

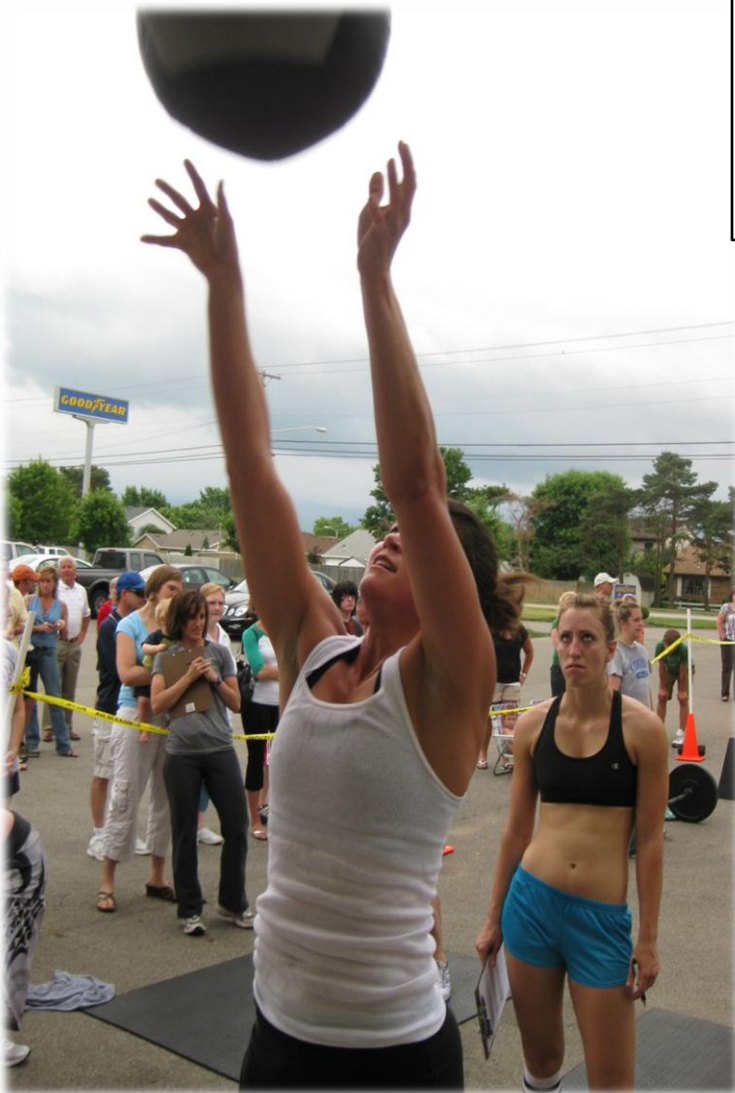


# *The Practitioners guide.*

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

## Practice CrossFit

Volume #15  
July 09



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Be

-My Savior

-Practitioner Of  
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# Who Do U Wanna Be

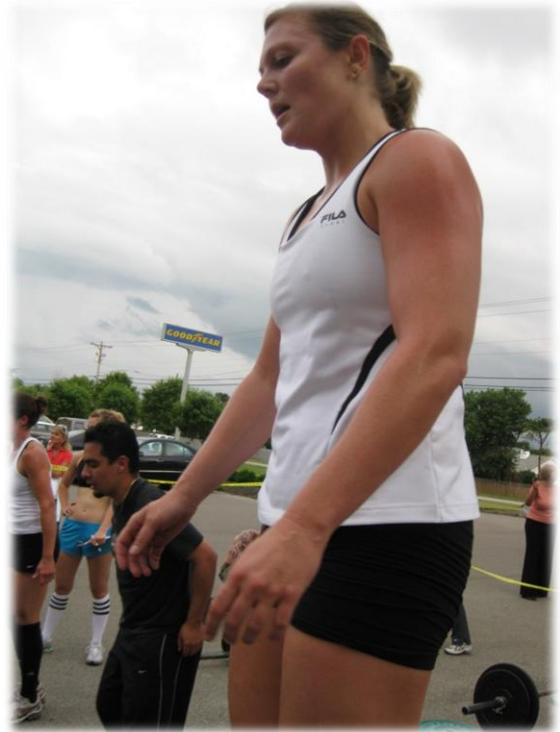
Years ago, could you imagine you would be where you are now? Living the life you are. Looking the way you do. Having faced the challenges you have. If I had asked you, "In five years, where and what will you be doing",.....would your estimate have been correct?

