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*the Practitioners  
guide.*

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

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# X-Mas is Coming

Ahhh less than 60 days till Christmas. Less than 2 months until a fat mythological character stimulates the economy by increasing spending by something like 75%. But Santa just wouldn't b Santa unless he's fat. Did ya ever think it was because it was a lot easier for people to dress up like him because they don't have to add to their already plump physique. Imagine if u had to go put a muscle suit to play the jolly holiday fellow. I'm sure there would b a lot less mall Santa's askin little Johnny what he wants for Christmas if Santa had a six pack instead of a keg under his coat.

No this article is not meant to decimate Mr. Cringle, or his eating habits. Nor is it meant to touch on the true meaning of Christmas. Which is obviously far off from spendin tons of money on stuff we don't need all the while forgetting what we are suppose to be celebrating. No this article is a mere suggestion. Maybe even a guide if u will. Something that will hopefully help u get through this holiday season looking less like Santa, and more like.....plug in whatever u wanna look like here\_\_\_\_\_. For our friendly readers who have ADD, and want the readers digest version here goes:

Don't eat dumb \$%^@.

That pretty much takes care of that. But as promised here are a couple helpful ideas, or at least pitfalls to watch for as this holiday season rolls around to leave u with that 10lbs that u will inevitably work until summer to remove.

1. First off be honest, not ridiculous. There is way too many fun snacks, meals, and treats out there to kid ourselves u won't have any of it. Not only will u feel worse after lying to ourselves, but in trying to neglect it all.... u will end up eating it ALL. How about instead of keepin all the bad cookies and cakes around all season, u only have them available to u 1 scheduled day per week. For instance, every Saturday u could eat all the snacks u want to, but the rest of the week, exercise control. Better to eat the bad stuff for 1 entire day, than a little portion of it each day. Besides that most of us workout to live better. Not live to workout better. So the occasional tray of Christmas cookies is acceptable as longs as its rare, planned, and accounted for.



Nicole (pictured above) with an amazing OHS, and Bethany (below) with Steeler Burpees.....ask either what happens at Practice when u lose a bet, or game for that matter.



By: Josh Bunch

# X-Mas is Coming

- Parties, get together, shindigs, whatever. They r all over the place. Be prepared. Eat before u eat. If you know tonight is gonna be full of bad food and debauchery, don't leave your will power to chance. Before leaving stuff ourselves full of lettuce, tuna, broccoli, green beans, chicken. The clean food list goes on and on, but if u make it a point to have a heavy meal of clean protein and lots of greens, u r less likely to step on ur nephew to get to the desert table. An added benefit may be ingesting less alcohol because u know there is a lot better chance of all that clean food comin back up if u continue to imbibe ass loads of liquor.
- Drink water. I'm not gonna beat this to death because its to simple to allow it much space, but if the strawberry milk ur consuming has 1000+calories per container, u ain't getting thinner by drinkin it. Save ourselves the torture of havin to work off xtra Mountain Dew....don't drink anything with calories.
- I saved this little gem for last. **WORKOUT MORE.** Its like a backstage pass. U get more bang for your buck. One of the most outrageous endeavors individuals embark upon during the holiday is....nothing. They trade squatting for shopping. They spend more money on Christmas cards than their health. They view a longer walk into that crowded mall to b all the exercise they need. If you really wanna defeat the holiday waist wideners, don't neglect ur workouts. If ur gonna knowingly increase your ingestion of bad calories, then in turn it only is common sense to increase ur workouts. If u have been Practicin 3 days per week, it better go to 5. If u workout nearly everyday as it is, but u really wanna treat everyday after the Thanksgiving feast, as if everyday is a Thanksgiving feast...then workout twice per day. At least that way u may be able to maintain all the work u have put in thus far.

At no point am I proposing we forgo all the holiday treats. But treats are called treats, because ya ain't suppose to get em all the time. Otherwise that style of food would not have a special name or category. Desert would just be Dinner. And if dinner and desert are already to synonyms n ur book....then why r u even readin this.



Ashley (above) and Mindy (below) showin what a full range of motion leg raise can really look like.



# Abs, Abs, and More Abs



Practitioners always look the coolest dressed up. Next year Practice Halloween POD. Chris and Sarah at the top, and Ann, Mary Pat, and Michele, on the bottom.



“When do we do Abs?” Or “what can I do xtra for my stomach?” These r 2 very common questions which seem to arise quite frequently. They are defiantly not the only questions, but I only have like a page so we will stick with this.

