

WELCOME TO CROSSFIT CLAREMONT

Your Guide to Getting Started





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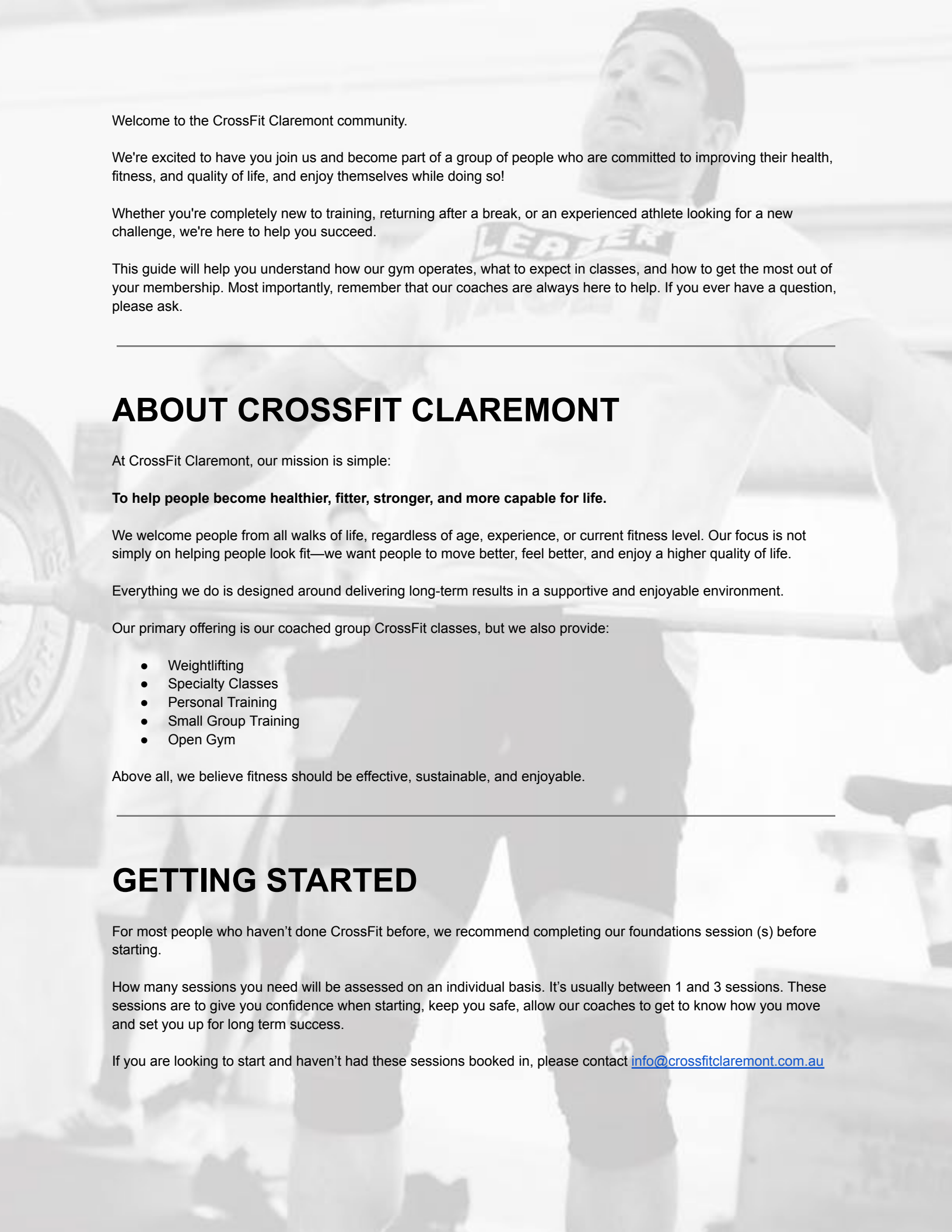
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Welcome to the CrossFit Claremont community.

We're excited to have you join us and become part of a group of people who are committed to improving their health, fitness, and quality of life, and enjoy themselves while doing so!

Whether you're completely new to training, returning after a break, or an experienced athlete looking for a new challenge, we're here to help you succeed.

This guide will help you understand how our gym operates, what to expect in classes, and how to get the most out of your membership. Most importantly, remember that our coaches are always here to help. If you ever have a question, please ask.

