

The Practitioners guide.

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

Practice CrossFit

Volume #11

March 09

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of the Month

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Josh Seminarin

Change

Look at your hands. Do u think they have changed over the years? They have probably helped u perform amazing tasks. Let u down at times, and probably came in handy....(get it, handy...) at various times we will neglect to re-visit in at this particular time.

While they may have changed substantially, or not really discernibly to your eye hopefully the way u use them over the years has matured and progressed to a much more pronounced level of well-being.

In our little CrossFit community the more ur hands change the more u change. The change u witness is obviously physical. U can do cool stuff, like pull-ups, push-ups, deadlift things that u never would have believed possible, and all the while ur waist changes, ur cholesterol improves, and ur triple chin becomes a faint memory only in pictures of u in which u use to show ur friends how u used to look.

This all being very positive, but all side effect. Chronologically what takes place prior to the physical change is a mental shift. A change in the way u view yourself, those closest to u, and society as a whole. I believe the best facilitator of this monumental shift in mental acuity is also side effect. A very beneficial side effect to the drug which is CROSSFIT.

Back to those beautiful appendages we chose to label as hands. Those sore moguls that just never seem to get a reprieve from the continuous punishment of a life of fitness. Have u ever went to shake the hand of someone for the first time, and thought to urself, "I wonder if they can feel my calluses", or "I swear if u shake my damn hand too hard I'll tear ur throat out cause u have obviously never done 100 pull-ups in your entire life, so don't act tough with a firm grip". PCFer's think about odd stuff huh.

Have u ever stepped back and truly given urself time to reflect on the person who now extends their hand to another. How much CrossFit has changed you.



Melissa, Sara, and Terra Bear Crawl, or crab walk.....Terra below push-upn.



Change

Anybody, and everybody can CrossFit physically in some fashion one way or another. Ur never to old, slow, young, fat, tall, short, to PCF in some capacity. What stops people form CrossFitting with us is their minds. We will gain a little over 1% of the population, because that 1% is all who will believe that they can do it, when al the while the other 99% that is also able will never reap the rewards. They will play the woe is me card, blaming everything, and everyone else on why they won't, or can't CrossFit, or doing the saddest of them all, admitting they just can't cut it mentally.

A sense of exalted self-worth is totally acceptable just for being one of the 1% willing to go after the unknown. Willing to put yourself to the test. Ur super-damn cool, and u should feel that way everyday, because u made the decision to begin your CrossFitting life. No-one did that for you. U are that damn special, and on that first day.....u know nothing of what u will be as u continue. Hell u could have been all motivated out came in to PCF for your first free wko, and upon leaving that first torturous 10 minute session said...."No &%\$@in way, that's too hard for me". Its takes a true warrior to return to battle the second time, after they know the horrors of war. Therein lies the beauty.

Every single day u return to PCF you are effectively choosing to be better at life than all those who do not. Of course physically u will change because of the consistency applied to the program, but the mental changes CrossFit provides are priceless, due to the ever present intensity required to make the program work in it's utmost.

While arrogance could just be confidence on CrossFit, I believe PCF wkos instills these in massive amounts, and the kudos go to the returning champion willing to play day after day. Willing to be dirty, hurty, and bloody. U r unique as unique can be because through CrossFit u have created a brand new confident/arrogant version of u.

U wanna argue, or just haven't seen it. Or are not a PCFer, and r kinda confused.....lets site example.



Abby, Stacy, and Michele goin Overhead....Matt below Gracen



Change

Positive Side-effects to PCF

1. Have u ever handed a teller your cash at a checkout line, felt those nice soft hands of hers and thought "she sucks at pull-ups".
2. Have u witnessed a friend or loved on putting away groceries, looked at the clock and thought...."I bet I would get it done in under 2 minutes".
3. Have u ever had the pleasure of being engaged in an in-depth conversation with a co-worker and the entire time u have been internalizing how if u would of just not set down the bar on that last thruster U would have PRd today.
4. How bout past meetings with bosses, where u lacked the confidence to rise and make urself heard, because u believed ur appearance to be less than stellar, and the thought of standing and showing that off in a group of ur constituents would mortify u beyond belief. However, the new u gets ur ass out the chair and makes sure all eyes r on u while u finally get to express the thoughts, and ideas u have been holding back all this time.
5. Has CrossFit taught u how to walk away. Do u find yourself listening much less to those u just wish to prattle on about excuse after excuse. At one time u may have been a part of that crowd, now what do u do? Are you realizing some friends aren't friends? They just want you there to tell them how bad everything is going in your life immediately after they are finished giving u the horrible synopsis of how their life is worthless. CrossFit teaches u to either bring these folks in for a wko....or leave them on the side of road.
6. How's ur posture? Do u walk more upright now because PCF fixed that back problem, or because now u know what u are capable of mentally, and physically, and the herd around u is not.