Due to jaded advertising, media mis-conceptions, and all out televised lies most individuals believe the way to a strong mid section is roll around on the floor for a bit in what resembles sitting up, and whala.....cavernous abdominals u could grate cheese on. The truly “informed” of the “un-informed”(non-crossfitters) may add to their boasting of how they only eat half a pizza each night instead of the entire pie. The whole while contesting why those numerous crunches ain't doin shit.

Admittedly if u haven't taken the time to study what will make those Abs look like a 3D road map u will fall into the hype, of home equipment, and 5 minute Ab videos.....just a sec though. Writing that brings another subject to light. If u haven't taken the time to study....pay someone who has. That's why there r trainers. People that study every avenue of fitness. Test it. Then pass that onto u for a nominal fee, so u don't have to do the studyin, or testin. For that matter that is why there are mechanics, doctors, lawyers, accountants.....blah blah. Seriously though, do u sit around readin up on how to perform your own appendectomy. If u like me, u could do your own taxes....then the IRS could come close my ass down. There is a reason I train people not add or subtract numbers for a living. Enough lecturing on where to spend ur money, but its only common sense. If u keep doin stuff that aint workin, pay someone to show u the right way...then do what they say.

How bout a challenge. Ask every random person, or family member, or whoever u run into in a day to do a sit-up. Maybe 5. What the hell...10. I bet they all could do them. From grandpa, to that guy at the office u could never imagine without some kind of food getting shoved into his face.

By: Josh Bunch

# Abs, Abs, and More Abs



For your viewing pleasure. Overhead squats by Matt(above), and Chastity, and Chris(below).



By: Josh Bunch

This is kinda off the beaten path, but go tell an average doctor ur knee hurts. Eventually u will get around to ur workout, and he will say stop squatting( which is probably ok for him to say because if he doesn't know who trains u there is a chance u could just be doin it wrong, and he can't b there to monitor u assuming he knows the right way himself). The next things is to say "Then how do I get off the toilet". Arguments withstanding, this can be skewed of course, but it holds true to abs as well. Try to get off the floor from a sitting position without your Knee getting to an acute angle....it is doable, but weird as hell. Now get outta bed without hip extension or sitting up at anytime....again doable, but if ur not fast u will face plant on the floor.

Now for the reason I brought up squatting in a Ab article. In that same sit-up challenge were everybody passed with flying colors. Give them a 45lb barbell, and ask for it to be pressed overhead. If they are strong enough to press it, ask them to Squat with it overhead. Hopefully ur insured cause 9 outta 10 barbells are comin crashin down. If u can get your hands over ur head, and are strong enough to press the weight, u can squat it.....unless all those sit-ups do about as much as getting off the toilet does for leg development. I'm not raggin out sit-us entirely. There is a time and place. But that is one of the very reasons u will see tons of overhead movements at Practice, as opposed to millions of sit-ups. We do whats hard cause it works. We leave the easy stuff to the people who r afraid of the challenge, and who like to look, feel and perform the same everyday.

U heard it here. The holy grail of hot abs is puttin heavy shit overhead, stabilizin it, and movin it all over the place. Overhead Squats, Snatches, heavy presses will always outdo sit-ups in muscle recruitment, and cost to benefit ratios. Meaning 1 heavy overhead squat is like doin 25 sit-ups. So u get way more out of it for the shorter time u put in it. I could infomercial this stuff, but here's the catch...nobody can do em. They are hard. They are scary to teach if ur inexperienced, and it looks weird as hell to have people do them anywhere other than CrossFit, cause most will never get it....what is preached to the masses is something everybody can do at home with zero risk, and zero results....sit-ups for hot Abs. If u are finally ready to be in the minority, Practice preaches the best movements done the safest way possible with proper education, for the quickest results possible.....Overhead Squats for hot abs.