ABOUT CROSSFIT CLAREMONT

At CrossFit Claremont, our mission is simple:

To help people become healthier, fitter, stronger, and more capable for life.

We welcome people from all walks of life, regardless of age, experience, or current fitness level. Our focus is not simply on helping people look fit—we want people to move better, feel better, and enjoy a higher quality of life.

Everything we do is designed around delivering long-term results in a supportive and enjoyable environment.

Our primary offering is our coached group CrossFit classes, but we also provide:

- Weightlifting
- Specialty Classes
- Personal Training
- Small Group Training
- Open Gym

Above all, we believe fitness should be effective, sustainable, and enjoyable.

GETTING STARTED

For most people who haven't done CrossFit before, we recommend completing our foundations session (s) before starting.

How many sessions you need will be assessed on an individual basis. It's usually between 1 and 3 sessions. These sessions are to give you confidence when starting, keep you safe, allow our coaches to get to know how you move and set you up for long term success.

If you are looking to start and haven't had these sessions booked in, please contact info@crossfitclaremont.com.au

WHAT IS CROSSFIT?

CrossFit is a strength and conditioning program designed to improve overall fitness and health.

The methodology is built around three key principles:

Constantly Varied

No two days are the same. Workouts change regularly to ensure we develop a broad range of fitness qualities and keep training engaging.

Functional Movements

CrossFit focuses on movements that transfer directly to everyday life. Squatting, lifting, pushing, pulling, running, carrying, and jumping are all examples of functional movements that help us stay capable both inside and outside the gym.

Relative Intensity

One of the biggest misconceptions about CrossFit is that everyone trains at maximum intensity all the time.

The reality is that intensity is relative to the individual.

What is challenging for a sleep-challenged parent of four may look very different from what is challenging for a competitive athlete. The goal is not to train harder than everyone else; the goal is to train appropriately for your current fitness level, recovery, and life circumstances.

Every workout can be scaled and modified to suit your abilities.

More Than Just Fitness

One of the reasons CrossFit has become so successful worldwide is the community that develops around shared effort.

Training alongside others creates accountability, encouragement, and camaraderie that is difficult to replicate elsewhere. Many members join for the fitness benefits but stay because of the friendships and community.

Measuring Progress

At CrossFit Claremont, we strongly believe in tracking progress.

Many workouts are recorded and repeated throughout the year, allowing you to objectively measure improvements in strength, fitness, movement quality, and overall performance. The goal isn't to be better than someone else. The goal is a steady trajectory of improving skill and capacity toward a distant horizon.



YOUR FIRST MONTH



Starting something new can be exciting, but it can also feel overwhelming.

The good news is that everyone in the gym has been exactly where you are now.

What To Expect

During your first few weeks, you will:

- Learn new movement patterns.
- Become familiar with gym terminology.
- Build confidence with equipment.
- Improve your fitness quickly.
- Experience some muscle soreness.

This is all completely normal.

Don't worry about knowing every movement, workout format, or acronym. Your coaches will guide you through everything.

Focus On Learning

During your first month, success isn't measured by how much weight you lift or how fast you complete a workout.

Success is:

- Showing up consistently.
- Learning good movement patterns.
- Building confidence.
- Establishing healthy habits.

The fitness gains will take care of themselves.

Consistency Beats Intensity

One of the biggest mistakes new members make is trying to do too much too soon.

The most successful members aren't the ones who train the hardest—they're the ones who train consistently over months and years.

- Focus on building momentum.

Show up regularly, listen to your coaches, and trust the process.

HOW TO CHECK THE WORKOUT OF THE DAY (WOD)

All CrossFit classes follow the same workout schedule each day, regardless of class time.

Some members enjoy knowing what's coming, while others prefer to be surprised when they arrive. Either approach is perfectly fine.

Our weekly workouts are published every Sunday at 9:00am.

To view upcoming workouts:

1. Visit the CrossFit Claremont website.
 2. Select **News / Workout Blog**.
 3. Choose the day you'd like to view.
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TECHNOLOGY WE USE

Beyond the Whiteboard (BTWB)

As a member, you'll receive an invitation to join Beyond the Whiteboard (BTWB).

BTWB allows you to:

- Record workouts and results.
- Track progress over time.
- View previous performances.
- Compare benchmark workouts.
- Stay connected with other members.

Tracking your workouts is one of the simplest and most effective ways to stay motivated and measure improvement.

We strongly encourage every member to use it.

