already completed the workout of the day? Or “Hey (coach) you didn’t drop my weight did you?”...as they complete round six of seven of 155lb deadlifts, ring pushups, knee-ups, dumbbell presses and weighted lunges? How about, “Come on, you’ve only 15 burpees left and I’ll do ‘em with ya.”...after they’ve already completed 100 on their own? Better yet, what other fitness program have you been part of where participants text the trainer at the end of the day just to find out if anyone beat their performance!

This is the type of person *Practice CrossFit* breeds, and the type of workout environment I need to be successful. Don’t get me wrong. I’ve got a long way to go. Vodka, Sour Patch Kids and bread remain my favorite foods – in that order – and any weighted overhead movement makes me growl. But Josh, Ryan and team make me own driving the changes I want to see, and will be there tomorrow to push me through another beastly POD.

CrossFit isn’t for everyone...and I appreciate that. But for those open to living by, what I view as, three simple rules of membership, it can be hugely rewarding:

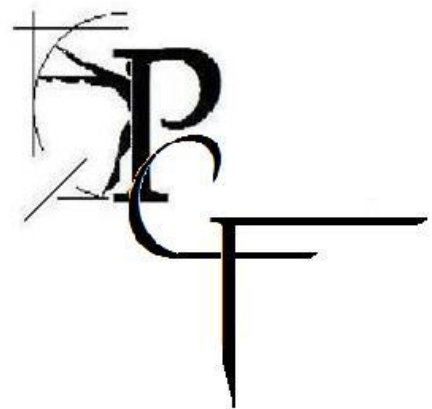
**Rule #1: Test yourself constantly**...challenge is the only path to growth.

**Rule #2: Be accountable**...for finishing what you start; for what you do (or don’t) feed your body and your mind; for what you do (or don’t) accomplish; and for self-improvement.

**Rule #3: Leave the bullshit at the door** (or at least keep it to yourself)...negativity, whining, complaining, bravado, excuses – it’s plain counterproductive.



Cheryl in the middle of awesome K2E’s



# Soy What?

The soybean has made quite the name for itself as a protein alternative. From tofu to garden burgers this legume from East Asia has become a vegetarian go to, but do the advantages of soy stop at a bloodless grill patty? What health benefits can we gain from diets high in soy? In the following paragraphs, we will discuss the multiple positive effects 'the bean' may have on our lives.

## **Menopause** (skip if you answered 'yes' to owning vas deferens)

In Japan, where soy foods are commonly consumed daily, women are only one-third as likely to report menopausal symptoms as in the United States or Canada. In fact, there is no word in the Japanese language for "hot flashes". Soy is one of many types of isoflavones, and isoflavones are plant-derived estrogens, or phytoestrogens. Phytoestrogen is converted to a weak version of human estrogen once inside the body. This "estrogen-lift" will help prevent symptoms of menopause such as hot flashes, vaginal dryness, mood swings, and night sweats. However, soy is more effective in preventing not alleviating these symptoms. The North American Menopause Society in 2000 recommended that 40-80mg of soy isoflavones daily may help relieve menopausal symptoms.

