

# *The Practitioners guide.*

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

## Practice CrossFit

Volume #16  
August 09

What Inside:

The Will To Continue

Time To Toss The Scale

On Bended Knee Part 2

Dear Diary

TidBits



# The Will To Continue

Now What? Seems to be this hovering question painted on the faces of CrossFitters everywhere. There is a huge amount of excitement as Cfer's lead back to their boxes, but whats their plan?

Many of the athletes I have spoken with returned either beaten physically but happy to have been their with training to begin soon after a week or so off. The majority, however, seemed to come back like a bat outta hell. Like they had to get every WOD they missed in while they were gone, along with all the fun WKO Aromas threw at them...cept the hill.

The inevitable crash was at hand. What to do when a full year of prep work stares you in the face. When just planning for that event seems overwhelming enough to quell the motivation to train hard in the best of us for weeks to come.

Interestingly enough I have seen this many times before, and any athlete competing for long enough will have assuredly felt like this to some degree at some time in their career.

Furthermore, it has nothing to do with the CrossFit games. Just about any situation with a deadline that can induce a form of eustress(positive stress) can make us feel empty when we have met, reached, achieved, or simply moved on past that deadline.

What the hell to do with the void created by such a deceptive situation. You work toward an athletic event that only happens once per year, and poof....you have to wait a year to do it again. Or, what if your goal is to lose 30lbs. You follow the protocol of: CrossFit-sweat-rest-don't eat dumb shit-, all of the sudden your down 3 pant sizes.....but now what?

So how does one keep the motivation to continue training when 99% of the population tries to talk you into a lifestyle where the most difficult daily activity is mowing the lawn. What to do when the high of reaching your goal comes and goes. Below are a few suggestions to help you make it through the valley of the shadow of death-by doing nothingness-to come out on the peak of the mountain of continual linear achievement.



Nicole Swingin, and Chas Runnin at the Games



# The Will To Continue

## 1. Make everything an event to prepare for.

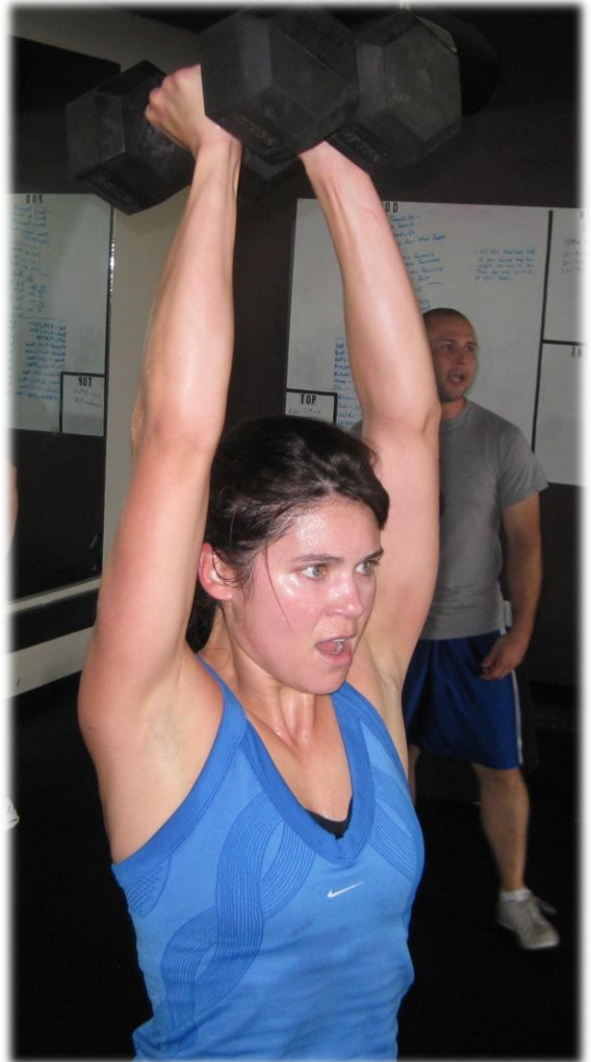
It doesn't matter if your cup-o-tea is gathering in the desert for a weekend and killing yourself just to say you did it, getting on stage to be judged on how you look half naked, or finally playing with your grandchildren for the first time without stopping to take a breather. Make it all something to shoot for and mark it on a calendar.