Zen Planner

Zen Planner is our membership management system. You'll use Zen Planner to:

- Manage your membership.
- Update account information.
- Reserve classes when required.
- Purchase products and services.

Once you receive your welcome email, we recommend setting up your account password immediately.



Slack



Our member communication platform is Slack.

We use Slack to share:

- Gym announcements
- Event information
- Community updates
- Important notices

You'll receive an invitation when you join. If you haven't received one, simply ask a coach and we'll get you connected.

CLASS BASICS AND TERMINOLOGY

If you're new to CrossFit, don't be surprised if some of the terminology seems confusing at first.

Terms like *WOD*, *AMRAP*, *EMOM*, *RX*, *Clean*, *Jerk*, and *Snatch* may sound like a different language. Don't worry—every member starts in exactly the same position.

Your coach will explain everything before each class and answer any questions you have.

Here are a few common terms you'll hear:

Term	Meaning
WOD	Workout of the Day
AMRAP	As Many Rounds (or Reps) As Possible
EMOM	Every Minute On the Minute
OTM	On The Minute
Buy-In	A movement completed before the main workout begins
RX	Completed exactly as prescribed/originally written
Scaled/Modified	Adjusted to suit your ability level
BTWB	Beyond the Whiteboard, our workout tracking platform

Remember: understanding every term is not important. Showing up and learning is.

CHOOSING YOUR TRAINING TRACK

Within most of our CrossFit classes, you'll see two programming options:

Fitness Track & Performance Track

Both options are designed to improve your fitness, and both provide excellent results. The difference lies in the focus.

FITNESS TRACK

The Fitness Track is designed to make CrossFit accessible, effective, and enjoyable for everyone.

The focus is on:

- Improving general fitness
- Building confidence
- Developing movement quality
- Creating consistency
- Lowering the barrier to entry

Workouts generally involve simpler movement patterns and fewer highly technical skills, allowing you to focus on moving well and working hard.

This doesn't make the workout easier.

In fact, simpler movements often allow people to create more intensity and achieve a greater training stimulus.

We strongly recommend all new members who haven't trained in CrossFit before spend their first month primarily following the Fitness Track.

PERFORMANCE TRACK

The Performance Track is designed for members with additional athletic or performance goals.

This stream may include:

- More technical movements
- Advanced gymnastics
- Higher skill requirements
- Heavier loading
- Greater emphasis on competition-style fitness

Many members who follow this track are:

- Experienced CrossFit athletes
- Competitive athletes in other sports
- Preparing for local competitions
- Looking to maximise performance outcomes

The Performance Track assumes you're investing additional time into recovery, mobility, technique development, and movement quality outside of class.

WHICH TRACK SHOULD I CHOOSE?

There is no right or wrong answer.

Many members move between tracks depending on:

- Their goals
- Energy levels
- Injuries or niggles
- Life stress
- Recovery

The best track is the one that keeps you healthy, motivated, and excited to train.

If you're unsure, ask a coach.

OUR CLASSES

CrossFit Claremont offers a range of classes designed to help members improve fitness, strength, movement quality, and overall performance.

CROSSFIT

Our flagship class.

A combination of strength, conditioning, skill development, and functional movement designed to improve overall fitness.

Suitable for all experience levels after completing a foundations program.

WEIGHTLIFTING

A structured strength-focused class built around progressive programming.

You'll develop:

- Strength
- Technique
- Barbell confidence
- Power production

If you're new to barbell training, we recommend spending some time in CrossFit classes first before joining regularly.

We also offer beginner-friendly pathways to help build confidence.



Comfort is a

SWEAT

Exactly as it's described. Sweat classes are designed to keep you moving, working, and earning a serious sweat.

Expect:

- Longer workouts
- Simpler movements
- High energy
- Great conditioning

Perfect for members looking for a fun fitness session without the technical complexity of some CrossFit movements.

COMPETITORS CLUB

Designed for athletes pursuing competitive fitness goals.

These sessions provide additional volume, skill development, and performance-focused training.

While coach-led, the environment assumes a solid understanding of CrossFit movements and training principles.

MOBILITY

Mobility classes focus on:

- Improving flexibility
- Increasing movement quality
- Reducing aches and niggles
- Supporting recovery
- Enhancing athletic performance

Mobility is often one of the most overlooked aspects of fitness, yet one of the most beneficial.