Katie extendin.....Walters,
and Mindy below swingin



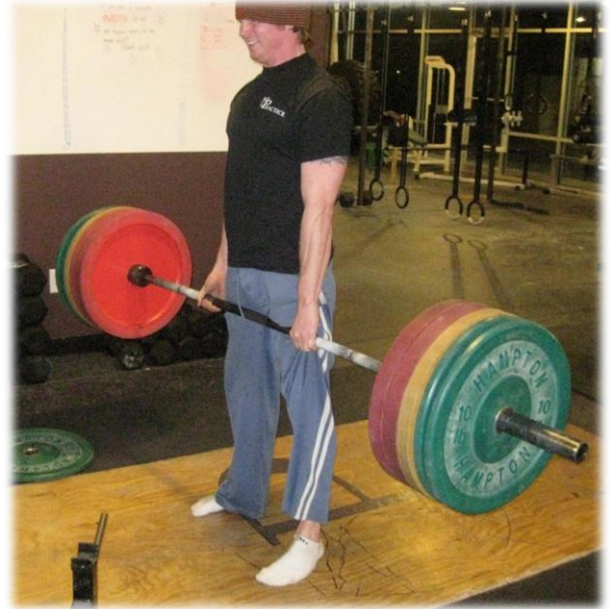
Change

7. When u arrive at a restaurant with friends do u just dive into the atrocities laid before u, or do u exercise self-control the entire time pitying ur friends as they inch ever closer to death by bloomin onion.

While this may seem entertaining, odd or even arrogant it still speaks volumes for what CrossFit does. When u CrossFit for a certain period of time (different for all) u begin to view yourself and society in a very different way. U no longer have the shackles of conformity locked around u. U become free of all the trivial nuances u previously let affect u and ur well-being. Ur mind begins to work in such a way, that mirrors addiction perfectly. As opposed to drug addiction, a PCFers high of choice is a challenge. Win, compete against, lose, it doesn't matter. It's the ever present search for the difficult. The road less traveled. U r not welcome with the herd, because if all goes awry they know u will survive and thrive, and they will b ur food.

My life has lead my to the most interesting field I can imagine. Not only am I personally a CrossFit addict, but my addictions do not end there. Being addicted to the slide-show which is mental human change stacks right up there with heroin (I guess I've never tried it, I just assume). I get to watch PCFers change over the course of multiple PODs. Demeanor, attitude, and character changes are just a few. When someone who will hardly speak their 1st PCF day becomes a chatter box by their 2nd month, do u really think this is just them getting comfy with those around them. More succinctly it is a very real personality shift created by CrossFit, and I luv watching it all unfold.

Crossfit lends itself amazingly well to physical prowess, but sometimes the mental state is neglected. U got/get better, because in ur head u got/get stronger first, then ur body just followed suit. Physical changes are easy. Physical changes are by way of mental re-programming. Physical changes are a much welcomed side effect to growing addicted to ur daily dose of PCF.....Did u take ur Meds today?



Matty Deadliftin.....Stacy, Betsy, Hector and Katie below jumpin.



By: Josh Bunch

Testimony of a Practitioner

By: Nicole Rhodes

As with anything else in life you must find what works for you. I, along with everybody else, have tried a million avenues of fitness. When I walked in these doors nearly a year ago I had no clue my life was about to change. The amount of dedication and passion that runs through the veins of the people here is amazing. And the best thing about it is that it is so addicting. Which in my opinion is exactly what it takes to succeed in any adventure. I have worked out and counted calories for many years. Nothing, I repeat, nothing has ever worked like this. I see the success of this program as a combination of a great workout, enormous trainer support, and everyone becomes a family that walks in the door!!!! When we are ready to puke or pass out there is always someone there to scream until we move. At times that is due to just love for each other and at other times it is just cause your in their way. But regardless it gets you to move faster, push harder, and improve your time. This is a program everybody should at least try once in their lives. It will change your outlook on life and show you how strong of a person you can really be. I guarantee that. It has brought out that drive I knew I had but couldn't get it to show through in my workouts. And the physical results, well I am more than pleased. Most of the people here are unrecognizable after a couple months here. That in its self says it all!!!! The best program in the world!!!!



Practitioner of the Month

Im sure Im not alone when I recount my first thoughts upon meeting Lauren. I remember this happy, smiling, talking, individual who never seemed to miss a beat. Those around her just can't help but get a little contact buzz of enthusiasm for the way at which she seems to drink in life. She's questioning about anything and everything. She confronts u with statements others may neglect because she seems to have little fear. She insights competition due to the fact that good or bad, she gives it her all. I am positive Lauren is on the floor makin sweat angels at the end of every workout. She has become our ever present example of Intensity, which just happens to be the hardest, and most important part to the PCF equation. Lauren makes me aware of CrossFit's ability to focus energy, and we all know Lauren has energy for days. With the characteristics Lauren has brought into PCF with her, it makes me think where she will be 4 months from now. I see Lauren progressing an already gifted personality, into an even more pronounced fountain of excitability for a fit and healthy life that no-one will be able to deny. Its one thing to have the attitude of a champion, but when ur body holds u back from what u could accomplish, u never get to truly know what ur capable of. All Lauren is doing by CrossFitting is adding jet fuel to what had previously ran pretty good on regular. I say lets watch the show.