If you have a high school reunion...train just for that. A dinner party 2 months away=a new backless dress you totally feel uncomfortable in now....but by that date you will want to show off. A hiking trip with friends where you wanna be the first up the mountain so you can laugh at the jackass who always gives you shit about CrossFit being to easy cause it's fast. Or, traveling to another CrossFit every six weeks, and making sure your in top condition to tangle with their firebreathers. Either way anything and everything can be just reason enough to keep you on the CF road of salvation. Just make it so.

Rest go, rest go. Find your next item. Train with intent, intelligence, and intensity. Achieve your goals. Then recover for 1 week with very modified workouts. Have a build back week. Then find your next shindig, or better yet, make one up.

## 2. Get your GOAT.

Your Goat is what you suck at. And yes some have more than one, or even more than 2. It doesn't matter. Character is bred through doing what we don't like, not by doing what we are already good at. So give up a couple PODS a week for a while and just work on one or two movements you are horrible at, then after they are good....find the new worst areas of performance for you. If you have the time you needn't even miss a POD...just come in early, and get your goat prior to class. There is always someone around to help, and if you are unsure what you personally could use work on....I'm sure your trainers could help you figure it out.



Whit maintaining overhead

# The Will To Continue

## 3. Focus on one particular arena of fitness

Not as specific as just the one or two movements as before, but broader in scope and capacity. Think strength. Think running. Think Gymnastics.

If you always modify the weight on the white board, maybe strength is your next course. There are dozens of ways to make strength a focus for the next 5 weeks for you specifically just ask, and you will be given the goods. There is absolutely no time in life where strength is ever negative, and training for this will not hinder the fast met-cons, it will only enhance them in the long run. Also, using heavier weights has a variety of benefits like; increased fat burning, increased muscle as long as you eat enough, you will take up less surface area(AKA, you will fit into your skinny jeans), less chance for bone disorders, healthier skin, if someone tries to rob you it would be no problem for you to out run them....but you may just stay and whoop their ass for fun.

If every time a POD with running rears its ugly head, and you immediately debate about faking a stroke to get out of it....then you need to run more. Pick a day or two extra to run an extended warm-up before class, or after. Or add in a whole other day of road work on your own until running(not walking disguised as a run just because your arms move faster than normal...you can't slip anything by me, I invented that) is no longer your vice.

If its difficult just to do any version of a push-up, that is where you need to live. If a class isn't getting you to a certain goal fast enough, enlist a trainer one on one for a single session a week, just dedicated to make you better at moving you....the return is far better than the investment.

This list could go on for a while but you get the drift. Together we find what we hate, or just don't enjoy as much, and we at least become proficient to the best of our capacity.



Mary Plate Squattin, Tamara Wall-Ballin



# The Will To Continue

## 4. Find a Partner

Introduce a friend to CrossFit, and you may have just handed them a key to their new life. Help bring them up as you did, and take pride as you watch them grow and have the same achievements you have had. Build someone else up to your level, so you can compete against them later...whatever just help others like your suppose to cause thats what people do, and you will in turn be rewarded.

## 5. Sniper a PCFer

Set your scopes on one particular name on the board whether you know them or not. One name that usually gets a better time, or more unmodified workouts than you, and go after them. Make it a goal to say "time" just before they do. If Mitchells damn name just is always eggin you on because she is always getting done earlier make it a point to get her in your crosshairs...watch what she does...and rise to the challenge, and Im sure she would rise right back, and thank you for the xtra motivation after you both got off the floor. We all want to see our cohorts do well, but if you are just in awe that Holly is already using heavy loads and unmodified weights this early, and it took you almost a year, that doesn't mean anything other than she is a great source of motivation for what can be done. So go after her, or anyone else for that matter. We record times to better us all in on our journey of health and fitness, not to incite riots. We only wish for consistent, positive effort. Once it has been proven possible...others will inevitable follow suit, as long as the will resides.