OPEN GYM

Open Gym gives you the freedom to train independently.

Use the time to:

- Practise skills
- Complete extra programming
- Catch up on missed sessions
- Work on weaknesses
- Train at your own pace

DO I NEED ANY EQUIPMENT?

No.

We provide everything required to participate in our classes.

However, there are two items we strongly recommend.

1. GOOD TRAINING SHOES

Proper training shoes make a significant difference.

Running shoes are designed primarily for cushioning and forward movement. While designed for running, they are often unstable when lifting weights.

A good CrossFit shoe provides:

- Stability
- Durability
- Versatility
- Support for lifting, jumping, and conditioning

If you're unsure what to buy, ask a coach. We're happy to point you in the right direction. There are several types such as RAD One, Nike Metcons, Reebok Nanos, Adidas Dropsets or Specialz and TYR CTX.

2. GYMNASTICS GRIPS

If you're regularly performing pull-ups, hanging movements, or gymnastics work, grips can help protect your hands and improve comfort.

There are many options available, and we stock several popular choices at the gym.

WORKING WITH OUR COACHES

Our coaches are here to help you succeed.

Whether you're trying to learn a new skill, modify a workout, overcome an injury, or simply understand what we're doing and why, please ask.

We love helping people improve.

Before every class, your coach will:

- Explain the workout
- Demonstrate movements
- Discuss scaling options
- Answer questions

If you're dealing with an injury, soreness, or any physical concern, please let the coach know before class begins.

The earlier we know, the better we can tailor the session to suit your needs.

Remember:

Coaches coach. Athletes train.

Never feel like you're being a burden by asking questions.

Helping people is exactly why we're here.

I'M SORE... HELP!

Experiencing muscle soreness after training is completely normal.

Especially when:

- You're new to training
- You've increased your training volume
- You've learned new movements
- You've returned after a break

This type of soreness is commonly known as DOMS (Delayed Onset Muscle Soreness).

While uncomfortable, it is generally a normal response to a new training stimulus.

THE BEST THING YOU CAN DO

Keep moving.

Light activity, walking, mobility work, and additional training at an appropriate intensity often help soreness resolve faster than complete rest.

Many people make the mistake of becoming inactive whenever they feel sore, which simply restarts the cycle when they return.

Movement is usually the answer. Motion is lotion.

SORENESS VS PAIN

It's important to understand the difference.

Soreness

- General muscle discomfort
- Stiffness
- Tenderness
- Improves as you warm up

Pain

- Sharp
- Sudden
- Localised
- Worsens with movement
- May alter movement patterns

If you're experiencing pain rather than soreness, speak with a coach and seek professional advice if necessary.

We work closely with trusted health professionals and can point you in the right direction.

A NOTE ON RHABDOMYOLYSIS

Rhabdomyolysis ("Rhabdo") is a rare but serious medical condition that can occur when someone performs a level of exercise far beyond what they are prepared for.

Symptoms may include:

- Extreme swelling
- Severe pain
- Significant loss of function
- Dark or cola-coloured urine

If these symptoms occur, seek immediate medical attention.

The best prevention is gradual progression and sensible training intensity.



RETURNING TO TRAINING AFTER A BREAK

Whether you've been away for two weeks, two months, or two years, returning to training requires patience.

One of the most common times injuries occur is after a period of reduced activity. Often, fitness, strength, and confidence return faster than your body's ability to tolerate the workload.

Because of this, we recommend easing back into training gradually.

A simple guideline is:

Session 1: Approximately 50% effort

Session 2: Approximately 70% effort

Session 3: Approximately 90% effort

From there, begin progressing normally.

Taking a conservative approach during your first few sessions allows your body to adapt safely while rebuilding fitness and movement quality.

Remember: missing a few sessions because you're being sensible is far better than missing months due to injury.

TRAINING INTENSITY & RECOVERY

One of the biggest misconceptions about CrossFit is that every workout should be performed at maximum effort.

That's not how sustainable fitness works.

Match Your Training to Your Life

Training doesn't exist in isolation.

Your recovery capacity is influenced by:

- Sleep
- Nutrition
- Stress
- Work
- Family commitments
- Illness
- Travel

If life is demanding more from you than usual, it's perfectly appropriate to reduce training intensity while maintaining consistency.

Some days, the smartest decision is simply showing up and moving.

YOU DON'T NEED TO GO HARD EVERY DAY

In fact, you shouldn't.

