

RECOMP REVOLUTION 2011 JAN 3 - FEB 7 BY PRACTICE CROSSFIT

Weight loss contests are for New Years Resolutioners that fail 3 weeks in. Challenges are great if the challenge leads to a life of glory, not intermittent happiness. Body re-composition means you look different. It's that simple. Your waist and ass get smaller. The scale drops a little. Your clothes don't fit. You are stronger, healthier and more energetic. You are essentially recompositioned for life, not just January.

Baseline Measurements Required:

Before pics	Three girth measurements
Body Fat	Body Weight
Find your PR in several lifts	

Optimal Values Recommended:

Blood pressure	Blood Glucose
Cholesterol HDL/LDL	Triglycerides
Glycohemoglobin	C-Reactive Protein
Vitamin D	

{ rules }

Every week get your measurements checked, and pics taken. Finals include a few key lifts and WODs, along with end day results. Prizes awarded to best class, and achiever.

See a Practice Crossfit trainer to get started.