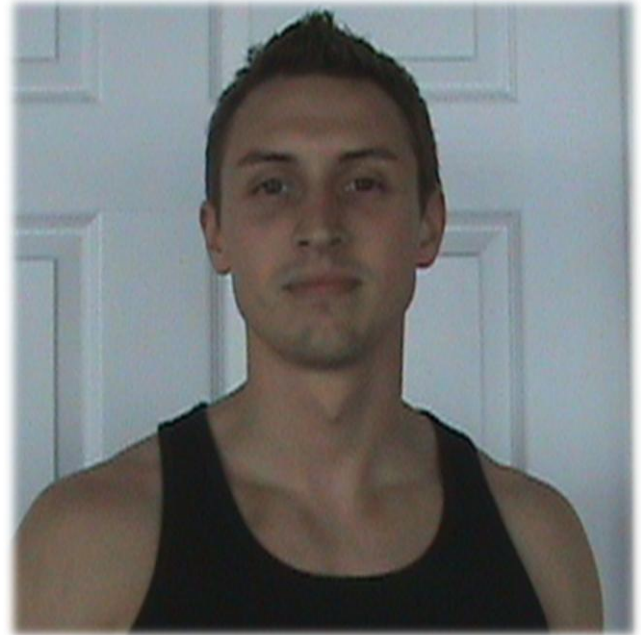
## **Heart Health**

Soybeans contain soluble fiber, which is known to interfere with the absorption and metabolism of cholesterol. Also, soy protein appears to lower triglyceride levels while preserving HDL (good) cholesterol. These two findings were discovered in studies of the mid 90s, when soy protein was consumed at an average of 47 grams per day. Although this seems an unlikely goal, daily supplementation of a soy protein drink or powder may help bridge the cardiac gap.

## **Bone Health**

According to the WHO (World Health Organization), Asian women have a lower incidence of osteoporosis as compared to their western counterparts despite smaller frames and lower calcium intake. Again, the soy connection arises, as soy foods are naturally high in calcium. In addition, soy also contains magnesium and boron, which are important co-factors (catalyst agent) of calcium for bone health. Daidzein, a soy isoflavone, is actually very similar to the drug ipriflavone, which is used throughout Europe and Asia to treat osteoporosis by inhibiting bone breakdown. A 1993 study found that post-menopausal women who consumed 40 grams of isolated soy protein daily significantly increased bone mineral density over a 6 month period.

So what?...so soy shouldn't be just for the cow lovers. Bovine enthusiast or not, we, especially those of us with dual X-chromosome, can stand to add or supplement soy into our daily diet. Soybean, soy sauce, tofu, or soy-enriched foods are great sources of soy isoflavones, but the easiest way to get the beneficiary amounts of soy needed in the diet is supplementation. Don't be shy ladies, its time to go to GNC.....and if the muscle-heads try to intimidate you, just ask them if they've met Fran.



By Justin Coby PharmD



Justin contemplating how fun "Eva" is.

# Practitioner of the Month



Nicole Rhodes

As I'm racking my brain for whom of our flock of friggin fantastic PCFers are most deserved of this astute honor I hear somewhere off in the distance, "just add more". Whereas this statement may mean little to most, it means a lot when heard with the tone and inflection it was delivered. It was delivered with true surprise in the owners voice. To Nicole she just doesn't process why u wouldn't just go faster, or lift heavier, or try harder. So when she was delving out this genius advice to a fellow PCFer, she truly doesn't understand why they wouldn't want to try just a little harder.

This quality which makes her incredibly deserved of POM is also the reason I have neglected her for so long. I expect this attitude from Nicole. This attitude of come what may, like it or not, I'll do it and try to be good at it. Which usually she is. Some I can bring out this attitude in them. Some I can show what this attitude looks like. But attitude is truly decision based. U decide every morning just which version of u, u want to bring to the table. The difference between Nicole, and just some everyday Joe Six-pack is that Nicole decides to be a very high quality individual, with the tenacity to accomplish the task in front of her. Even if she barks a little along the way.

I remember the very first day I meet Nicole. She told me she wouldn't stop till she met her goals, and then when she meets em....she will make new ones. As a trainer I hear that all the time. If my faith in individuals taking control of their lives, and doing what they say they will do were to ever waiver, I merely think of Nicole. So while the whole time I am suppose to be the one motivating my clients to reach their goals....Nicole motivates me, her trainer, to reach mine. I can't thank her enough for that. In fact if u regularly spend time with Nicole, im sure u know what I mean....maybe u should thank her as well.



# TidBits



First Class of the New Year. What a good lookn crew. Thanks to u all for comin. Heres to many more years rockin super hard workouts with super cool people.

Bring this for a  
free trial POD.  
Practice  
CrossFit 2529  
W Main St  
Troy.

For more info call 937-552-  
7694. Or log onto  
[www.gopractice.biz](http://www.gopractice.biz).

# TidBits



Terra Kennett

Terra's KidsFit class was a complete success. Look to the future to bring out this awesome chance to teach em young with an amazing trainer like Terra. Tell ur friends....space is limited.