Some days are for pushing performance.

Other days are for maintaining momentum.

Listen to your body and communicate with your coach.

The goal is long-term progress, not winning a single workout.

CONSISTENCY ALWAYS WINS

The most successful members are rarely the ones who train the hardest.

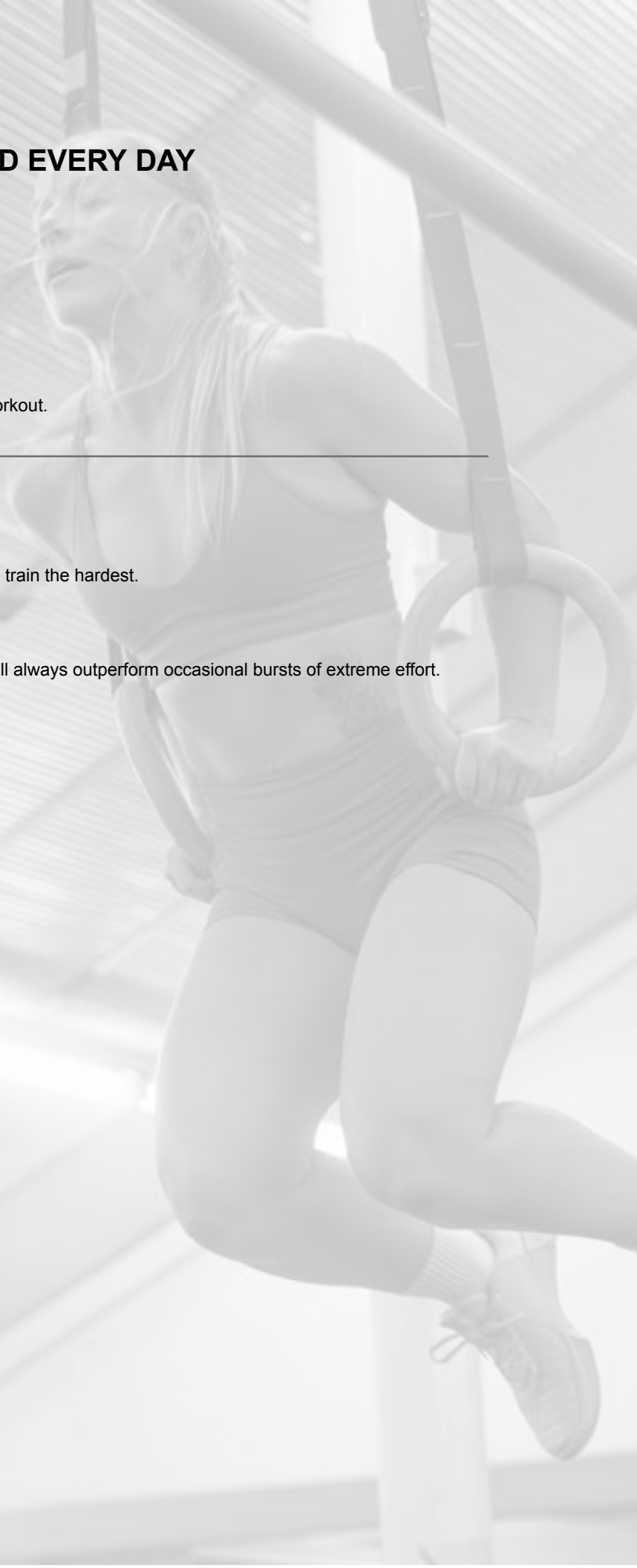
They're the ones who train consistently.

Regular, sustainable training over months and years will always outperform occasional bursts of extreme effort.

Show up often.

Train intelligently.

Trust the process.



OUR COMMUNITY EXPECTATIONS/RULES

We don't really like calling them "rules."

Think of these more as community standards that help make CrossFit Claremont an enjoyable place for everyone.

INTRODUCE YOURSELF

If you don't know someone's name, go and say hello.

One of the greatest strengths of CrossFit is the community that develops through shared effort.

Help make new members feel welcome.

SIGN IN WHEN YOU ARRIVE

Please sign in via the front desk iPad whenever you enter the gym. This helps us manage attendance and ensures everyone is accounted for.

ASK A COACH

If you're unsure about something, ask.

There is a lot to learn and our coaches are here to help.

Friendly encouragement from fellow members is always welcome, but coaching should come from coaches.