A simpler question maybe. In five years, what do you not want to be. It seems as individuals its hard to relate to the extremely positive, so I would bear to reason we could much easier come up with exactly what or where we don't want to be. Think about it. As most humans we define ourselves by points of misery or trials, not by the fruit fullest of times. Quickly name the last 3 really good days you have had, and why. Now, name the last 3 really bad days. Were you able to do both.....or just bad ones. Change your thinking and you change people.....change people and you change the world.

"Act as if". This phrase will apply to anything. It relates to the view, and absorption of all the activity around you. It basically says, don't feel harmed, and you won't be harmed. "Act as if", everything is a positive(because everything can be), then everything simply is.

But, for the sake of the argument, I can tell you exactly how I don't wanna be, and who I don't wanna be like. As an author I get to be the one on the chopping block, and tell personal tales many would be mortified to have others learn, but if the true goal is to help others while simultaneously somehow absolving myself from being on the proverbial soapbox....then what the hell, right.

I personally do not wanna be like anyone. I want to be like an idea rather. But the descriptive notion of what I will do anything to ensure I will not be like is simply, my Father.



Fight Night  
Fundraiser Fun



# Who Do U Wanna Be

Don't misread as in I dislike my Dad. Or that I'm tossing out some sort of preposterous claim to a harder than average childhood. I was fine everything was fine. Everything that happens, somehow makes you better for it. However, on that same token he was a perfect example of how not to live.

Maybe I, as many others, would have been to stupid to realize the cruelties first hand that drugs and alcohol can cause, so God gave me a first hand example. He gave me a front row seat to what a man will look like as he falls apart physically, until he reaches 50 years old and is partially crippled from a stroke he himself induced, do to far too many drunken nights, and 2 packs of cigarettes per day.

It is said the child of an alcoholic parent is 4 times more likely to become an alcoholic. Bullshit. That is a blanket statement processed by the few to make themselves feel better for not changing their own family history. If you witnessed first hand something of ill refute...then u knowingly consent to the exact same behavior, u get exactly what you deserve. That is the truest definition of insanity if you go into it expecting anything different to happen than what you have already been privy too.

This should hold true then for children of lazy inactive parents. When does the cycle break. After you have witnessed the improper behavior it should be tons easier to go down the smarter path.

Do I workout hard, and eat right today because I like to look good without clothing, and I like the competitiveness of my cohorts and our accomplishments. Or do we invest in all this semi-grueling CrossFit activity today so that a much later tomorrow will be better.



# Who Do U Wanna Be

As I sit across from my Father days ago watching him rock back and forth in his chair several times, angling his cane in such a way it promotes him to become vertical after much effort....I think "If I can in any way prevent that by a stylized lifestyle of so called healthy living and super hard activity, I will". Short of an act of the almighty I will not become this due to inactivity or the same choices.

It became very clear that what I started out of sheer vanity, had immediately morphed to much more. Subconsciously I may have known this all along, but we act much differently when confronted with those rare self-realizations. I, as I'm sure all of us do, very much enjoy lookin cute when disrobed(at least I hope I do), but now its importance is somehow lessened. It may now be more important to me to have the ability to remove those clothes 40 years from now, as opposed to an assistant doing it for me because I was just too damn lazy to put the work in today.

