

The Practitioners guide.

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

Practice CrossFit



Volume #13
May 09

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Thru Ur Eyes

Ask yourself this...As you wander through the day, are you having random good moods, while waiting for the bad things to happen, or are you just stumbling on occasion, while always moving forward?

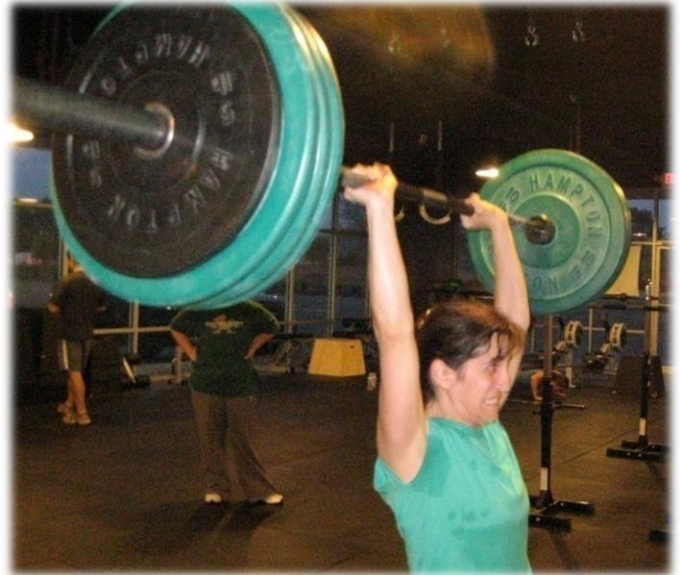
Positivity is cliché today. Positivity is in a bottle given by a pharmacist, RXD by a DR. Positivity is sold by the latest guru repackaged, to fit whichever consumer is in front of them with a fist full of money. All novel concepts, all wrong, unless you're the Dr makin money, the pharmacist providing a service, or the guru hocking a new self help book without actually helping.

I'm all bout books, so don't get me wrong.....currently I'm 16 wonderfully unfinished chapters into my first book. But to pen a valid motivational book you must impart behavioral changes that will continue to work for years to come. It must first identify the problem, not be afraid to voice it, provide solutions for the problem havers, so that they can become problem solvers.

The first in a long list of applications which can come in handy on a daily basis is the self-realization of just how your personality dictates your behavior through the day. The first question I asked if answered honestly should be enough to show you which end of the tracks you are on.

Balderdash you say. You can't just walk around all day thinking everything is sunshine and kittens.

While a false sense of detachment to every single thing happening around u is not healthy either, there is something to be said about how you process the information arriving at your brain on a daily basis, and when it comes were you simply reactive, or were you proactively reaching for it, occasionally getting your hand slapped back.



Mitchell pushin...Benny Pulln



Thru Ur Eyes

To illustrate further:

“Choose not to be harmed and you wont feel harmed. Don't feel harmed, and you haven't been harmed.”

“Today I escaped from anxiety. Or no, I discarded it, because it was within me, in my own perceptions—not outside.”

“When you wake up in the morning, tell yourself: The people I deal with today will be meddling, ungrateful, arrogant, dishonest, jealous and surly. They are like this because they can't tell good from evil. But I have seen the beauty of good, and the ugliness of evil and have recognized that the wrongdoer has a nature related to my own—not of the same blood or birth, but the same mind, and possessing a share of the divine. And so none of them can hurt me.”

“Because your own strength is unequal to the task, do not assume that it is beyond the powers of man; but if anything is within the powers and province of man, believe that it is within your own compass also.”

Clearly Marcus Aurelius was a brilliant man. The above quotes are derived from his writings, and demonstrate a conscious view most are void of in today's world.

People suck, days suck, relationships suck, only because we let them, and we let others effect the way we feel. Also, we are less than considerate about how our behavior effects the way those around us feel. (Contradictory statement at its best I know. On one hand I say don't let others effect u, on the other I say watch how u effect others.....hmmmm. What to do???) Maybe be considerate to all those u meet, and the rest will come out in the wash.)

When its time for a challenge do you let the possibility of failure creep in, or do you view failure as just another activity to promote advancement in a direction you may need improvement in. After all isn't experience just another name for the mistakes we have made in the past.