By: Josh Bunch



Lauren Summers



Terrible Tears

As I sit to write this article, I can't help to look down at the chunk of callus missing out of my left hand, like a palm road-map canyon. We all know what I'm talking about. Whether on the palm, lower fingers, or inner thumb these tears are just apart of the beast that must be accepted to "play the game". The question is, what do we do to cure these tears, and how can we avoid them as much as possible? I would like to go through the tear process, step-by-step, to analyze this crossfit speed bump.

Step 1: Initial Tear

If you're kippin', you're tearin'...just that simple. So should one stop mid-wod as blood pours out of the tear? Its personal preference, though the damage has been done, and, if the pain is bearable, won't affect the healing process. Wrapping up the offended hand will make the rest of the wko able to complete. If CSI were to come into the club and hit the pullup bar with luminal, my bet is that it would light up like Ed Gein's basement. Bleed with me friend.

Step 2: Post-workout

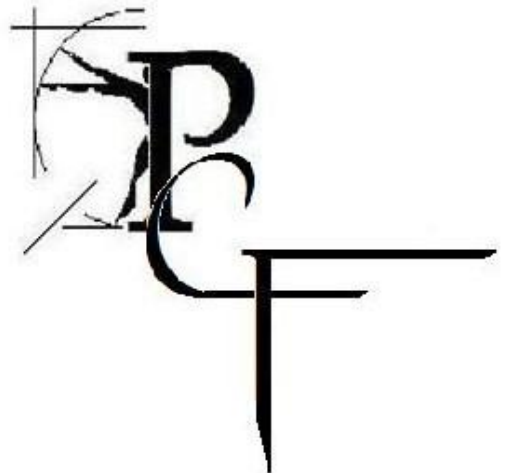
You made it through the wod firebreather...be proud. You saw a fork in the road, and decided to take the rough terrain. Now how do we deal with the aftermath? We may be tempted to rip that bit of dangling skin that remains of the callus...don't if avoidable. Once the tear is thoroughly washed with anti-bacterial soap and warm/hot water, try to press the loosened skin back down upon the raw skin to act as a natural band-aid. Notice we didn't treat the cut with table salt, albeit badass, there is no need for this excess pain. If the ripped skin is not salvageable, make sure to cut, not tear, any inconvenient pieces off.

Step 3: Home Care

When away from the club the idea is to sanitize and cover as best as possible. That first shower is complete hell, but don't shy away from applying the soap on the wound even if it does feel like sulfuric acid. If you were able to save the skin, then place triple antibiotic ointment on a band-aid and try your best to keep it applied. Notice that we're using an ointment and not a cream, this is crucial for the ointment base will keep from absorbing into the skin and will require less application. If the skin could not be kept, you can do the same as above, but I would suggest using a "fake skin" band-aid. The Band-aid brand Advanced Healing Blister® seems to work well. With these coverings, there is no need for antibiotic ointment, and they should be left on for several days if possible. Band-aids placed on an awkward spot, like a palm, have a tendency of falling off. If need be, wrap the hand with the self-adhesive wrap through the day. If folks ask what happened to your hand, just explain that you're awesome.



Justin Coby PharmD



Terrible Tears

Step 4: Back to the Grind

When doing the pod with open tears, it's crucial to wrap *excessively*. The more padding the better...pretty obvious statement, I know. While the healing process continues, and the band-aids are placed aside, be sure to use a moisturizing lotion to enhance new skin development. During the colder, dry months skin cracking is the ultimate nemesis of rejuvenation. Before you know it you'll have fresh skin to re-tear!

Let's be Honest

While preparing this article over the month, I've taken some time to talk to some of our members about their tears. Some were at the point of lethargy to the fact, and others were quite loud about their desire for a resolution. Some had found their own ways of healing the tears, some still quest for the Holy Grail, and one had all but convinced be to start an illegal silvadene cream ring out of the club. Thankfully, the good Lord created us to adapt. The only way our hands are to adapt to the constant trauma of the wods is time and patience. The more we tear, the quicker our skin will grow stronger and rip less. Be sure to file down your calluses, as this will prevent easier tears, and stay consistent with the workouts. Whether this is your first month with Practice Crossfit, or you're working into your second year, rips will occur. Look at the tear, enjoy the pain, and, most importantly, stare into the mirror and appreciate the results. To steal a quote from the poetry of Lil' Wayne, remember "It ain't the gettin' to it, it's the goin' through it".



Can u name
these
hands.....and yes
they are all
women..tough.



TidBits



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The “What is Fitness Seminar”
went off splendidly. Thanks for
all the help. PCF wants to
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tell me. Schools, churches, civic
centers, meetings, business,
health fairs, whatever we
wanna be a part.