Can you say indefinitely what you want to be like in the future....or does it evolve constantly? Fair enough. But I'm sure you reading this can immediately come up with what you don't wanna be. I love my Dad, but in no way does that obligate me to drudge down his same path of debauchery, and unhealthy living resulting in a current situation that most likely could have been prevented.

The motivation for our actions today could have a very beneficial outcome tomorrow. Whereas vanity has its place, and clearly so if it keeps you in the game, then so be it, but if you need additional motivation other than your ass in a bathing suit, or a bigger chest than your best buddy, then imagine yourself 30 years from now if you stayed on the same path. If your fat, lazy and unhealthy now.....ding, ding, ding....its only gonna get worse. If you're a regular PCFer now and you continue to try and better yourself every day with proper eating and CrossFit activity chances are you may add years to your life, and I'll wager that life your so vehemently investing in will be much more worth living because of it.

If what you do today echoes in the future, u better yell your ass off now, so your who you wanna be tomorrow.



Group training at its best above-Adam snatchin in the middle-Mindy pullin at the bottom



# My Savior

In a recent blog post, the question was asked; "Better to play and always lose or not be able to play at all?"

I don't think it is in a crossfitter's nature to LIKE to lose, but having not been fully in the game for the past month and recently not at all, let me tell you, competitive as I am, I JUST WANT TO PLAY!

This past month has given me a new love and respect for something I previously would shun. That one letter of the alphabet when written after my pod time that would make me cringe. I would work extra hard and even try absurd negotiations just to keep from seeing that "M".

My perspective of the "M" has changed because for me, no "M" equals NO Play.

Having been injured and recently having surgery has me down and there is no way I could hope to play any time soon without it... My challenge to you is to see the "M" as I do.

1. Modified does not equal EASIER ! It simply means something is different than what was prescribed, be it weight, full range of motion, progression of a skill, or perhaps entire exercises substitutions. Some of the modifications I have had to do were much harder than what was prescribed....remember Fight Gone Bad with the burpee substitution?

2. Modified is our means to excel. None of us would have gotten where we are with every crossfit skill we have learned and improved upon without it.

3. Modified meets every person where they are. It is how we grow our crossfit family. Newbies are awed but also intimidated by a crossfitters skills. We need to demonstrate respect for the M so that our new crossfitters don't feel they are "less than" rather they come away proud to be a part of our fitness family.

Modified is the rehabilitation to the injured. Injuries happen....without the ability to alter, weight, reps, exercises, whatever...we would be on the sidelines for much of the time waiting to heal. Or we would foolishly play anyway and risk permanent debilitation. (just a side note: don't be foolish)

I hope you see the "M" in a different light. You needn't feel shamed for having it when you need it. That said, when you no longer need it, tuck it away and forge ahead. I have found the "M" to be most forgiving...no matter how often I have pushed it aside or even trash talked it, it's always here when I need it.



Terra Kennett



# Practitioner Of The Month

Sometimes you run into this breed of human that immediately loves CrossFit.....I doubt heavily this is Abby. Rarely you run into those that require little effort to immediately be a good Cfer....again, not Abby.

Week after week Abby showed. Instead of instantly falling for CrossFit, she seemed to force the habit we all need to make. Its easy to do something you love everyday...but when u don't start out that way, it's a much more commendable behavior. Hey I never said you had to like Fran.....U just gotta do it.

It seemed everyday Abby got a little better, and didn't fret the POD quite as much. All the way up to today when I am no longer prodding her just to completion....but rather goading her into numero uno on the board.

I believe she is very competitive, and that side of her shines more and more everyday. I see a strong woman who may not have been entirely sold on the value of showing that physical strength until now. I see a CrossFitter who maybe used to think lifting heavy weights overhead would make you bigger, but now she knows, you get smaller. Most importantly though, I see an example she has instilled that says, something's you do in life just because you should, and hopefully along the way you have your faith rewarded.