FINISH TOGETHER

If someone is still working, don't rush to pack away your equipment.

Stay engaged, Cheer them on and support their effort. The workout isn't over until everyone is done.

ACKNOWLEDGE THE EFFORT

Hard work deserves recognition. High fives, fist bumps, encouragement, and celebrating each other's successes are all part of the experience.

RESPECT THE EQUIPMENT

Please:

- Load barbells correctly
- Avoid dropping empty barbells
- Treat equipment with care
- Return equipment to its proper location

Looking after the gym helps everyone.

BE ON TIME

Life happens, and occasionally running late is unavoidable.

As a general rule, however, arriving on time shows respect for your coach and fellow members.

MOVE TO THE BEST OF YOUR ABILITY

Movement standards exist for a reason.

Do your best to perform movements safely and through the intended range of motion.

Progress always beats perfection.

CHALK RESPONSIBLY

Please keep your hands over the chalk bucket while chalking up.

Your fellow members—and our cleaning team—will thank you.

HAVE FUN

Fitness should improve your life.

Enjoy the process, support others, work hard and have fun.

REFERRAL PROGRAM

Love training here?

Share it with your friends.

If someone joins CrossFit Claremont because of your referral, make sure they let us know.

As a thank you, you'll receive **one month of membership free** after they complete their first three months with us.

Our community grows through great people bringing other great people along.

MEMBERSHIP HOLDS & CANCELLATIONS

We understand that life sometimes gets in the way of training.

If you're travelling, injured, or need time away from the gym, we can place your membership on hold.

Membership Holds

- Minimum hold period: 2 weeks
- Please provide at least 3 business days' notice

Membership Cancellations

Memberships can be cancelled at any time.

We simply ask for at least 3 business days' notice to process the request.

If you're experiencing any issues with your membership or payments, please reach out and we'll do our best to help.

For account changes, holds, or cancellations, contact:

info@crossfitclaremont.com.au

WEEKEND ACCESS

Occasionally, there are events held within the Showgrounds that affect access to the gym.

When visiting on weekends:

- Enter via Gate 1 on Graylands Road where possible.
- Alternatively, use Gate 10 on Ashton Avenue.

We regularly update access information within the Workout Blog, including maps when required.

If you're unsure, check the weekend workout post before arriving. There is a link on there that shows you how to get in.

NUTRITION

You can't out-train poor nutrition.

Fitness and nutrition work together.

If training is one oar of the boat, nutrition is the other.

For many people, improving nutrition provides the biggest opportunity for long-term health, performance, recovery, and body composition improvements.

A simple starting point is:

Eat meat and vegetables, nuts and seeds, some fruit, little starch, and minimal added sugar.

We encourage members to focus on:

- Health
- Performance
- Energy
- Sustainability

Rather than obsessing over the number on the scale.

If you're struggling with nutrition or unsure where to start, speak with a coach or please check the resources guide on our website. We can recommend useful resources and trusted professionals who can help.

PREGNANCY & CROSSFIT

Training during pregnancy can provide significant benefits when appropriately modified.

CrossFit Claremont has developed a dedicated Pregnancy Training Guide to help members navigate training safely throughout pregnancy.

You can find this resource within the Resources section of our website.

If you're pregnant or planning pregnancy, please speak with a coach so we can help support you throughout the journey.

FREQUENTLY ASKED QUESTIONS

What if I'm not fit enough?

You don't need to be fit to start.

You start to become fit by showing up.

Every workout can be modified to suit your current ability level.

What if I can't do certain movements?

That's completely normal.

Many people can't perform every movement when they begin.

Your coach will provide alternatives that deliver the same training effect.

How many times per week should I train?

For most new members:

- 3-4 sessions per week is ideal.
- Prioritise consistency over volume.

More isn't always better.

When will I start seeing results?

Many people notice improvements in energy, fitness, and confidence within the first few weeks.

Long-term results come from consistency.

Focus on the process and the outcomes will follow.

THANK YOU FOR BEING PART OF OUR COMMUNITY

We're genuinely grateful you've chosen CrossFit Claremont.

Our goal is to create a place where people can improve their health, challenge themselves, build confidence, and enjoy training alongside great people.

The relationships, support, and shared experiences that develop inside these walls are what make our community special.

If there's ever anything we can do to improve your experience, please let us know.

Welcome to the team.

We're excited to be part of your journey.

