

WELCOME to



A GUIDE TO HELP GETTING STARTED



CONTENTS

- About CrossFit Claremont
- What is CrossFit?
- How to check the Workout of the Day (WOD)
- Tech we use
- Class Basics
- Different Classes
- Do I need equipment?
- Asking a coach for help
- I'm sore...help
- Beginning/Returning to training from a break
- Training intensity
- Gym rules
- Referral Program
- Holds and Cancellations
- Nutrition
- CrossFit and Pregnancy
- More info
- How to help us...

ABOUT CROSSFIT CLAREMONT

The CrossFit Claremont team is committed to the health, fitness and wellness of all - not discriminating age, background or current fitness levels. We always have and always will be focused on offering the best possible all-inclusive program. Our focus being results, improving quality of life and teaching people how to move better. To also be fitter across broad spectrums, not just give the appearance of fitness.

Our primary product is our coached group classes; however, we also offer Weightlifting, various specialty classes, Personal Training, Small Group Training and Open Gym.

WHAT IS CROSSFIT?

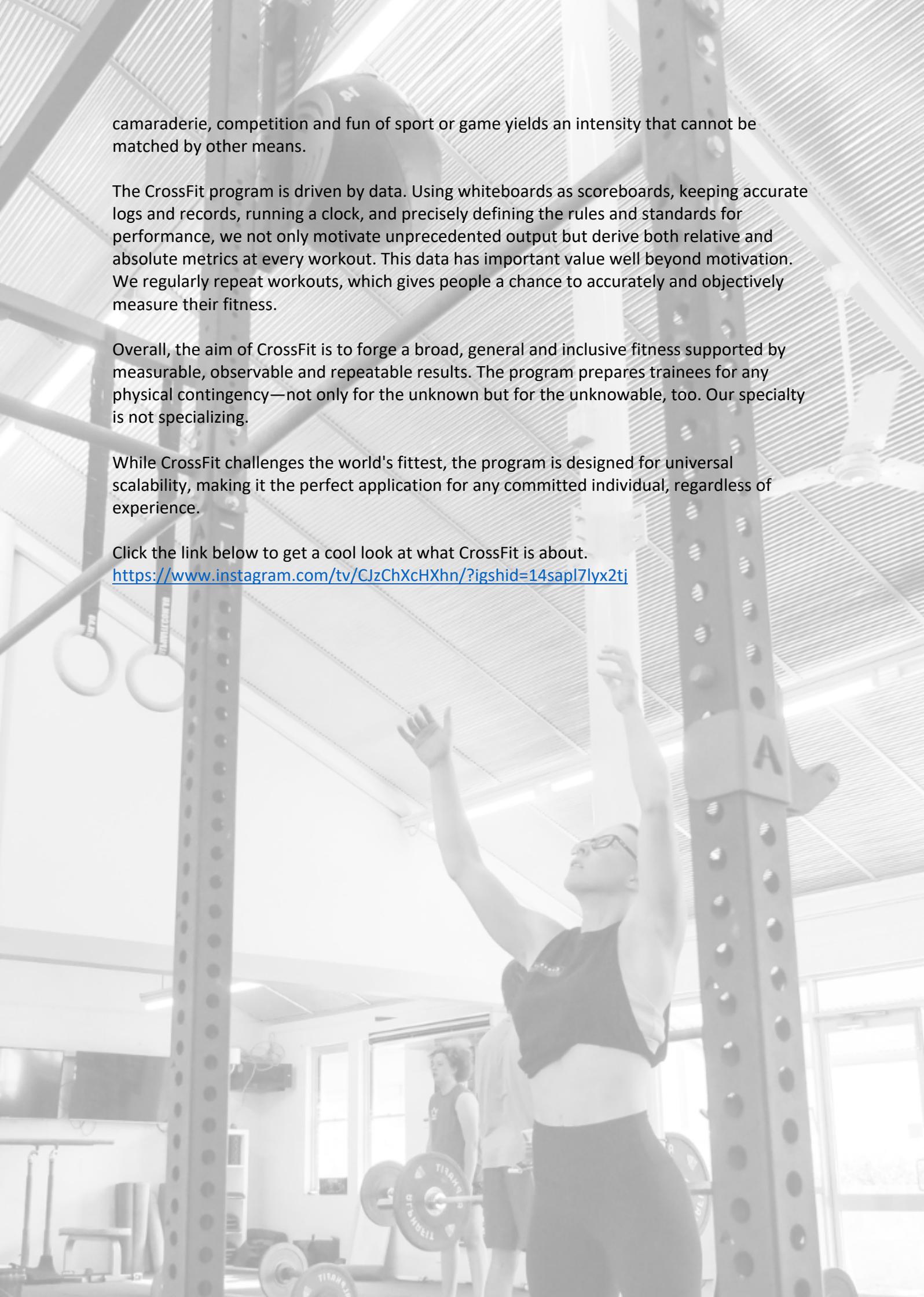
CrossFit is a fitness regimen developed over several decades. Greg Glassman, CrossFit's founder was the first in history to define fitness in a meaningful, measurable way: increased work capacity across broad time and modal domains. He then created a program specifically designed to improve fitness and health. CrossFit is constantly varied functional movements performed at high intensity.