Abby Flinn

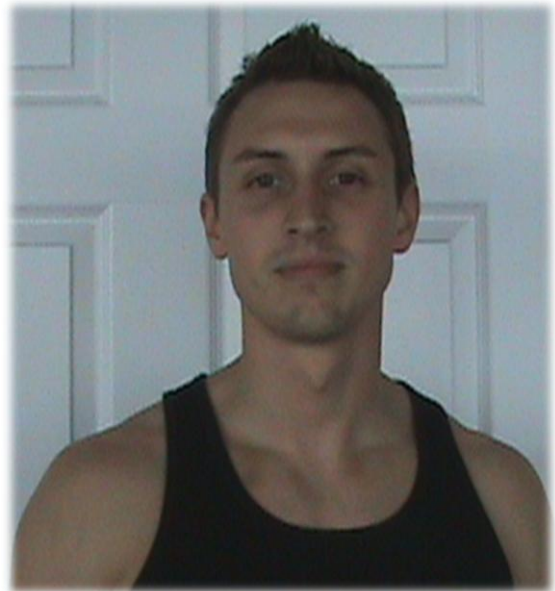


# On Bended Knee, Part 1

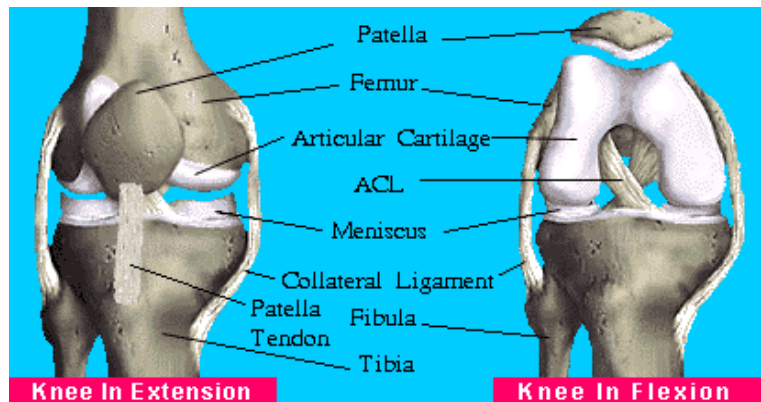
Whether young or old, male or female, tall or short, insanely ripped or pleasantly plump, if you're a crossfitter you WILL experience some form of knee discomfort.....side note, I use the word discomfort, because pain has such a derogatory repute. If this first statement had been made to me a year ago, I guarantee I would have sneered in disagreement; however, recent personal experiences of shivering in agony while rising from a squatted situation have changed this music man's tune. What do these varying pains in one of the most important joints of the human body mean? Why do otherwise superior athletes have these issues? Our goal in this series of articles is to analyze, hypothesize, and....answerize these queries.

## Anatomy

Like an inquisitive child, if we desire to understand the knee we must first take it apart. The knee is essentially made up of four bones. The femur, which is the large bone in our thigh, attaches by ligaments and a capsule to our tibia. Just below and next to the tibia is the fibula, which runs parallel to the tibia. The patella, or what we call the knee cap, rides on the knee joint as the knee bends. Between the femur and tibia sits a structure made of cartilage, which is called the meniscus. The meniscus, along with the articular cartilage upon the bone, helps to protect the joint and allows the bones to slide freely on each other. A little fluid sac called a bursa, surrounds the knee joint and helps the muscles and tendons move without restraint as the knee undergoes flexion (bending) and extension (straightening). There are two cruciate ligaments located in the center of the knee joint. The anterior cruciate ligament (ACL) and the