# Practitioner of the Month

Working out daily=good. Working out daily the right way=better. Working out daily the right way with someone whose mere presence makes u wanna be the best u can possibly be=best. Sarah=hard worker. Sarah=diligent. Sarah= motivational. Sarah=one kick ass girl who never walks away from a challenge, ridiculous POD just for the sake of bein ridiculous, or stuff most just really don't like to do because its super hard. If ur a practitioner u know the game, but for those of u who aren't, here is a super quick rundown. Hard fast heavy short varied workouts .....that pretty much sums it up. The PODs are always there and of course they work and work faster than any other program. Admittedly it takes a certain kind of person just to Practice with us at all. Add a constant need for improvement to that rare determination it takes just to come through the door everyday, and u may have an individual like Sarah. She may look at me like I'm crazy from time to time. When either I'm showing her a movement she has never done, or putting some stupid heavy weight in front of her, waiting for her to move it, and u know what, she tries it. Sometimes she succeeds, and other times not so much. But check this out. Can all of u out there reading this now honestly say u r physically and mentally challenged on almost a daily basis, solely because u choose to be. One of the truest forms of integrity lies within the person unafraid of failing at something, and then repeating it until they succeed . Success is easy. Success following failure.....not so easy. Sarah deserves the utmost respect. Not just because she's good at the game, but more importantly, the attitude she plays with.



Sarah King



By: Josh Bunch

# Testimony of a Practitioner



Ashley Westerheide

As a “normal” person searching for the quickest way to get fit and in shape I did the obvious and joined a gym. I would spend a minimum of 1½ hours every day doing the same thing over, and over again. After awhile, I became disappointed with the lack of results so I started spending more money (on top of the monthly gym membership) to take fitness classes. Once again, I became disappointed with the lack of results, not to mention very bored of doing the same exercises every day. In search for a way to “bump it up a notch,” I found a way to bump it up more than just a notch.

I’ve been at Practice for 6 weeks and the results have been triple what I had accomplished for years the boring way. Each day at Practice is different; I have not done the same workout and even better, the longest workout I’ve done was under 40 minutes. The trainers at Practice are excellent coaches and they strive to satisfy each of us, no matter what fitness goals you may have.

I am no longer a “normal” person, I am a Practitioner!



# Get “N’Zinc” for the Cold Season

We went to the moon, broke land speed records, industrialized the world, and even figured out how to instantize coffee. With all these wonderful accomplishments, we still have yet to find a cure for the common cold. The cold and flu season is rapidly approaching, and you’ll need a few tricks up your sleeve to survive. Luckily, we’ve got an Ace for you in the form of a metallic savior.....zinc.

There are many different families of viruses that cause the ‘common’ cold, but the MVP is a nasty little fella’ called rhinovirus. Rhinovirus is spread via aerosols of respiratory droplets and from contaminated surfaces (a.k.a. coughing in your hand and touching doorknobs). Rhinovirus’ primary route of entry into the body is the upper respiratory tract, usually the nose, where it eventually lies to rest on the back of the throat, or adenoids. Symptoms of a cold come in three stages: stage 1 = mucus buildup in the nose, difficulty breathing, and sinus swelling; stage 2 = sore throat; stage 3 = cough. Although zinc does not cure a cold, if used within these first two stages of symptoms, it has been found to curve the severity of the virus.



By: Justin Coby PharmD



# Get “N’Zinc” for the Cold Season

Zinc is believed to reduce the amount of inflammatory chemicals that are present at increased levels when the body’s immune response is activated by an infection. Though this hypothesis has never been proven, a study conducted at Wayne State University in 2000 found that individuals whom used zinc lozenges had cold symptoms that only lasted 4 days, while those whom did not had symptoms that lasted 8 days. Individuals that start zinc therapy within the first 24 hours of cold symptoms are found to have the best results, though ineffective if initiated during the third stage. Although over-the-counter zinc products are made in many forms (nasal and throat sprays and swabs), the most efficient is the lozenge, because, again, the virus comes to rest on the back of the throat. The only side effects of the zinc lozenge tend to be dry mouth.....oh, and the taste of zinc in your mouth.

On average, American adults endure three to five episodes of the common cold per year, adding up to over \$2 billion annually spent on over-the-counter products. If we’re goin’ to drop that kind of dollar, it might as well be on something that actually works. So, this winter, avoid the boxes and boxes of decongestant/antihistamine/cough suppressants, and suck on some zinc!



Justin doin everybody's favorite exercise...the Wall-Ball.

# TidBits

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

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

Beginning Nov 3<sup>rd</sup> at 6:30pm Practice will be adjusting their schedule. The Monday and Wednesday 6:30pm class will become a Skills and Drills class. This class will be great for beginners who need to be introduced to CrossFit. It will also be a welcomed review for some of our veterans, who are lookin to just get that much better. We will take individual movements that we regularly incorporate in our training, and go through them slowly, and more in depth. Making sure everyone gets it. All are welcome to come join in on the fun.