CrossFit workouts are based on functional movements, and these movements reflect the best bang for buck aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time.

Intensity is essential for results and is measurable as work divided by time—or power. The more work you do in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

The community that spontaneously arises when people do these workouts together is a key component of why CrossFit is so effective, and it gave birth to a global network of CrossFit affiliates that number over 13,000. Harnessing the natural





camaraderie, competition and fun of sport or game yields an intensity that cannot be matched by other means.

The CrossFit program is driven by data. Using whiteboards as scoreboards, keeping accurate logs 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. We regularly repeat workouts, which gives people a chance to accurately and objectively measure their fitness.

Overall, the aim of CrossFit is to forge a broad, general and inclusive fitness supported by measurable, observable and repeatable results. The program prepares trainees for any physical contingency—not only for the unknown but for the unknowable, too. Our specialty is not specializing.

While CrossFit challenges the world's fittest, the program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience.

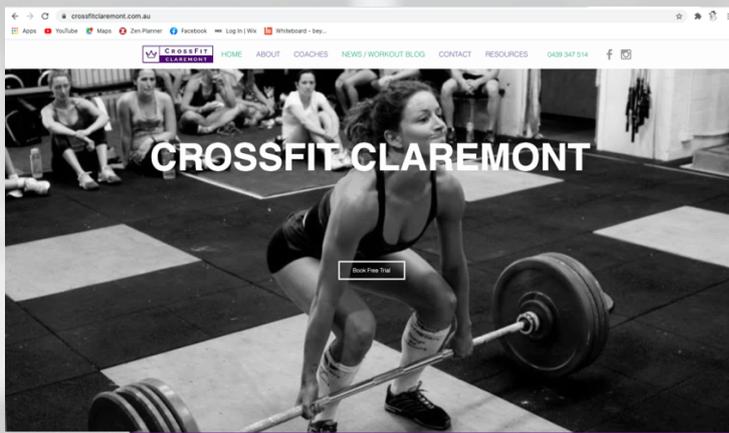
Click the link below to get a cool look at what CrossFit is about.

<https://www.instagram.com/tv/CJzChXcHXhn/?igshid=14sapl7lyx2tj>

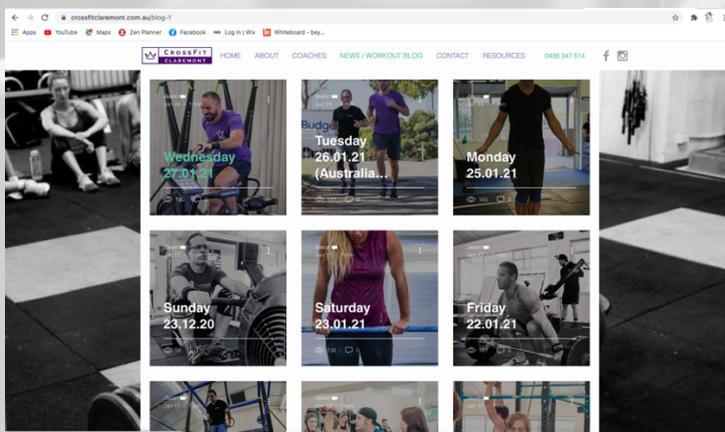
HOW TO CHECK THE WORKOUT OF THE DAY (WOD)

Every CrossFit class on a given day will be doing the same workout, so it doesn't matter what time you come, the workout will be the same. Some people like to know what's coming and others think it may influence if they come on a certain day, so they prefer not to check and get the surprise when they walk in. Either way, the whole week of workouts are posted up at 9am every Sunday.

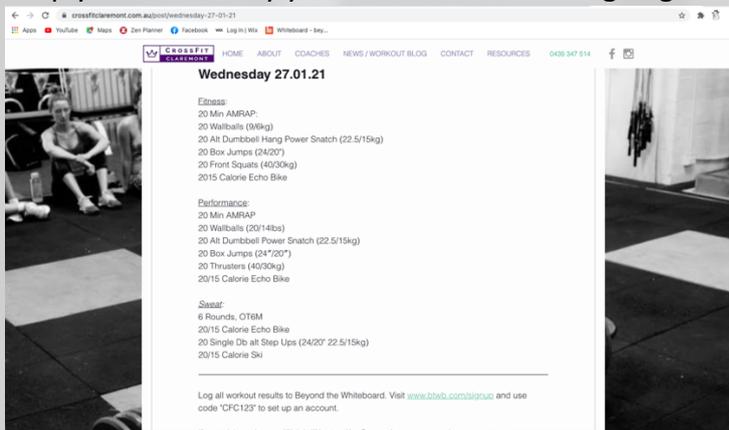
To check the workout simply visit our website <https://www.crossfitclaremont.com.au>



From our home page select "NEWS/WORKOUT BLOG"



Simply select the day you want to see what is going on for the workout that day.