Various PCF ladies all bringin their A game everyday

Thru Ur Eyes

Patrolling your little corner of the world in constant fear of the negative serves no purpose. Fretting over your boss's visit will only make it worse. Believing the economy is anything more than a fake system created by man, gives it power over u it cannot possibly have.

You can apply this to just about any area of life u choose. Do u let your career effect you. Do you let negative words from the social crew u run with have a detrimental impact on your personality, and how u treat those u love. Do u give that cheesecake power over u because in some way u have made it more valuable than a damn piece of cake.

Take the initiative necessary to reform whatever may be holding you back today. Whatever is holding you back is entirely created by you, because u believe it to be there. Make whatever is blocking your way, become the new way.

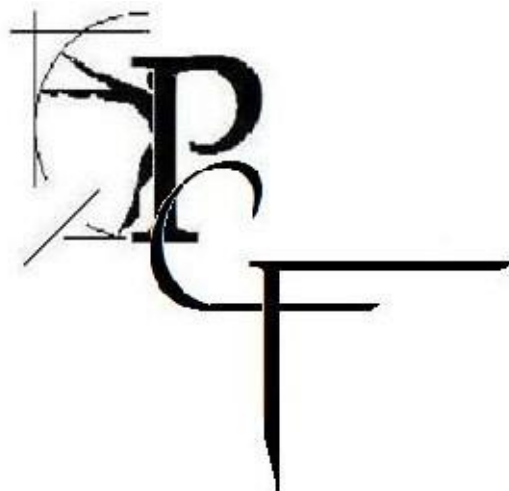
Marcus Aurelius used this exercise to help him put things in perspective:

“Run down the list of those who felt intense anger at something: the most famous, the most unfortunate, the most hated, the most whatever: Where is all that now? Smoke, dust, legend...or not even a legend.

It all boils down to the power you give everything around you. Foods just energy, workouts are just activity, bosses are just individuals who get to tell people how to work, not how to feel. Some are necessity, some are not. U must have energy to survive so eat....but it need not be donuts. U must perform activity to add life to your years.....the harder the workout the better ur life. U probably need a job.....but it does not define u. Actions define people. Words have no power, unless u let them.



Lisa Swingn



Practitioner of the Month



Melanie Nutt



Upon meeting Melanie for the first time, I thought, "Now there's a sweet girl, kinda quiet, shy."

That was the beginning. After time I began to realize while Melanie has a very warm demeanor, which makes everyone naturally like to be around her, she also has some very interesting reserved qualities you have to really look for to see.

For instance, she aggressively listens....what's aggressive listening u ask. It's the ability to pay attention to the person In front of u instead of just waiting for your turn to talk. Melanie is patience tempered with ambition. She wants to look and feel a certain way, but she is intelligent enough to realize sacrificing technique or quality is no way to get there.

A sincerely competitive individual at heart Melanie competes with the most difficult person to please daily.....herself. She doesn't show up to put up great numbers(although she does and when she does she smirks and leaves victorious, without post game antics.) she plays the game because she wants to reap the rewards for herself.

I take nothing away from the athlete who outwardly competes to be the better against their peers, but if they perform poorly they may lose face to another human they will more than likely be leaving the immediate company of after the WKO. However, in the case of Melanie and individuals like her, inward competition with themselves, makes poor performance a much harder pill to swallow. U can leave another human, but ur stuck with itself. This type of athlete is either on a slippery slope waiting to fall, or advancing with Melanie on the hill of enlightenment continuously climbing higher eager to see what comes next.

By: Josh Bunch

the **CrossFit** JOURNAL ARTICLES

Understanding CrossFit

Greg Glassman



The aims, prescription, methodology, implementation, and adaptations of CrossFit are collectively and individually unique, defining of CrossFit, and instrumental in our program's successes in diverse applications.

Aims

From the beginning, the aim of CrossFit has been to forge a broad, general, and inclusive fitness. We sought to build a program that would best prepare trainees for any physical contingency—prepare them not only for the unknown but for the unknowable. Looking at all sport and physical tasks collectively, we asked what physical skills and adaptations would most universally lend themselves to performance advantage. Capacity culled from the intersection of all sports demands would quite logically lend itself well to all sport. In sum, our specialty is not specializing. The second issue ("[What is Fitness?](#)") of the *CrossFit Journal* details this perspective.