Bell curves, hills and valleys, circadian rhythmus, whatever. They are all there for a reason and all cycles of life. We all feel great one day training, and shitty the next in comparison. But its what you make of those off days and times that defines you. Be glad squatting is on the board, and you have the ability to squat, not to be confined to a wheelchair. Be pissed off all day about running with a sandbag, but at the same time be glad you have the arms to carry it. Motivation is wherever you look as long as your open to it. The point is to merely make every situation somehow work in your favor. Either in life or CrossFit training.



Melissa, Catherine, and Lisa, pull-upn, or push-upn

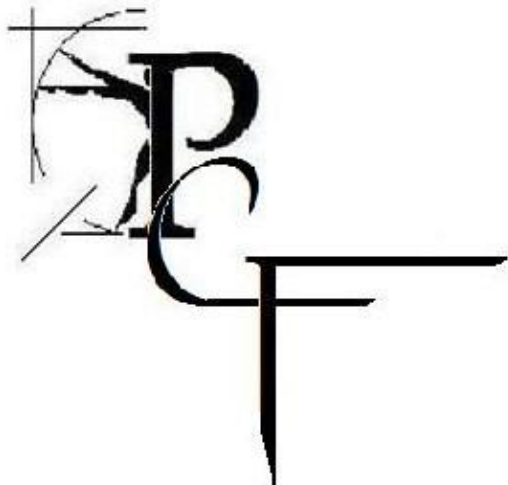
# The Will To Continue

First realize your not alone nor special when the motivation to continue training(or doing anything difficult in life)seems hard to find. We all hit those points. What separates those who will rest in a nursing home later due to inactivity from those who will be water skiing at 70 is merely attitude during a guaranteed happening. Will you back down to self-doubt and say, "eh ill go tomorrow". Or will you pick a focus point new to you and declare, "damn this is hard today, but it feels good to be part of the minority not the majority, I can make it outta this tiny valley onto that big ass mountain".

I imagine I could continue, but I will digress for now, and open up the floor for more ideas from you. Email me here at [jbunch@gopractice.biz](mailto:jbunch@gopractice.biz) if you have suggestions for how to help others keep in the game. Or blog it under the comments section on our web page [www.gopractice.biz](http://www.gopractice.biz).



Jonathan, and Renee swingin



# Time To Toss The Scale

Many of us dread going to the Doctor, stepping on that scale, and seeing how much weight we've gained since our last visit. I'm sure some of you have even kicked off the shoes and coat to make sure you aren't being cheated. Others of us have a scale between the tub and the toilet where each day we get out of the shower, towel off any bit of water weight, step on that scale and get depressed that not a single pound was shed!

I love when I hear, "muscle weighs more than fat." Let's think about this....5 pounds of muscle weighs more than 5 pounds of fat? Hmm, that doesn't make any sense. The rationale that muscle weighs more than fat is often used in the gym world as an explanation for why a person might find that they aren't losing weight, or are gaining weight, when they begin an exercise program. The thought is that if you are exercising, and supposedly losing fat and gaining muscle at the same time, the effects cancel each other out. Therefore, when you hop on that scale, you may not see those pounds shedding even if you look better in those new skinny jeans you bought. It is possible to not see a change in your weight yet you've become firmer and leaner.

My philosophy....toss the scale! Unless you enjoy mind games with yourself, a scale will not help your self-esteem. Speaking from experience, I have realized how a scale means absolutely nothing when it comes to improving my appearance. I was my fittest after dieting with IFBB Figure Professional Chastity Slone, whom I wko with, prior to her competition in the Arnold Classic 09. At this time I weighed 142 pounds and was around 7% body fat.....I couldn't get enough band-aids, cause I WAS CUT! Currently, I feel very good about my appearance and I am at 12% body fat yet weight 131 pounds.....that's LESS then what I weighed when I was at my fittest!