Justin Coby PharmD



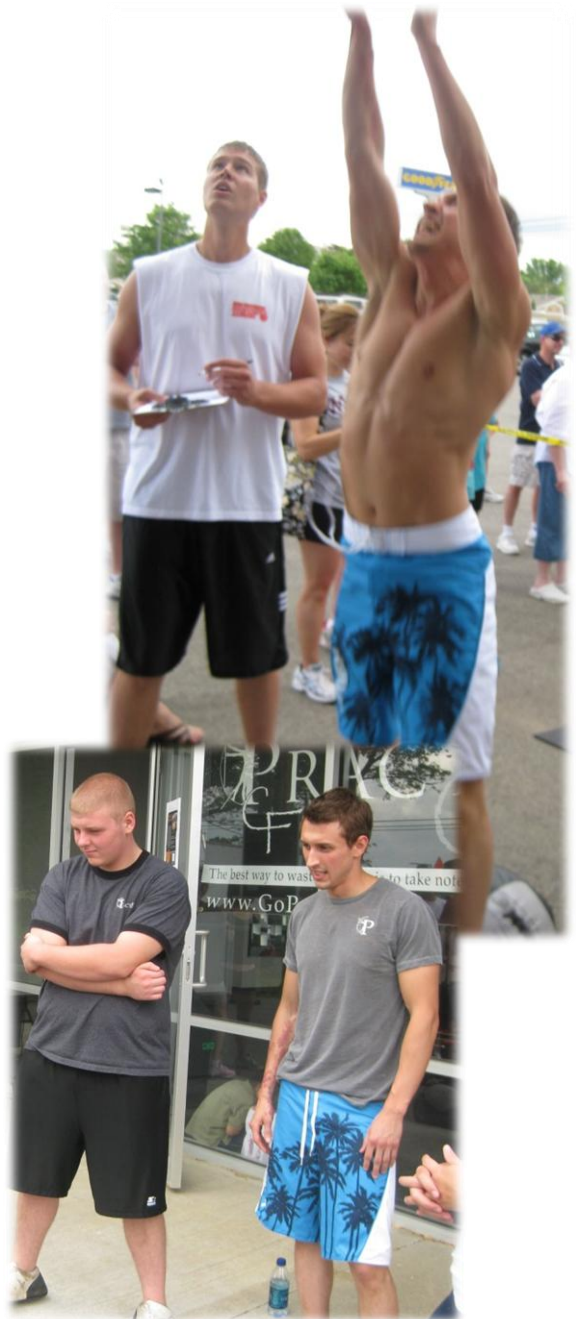
# On Bended Knee, Part 1

posterior cruciate ligament (PCL) are the major stabilizing ligaments of the knee. The PCL prevents the femur from sliding forward on the tibia (or the tibia from sliding backwards on the femur), while the ACL prevents the femur from sliding backwards on the tibia (or the tibia sliding forwards on the femur). There are also two collateral ligaments located on the sides of the knee joint. The medial collateral ligament (MCL) holds the femur to the tibia on the inner side of the knee, while the lateral collateral ligament (LCL) holds the femur to the fibula on the outer side of the knee.

## Functionality

When we move our knee, it doesn't *just* bend and straighten like a hinge; rather there is also a slight rotational component, which may contribute to injury. Knee movement relies entirely on the major muscles and ligaments of the leg. The quadriceps, via ligaments, connect to the front of the knee and are responsible for extension, while the hamstrings, via ligaments, join into the back of the knee and cause flexion. Doesn't require Wikipedia to figure this out; however these statements knock on the door of a greater issue. From this we can conclude that knee injury is dictated by our muscle and ligament strength, as well as, stable movement upon the joint. To be blunt about it, weak muscles working amid ligaments that are damaged or inexperienced, if you will, performing movements improperly can make for some wicked knee injuries.

To conclude the first piece of several on our mid-legged friend, we now understand the composition and movement of the knee. Next, we will use this knowledge to apply it to our "practice", from proper development to accurate motion. If we wish to fix our knee pain we must first analyze how improper function leads to the damage that causes our discomfort. Stay tuned firebreather.



# TidBits



Join Ryan at 11am Saturdays for Kid Fit, a class dedicated solely to the physical advancement of our young athletes. Open to all cost is \$10 Per Child.

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



The PCF Intro Class will begin again shortly. If you know of anyone interested in starting CrossFit this is the class for them. \$10 per person to learn the ins and outs of the best program known to humankind

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