Prescription

The CrossFit prescription is "constantly varied, high-intensity, functional movement." Functional movements are universal motor recruitment patterns; they are performed in a wave of contraction from core to extremity; and they are compound movements—i.e., they are multi-joint. They are natural, effective, and efficient locomotors of body and external objects. But no aspect of functional movements is more important than their capacity to move large loads over long distances, and to do so quickly. Collectively, these three attributes (load, distance, and speed) uniquely qualify

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Understanding CrossFit (continued...)

functional movements for the production of high power. Intensity is defined exactly as power, and intensity is the independent variable most commonly associated with maximizing favorable adaptation to exercise. Recognizing that the breadth and depth of a program's stimulus will determine the breadth and depth of the adaptation it elicits, our prescription of functionality and intensity is constantly varied. We believe that preparation for random physical challenges—i.e., unknown and unknowable events—is at odds with fixed, predictable, and routine regimens.

Methodology

⇒ The methodology that drives CrossFit is entirely **empirical**. We believe that meaningful statements about safety, efficacy, and efficiency, the three most important and interdependent facets of any fitness program, can be supported only by measurable, observable, repeatable facts, i.e., data. We call this approach "evidence-based fitness." The CrossFit methodology depends on full disclosure of methods, results, and criticisms, and we've employed the Internet (and various intranets) to support these values. Our charter is open source, making co-developers out of participating coaches, athletes, and trainers through a spontaneous and collaborative online community. CrossFit is empirically driven, clinically tested, and community developed.

Implementation

In implementation, CrossFit is, quite simply, a sport—the "sport of fitness." We've learned that harnessing the natural camaraderie, competition, and fun of sport or game yields an intensity that cannot be matched by other means. The late Col. Jeff Cooper observed that "the fear of sporting failure is worse than the fear of death." It is our observation that men will die for points. Using whiteboards as scoreboards, keeping accurate scores and records, running a clock, and precisely defining the rules and standards for performance, we not only motivate unprecedented output but derive both relative and absolute metrics at every workout; this data has

important value well beyond motivation.

Adaptations

Our commitment to evidence-based fitness, publicly posting performance data, co-developing our program in collaboration with other coaches, and our open-source charter in general has well positioned us to garner important lessons from our program—to learn precisely and accurately, that is, about the adaptations elicited by CrossFit programming. What we've discovered is that CrossFit increases work capacity across broad time and modal domains. This is a discovery of great import and has come to motivate our programming and refocus our efforts. This far-reaching increase in work capacity supports our initially stated aims of building a broad, general, and inclusive fitness program. It also explains the wide variety of sport demands met by CrossFit as evidenced by our deep penetration among diverse sports and endeavors. We've come to see increased work capacity as the holy grail of performance improvement and all other common metrics like VO_2 max, lactate threshold, body composition, and even strength and flexibility as being correlates—derivatives, even. We'd not trade improvements in any other fitness metric for a decrease in work capacity.

Conclusions

The modest start of publicly posting our daily workouts on the Internet beginning six years ago has evolved into a community where human performance is measured and publicly recorded against multiple, diverse, and fixed workloads. CrossFit is an open-source engine where inputs from any quarter can be publicly given to demonstrate fitness and fitness programming, and where coaches, trainers, and athletes can collectively advance the art and science of optimizing human performance.

Greg Glassman (with Lauren Glassman) is the founder of [CrossFit, Inc.](#), and the publisher of the *CrossFit Journal*. ⇐

Testimony of a Practitioner

Four years ago I began training with Josh and it was a little over one year ago when we began to "Practice CrossFit". At first I felt quite disregarded. Where was my one-on-one? What happened to my counseling sessions? My sounding board?

After a few months I grew to accept it and now I have grown to love Practice CrossFit. It is much more than just "going to the gym". It is meeting new people and making new friends. The absolute best part of all of that? Having people to motivate you and hopefully you can help motivate others.