To sum it up:

- Don't let the scale get you down, it's not always the best representation of your achievements.
- Be honest with yourself. We all are born with different body types, shapes and sizes....I know I will never be a Victoria's Secret model and I'm okay with that.
- Diet and exercise combined together are the most effective ways to look and feel good, even if the scale says otherwise.

If you are wondering how to calculate body fat, see your fellow PCF trainers and they will be more than happy to help.



By: Ashley Westerheide



# On Bended Knee Part 2

In the last episode we discussed the anatomy of the knee, thoroughly describing the ligaments, cartilage, and bone placement/connection. Now we are prepared to discuss the different types of injury and the effects these injuries have on the knee. For time's sake, we'll stick to strictly minor ligament and cartilage injuries. If, in one fail swoop, you tear through all four ligaments and rip your meniscus open like a grape, then this article isn't gonna be of much help....get a stretcher and bite down on the towel. However, there are six different minor injuries that may be self-diagnosed (not that I'm suggesting this), so get your pen out and treat it like a personality test!

## **ACL**

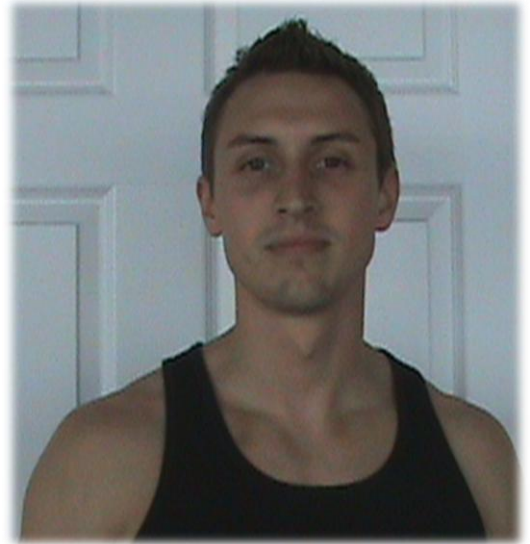
Of the four ligaments in the knee, the anterior cruciate ligament is the most common to be injured. As previously discussed, these ligaments help to stabilize the knee. The ACL's job is to prevent the shin bone (tibia) from sliding forward, as well as, adding functional stability to other movements about the joint including angulations and rotation. When an ACL injury occurs, the knee becomes less stable, in fact, most will experience a "giving out" feeling when this is the problem. This instability can make sudden, pivoting movements difficult, and it may make the knee more prone to developing arthritis and cartilage tears.

## **PCL**

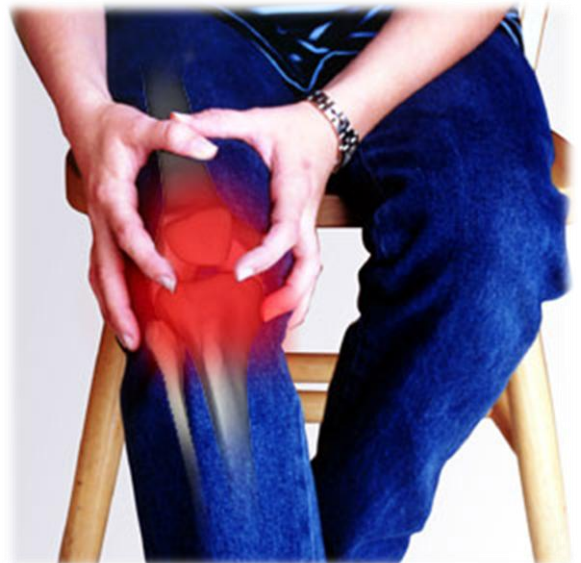
The posterior cruciate ligament sits just behind the ACL and prevents the shin bone from sliding backwards. A common mechanism of sports injury of the PCL is when an athlete falls on the front of the knee as it is bent all the way back (hyperflexed) with the foot pointing downwards. These types of injuries stress the PCL, and if the force is hard enough, a PCL tear will result. Symptoms of PCL damage are quite similar to ACL damage, as both cause knee pain, swelling, and limited motion. The only way to diagnosis one against the other is to recall how the injury occurred, as the specifics become a bit more important in PCL injury.

## **MCL**

The medial collateral ligament spans the distance from the end of the thigh bone (femur) to the top of the tibia and rests on the inside of the knee joint. The MCL resists widening of the inside of the joint, or prevents "opening-up" of the knee, and is most commonly injured when the outside of the knee is struck. This action causes the outside of the knee to buckle, and the inside to widen. The symptoms following a MCL injury is pain and swelling directly over the ligament, as well as bruising. Full joint swelling may occur in 1 to 2 days after the injury.



Justin Coby PharmD



# On Bended Knee Part 2

## **Meniscus Tear**

There are two menisci in the knee and each rest between the femur and tibia. The meniscus functions to distribute body weight across the knee joint, by allowing the two bones to glide smoothly against each other without causing damage to the bone. The most common mechanism of a traumatic meniscus tear occurs when the knee joint is bent and the knee is then twisted, however, it is not uncommon for the meniscus tear to occur along with injuries to the ACL and MCL. Folks who experience a meniscus tear usually have pain and swelling, but, uniquely, they may also complain of joint locking, or the inability to completely straighten the joint.

## **Patellar Tendonitis**

The patellar tendon connects the kneecap (patella) to the shin bone. This is part of the “extensor mechanism” of the knee, which, along with the quadriceps muscles and tendons, provides the strength to straighten out the knee. Patellar tendonitis arises when the tendon and the tissues that surrounds it, become inflamed and irritated. This is usually due to overuse, especially from jumping or running activities. Patellar tendonitis usually causes pain directly over the patellar tendon that can be recreated by simply placing pressure directly on the inflamed tendon.

## **Chondromalacia Patella**

Chondromalacia patella is a common cause of kneecap pain or anterior knee pain. Chondromalacia is due to an irritation of the undersurface of the kneecap. The cartilage layer on the undersurface of the knee that normally glides effortlessly across the knee during bending of the joint begins to rub against the joint in a way that causes blistering of the cartilage, leading to irritation and pain. The pattern of cartilage damage seen with chondromalacia is distinct from the degeneration seen in arthritis, and the damage is thought to be capable of repair, unlike that seen with arthritis.

So how did you do? Were you able to find a symptom that sounded familiar? So far we have thoroughly discussed the anatomy of the knee, and we've talked about the diagnosis of knee injury. Next month we'll finally be able to get into the meat of treatment and therapy of a knee injury. Same PCF time, same PCF channel.



Mornin Class Pickin stuff up...and Bart movin stuff oh



# Practitioner of the Month



Scott Barhorst

Only our second male to ever be crowned the POM. Its hard to stick out in a sea full of females CFers who would out perform the majority of CrossFitting males on any given workout, but Scott has managed to really demonstrate the qualities a Practitioner of the Month has.

Scott isn't the fastest, strongest, most coordinated individual in the world....but that is exactly what we shoot for. Because Scott is fast, strong and coordinated. Scott is even. Seems kinda boring on paper, but isn't that what we all want. To be able to run well, pick up heavy things when we gottas without pain or injury, and dodge a moving....well anything whenever necessary. He's the true example of a well rounded athlete. If one particular movement is on the board, he probably wont take the cake....but if there is more than a few up there watch out because Scott will just keep on movin through.

I enjoy being around folks that give a lot of effort to while they workout. But there is something to be said about the subtle motivation Scott brings in daily. He's a true pleasure to be around I we appreciate the consistency, and intensity Scott brings to PCF. Congrats Scott.