Being part of PCF from its inception, I do believe that one of my favorite things (except for the grueling POD's...only for a tighter can) is to watch new people join and see their complete transformation. Witnessing not only physical changes but sometimes demeanor, as one becomes more confident in themselves -- Exciting! I can only imagine to be Josh, Ryan, Chas, or Terra and know that they had something to do with that---goose bumps.

When given the opportunity I will talk (and we KNOW I can talk) on and on about how much I enjoy PCF.

I hope that there are other Practitioner's that feel the same -- if not - hopefully you will!!



Whitney Holsopple



Milk Thistle

As I cleaned my “Mr. Coffee” maker’s filter today I couldn’t help but think about milk thistle. Some folks daydream about egotistically heroic feats or the hot co-worker in the next cubicle, I drift away to the land of pharmacodynamics. Pressing on... the darkly stained filter reminded me of our bodies’ filter, the liver. We swallow down so many damaging chemicals throughout the day that are metabolized through our liver without any disregard. So what does this have to do with milk thistle? Well this herbal has made quite a reputation for itself repairing the human liver and protecting it from further toxin-induced damage.

Milk thistle, or *Silybum marianum*, is derived from the seed, pod, or fruit of the plant, and the main constituent, silymarin, is believed to cause its hepatoprotective properties. Milk thistle provides hepatocellular protection by stabilizing hepatic (liver) cell membranes. It’s believed to alter the structure of the outer cell membrane of the hepatocytes in a way as to prevent the penetration of the liver toxins into the interior of the cell. Milk thistle also causes local stimulation of an enzyme known as nuclear polymerase A resulting in an increase in ribosomal protein synthesis, and thus increases the regenerative ability of the liver and the formation of new hepatocytes.

What the hell does that mean? I know....I got you. Milk thistle, basically, works as a liver-toxin bouncer preventing those harmful free radicals and oxidants from coming in the club and blaring Boy George over the house music. Bare with me. Also, milk thistle works to repair damage done by any toxins that do get through by accelerating the production of liver proteins, which help to rebuild hepatic cells. So long story short, milk thistle is believed to protect, as well as, repair the liver, and has been documented to do so since the 4th century BC.



Justin Coby PharmD



Silybum Marianum at its best

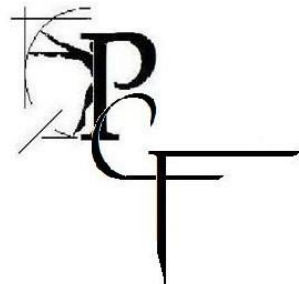
Milk Thistle

One very good example of a chemical consumed by humans that may cause liver damage is alcohol, and, in fact, milk thistle is often suggested for use in treating alcoholic hepatitis and hangover. Alcohol is metabolized by the liver in a three step process, and the second step involves the metabolism of a toxin in the form of an aldehyde. This toxin causes the nausea related symptoms of alcohol intoxication, and is quite taxing for the liver to deal with. Another damage-inducing chemical that some of us may ingest on a daily basis is the "Statin" class of cholesterol medications. Lipitor®, Zocor®, and Crestor® are just a few of the drugs that reside in this group, and they are thoroughly metabolized through the liver. In fact, overloading the liver on these chemicals can even lead to rhabdomyolysis!! A few more common chemicals that take a tour through the liver before leaving the body are Vitamin D, Vitamin B's, Vitamin E, Vitamin K, Ibuprofen, and Tylenol®.

Like most herbals, there still is yet to be any conclusive studies on milk thistle, however, it has been used as a liver tonic since the ancient times. The suggested daily dosage of milk thistle is 200 to 800 mg in the form of silymarin, and should be dispersed throughout the day in 2 to 3 doses. Milk thistle has a relatively safe side effect profile, only causing possible headache, skin rash, or GI upset. So should we add milk thistle to our daily borage of hepatic bombs? Although we may not know how healthy our livers appear, I do know that my Starbucks tastes much better with a clean filter!



Kara..standing
ferociously



TidBits



Balance and Stretching with Mikala Beginning Thursday the 14th at 6:30. Learn the proper stretches to employ after PODs to alleviate soreness and make for more productive workouts. \$5 per class every 2nd and 4th Thursday of the month. Yoga mats optional

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.



Show ur PCF family support Saturday May 9th. Watch Kara compete in he first figure competition.
<http://www.mikefrancois.com/>