# Dear Diary

When your boss decides at the end of the year whether to give you a raise or not what do they base their decision on? Depending on what industry you are in and your job description there are many factors, however, it's usually based off of how you performed that year. Well, your workout regimen shouldn't be any different. If your trainer would evaluate you at the end of the month or year to see whether you deserve a "raise" would you get one? Could you back that up with proof? Would you even know if you deserve a raise?

I can honestly say that I would get a raise and I could back that up with a diary (or journal) filled with workouts, times, diets, and body fat measurements. I do not think fitness should turn into your job, it should be fun. However, a diary is a great way to make sure you are on track for whatever your goal(s) may be. By keeping track of your workouts and times you can go back and see how well you've performed and how to improve on any deficits. You can use this diary to track your diet, log your body fat, note how you are physically feeling, and how you feel about your appearance that day. In other words....you can see how well your workouts and diet are doing. If you don't like the outcome.....you need to make a change.

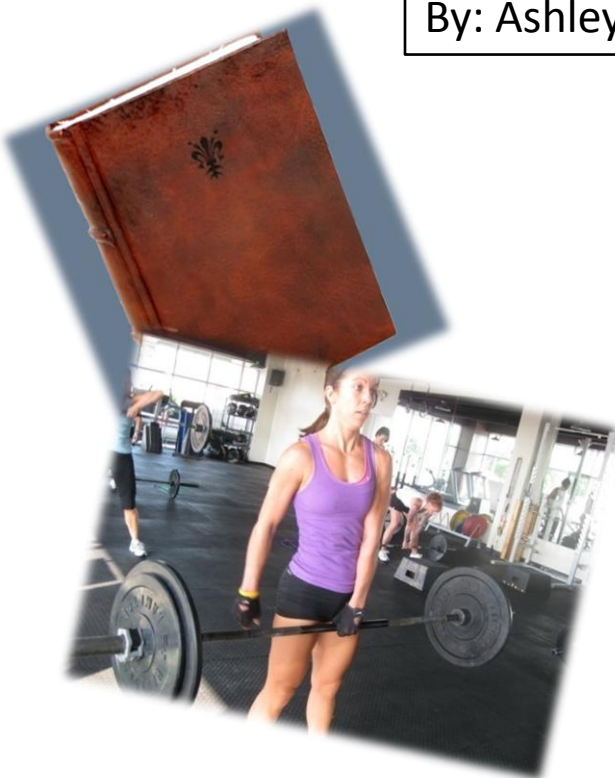
Many of us CrossFitters have that competitive edge and we are constantly trying to beat the clock or another PCFer's time. I am that competitive person and I am trying to beat the clock and a time of others but my main competitor is myself. I want to improve every day and by keeping a diary I can keep track and see if my hard work has paid off and see if I deserve that raise (which just so happens to be, for me, nice abs and tone arms).

Everyone has different goals and aspirations for themselves and by keeping a record of your efforts you can be sure you are achieving those goals...you can compete against yourself!

By: Ashley Westerheide

## Editors Note:

If you are forgetful, do not want to shell out the money, or just don't dig the idea, PCF provides a totally free online journal where you can log each and every workout you do daily. Simply log onto [www.gopractice.biz](http://www.gopractice.biz) go to the daily post which is the first thing on the screen (we will begin to post daily PODs so you can click right on the comments below them to log your workout time). Do this before you go to bed or whenever you can. Just check your time or score before you leave, and log it under comments section of each workout you have done. You truly need to do this. I have tested journaling, and couldn't be happier with the results, and Ash doesn't just get better because she guesses....she knows what came up last time, so she tries to better it in some degree. Again, it's on our site everyday under the comments tab. Type ur name or alias and start logging workouts today.



# TidBits

CrossFit is truly an art to behold. Sometimes your great at one particular POD...others not so much. While the main focus will always be centered n CF classes there is something to be said about one-on-one skill work with a trainer. The majority of PCF trainers offer a discount for personals so if you are in need of a particular skill, and would like to attain it faster than what a class may provide, ask a PCF staff member for a private time. Get better at the movements=better times=better workouts=faster results.

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.

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