TECH WE USE:



Beyond The Whiteboard

When becoming a member of CrossFit Claremont we will email an invite to you to use “Beyond The Whiteboard.” (In case this goes to junk, each day on the WOD post it tells you how to join). Beyond the Whiteboard allows you to log your daily workouts – including all modifications–to serve as a reference to track your progress not only for you but also the coaches to help towards continuous improvement.

You can access BTWB via the app or a browser.

BTWB also keeps you connected to other members of the gym, even when they're at home. A notification of the WODs in the morning starts your day off right. Workout feeds let you interact with members from different class times.

This is one of the biggest aspects of CrossFit and something long term successful Crossfitters (and other passionate about fitness people) regularly do to keep them motivated about seeing their constant progression. There is no other tool that provides as much motivation and feedback for only 20 seconds of investment then tracking your workouts.

Check out <https://beyondthewhiteboard.com/about> for more info.



Zen Planner

Zen Planner is the member management software we use. When you walk in, you will sign into the Gym via Zen Planner. Once you get a welcome email, set up a password as it allows you to purchase produces via the iPad also if a coach is taking a class. Simple click purchase on the iPad some screen and you can select a product/s and follow the prompts.

The Zen Planner App allows you to reserve classes. Normally we don't require reserving classes, but we have in recent times when government have enforced spacing restrictions.

Facebook:

We have a private Facebook group we use to relay information and updates alongside email. If you wish to join, just ask add Jason Walker as a friend and ask to be added in. Alternatively, another member can add you in.

CLASS BASICS

If you are just starting CrossFit, it can sometimes be hard and intimidating at first to understand the layout of some of the workouts and how they are described when written. Don't stress, it happens to everyone. In no time you will get used to new terms and abbreviations used in the gym. Words like "WOD, AMRAP, OTM, RX" and names for movements like "Clean, Jerk and Snatch" will become very familiar. Some of the common abbreviations and acronyms are:

WOD – Workout of the Day. This is the workout we will do on a given day.

AMRAP – A style of workout where you aim to get 'As Many Rounds As Possible' in the given time.

OTM – 'On The Minute' a certain movement or exercise might be done each minute.

EMOM – Every Minute on the Minute

Buy In – Complete a movement before getting into the rest of the workout

RX – As prescribed, this means you completed the workout as it was written.

Modified/Scaled – The workout was changed as it was written on the board/website.

BTWB – Beyond the Whiteboard, our fitness tracking program.



TAILORING WORKOUTS FOR YOU – OUR DIFFERENT ‘TRACKS’

In our CrossFit class there are two tracks for you to choose between. ‘Fitness’ and ‘Performance’, on some days they will be the same workout.

Different people at different stages of training will follow either track. Even at times people will switch between tracks from day to day, that’s fine. Our main focus is keeping you safe, happy, confident and moving. But in a nutshell:

The ‘Fitness’ track focus is getting fitter and lowering the barrier for entry. CrossFit can have confusing movements and workout structures; the Fitness track aims to keep workouts and movement patterns simpler so your main focus can be to keep moving and get a great workout. The Fitness track is certainly not easier, often it’s harder because the movements aren’t as skill based/as heavy, and you can create more intensity. Think about what a harder workout will be:

One minute max distance on a bike
or
One minute max distance handstand walk?

Most people beginning CrossFit simply couldn’t do a handstand walk, so it wouldn’t be very hard or provide much of a workout.

The ‘Performance’ track will get you fitter, but with a performance focus. More technical movements, challenging your skills under fatigue and demanding high skilled movements are a regular occurrence. Often people following this track have specific performance goals, may be looking for it to help performance in a sport or they may compete in fitness competitions such as the CrossFit Open.

We generally recommend if you haven’t done CrossFit before that you spend at least a month in the ‘Fitness’ track to begin with. Get comfortable with the workout style, movement patterns, class structure and get over some initial soreness that comes with a new workout program. We also encourage if people are carrying a niggle or injury, to do the ‘Fitness’ track also.

There is nothing worry with going between the Fitness and Performance tracks from time to time or day to day depending on what makes you happy and excited to train!

If you have questions and aren’t sure what’s best for you, please ask a coach or send us an email.

DIFFERENT CLASSES

We have some other classes than just CrossFit, this is a brief description of them:

Weightlifting: The class is more sets and reps, following a progressive program. This class is designed around increasing strength mainly using barbells. Once again unless you have done this before it's nice to get a grounding in the classes for around a month at least before jumping into this class.

Sweat: The Sweat class are generally longer workouts, mostly less technical movements, aimed at getting and keeping you sweating and moving.

Competitors Club: The Comp class is aimed at people looking to compete in CrossFit or Fitness competitions. We also have specific and additional programming for competitors.

Bulletproof Strength: This class uses a variety of different movements and implements to get you stronger in positions and patterns you might not be familiar with or maybe muscles you aren't aware of.

Open Gym: The floor is yours! Catch up on something you missed, practise or do something that you feel like!

DO I NEED EQUIPMENT?

Apart from your normal attire you don't, we will provide everything you need. However, there are two things that are recommended to help your experience.

1. Correct shoes: Running shoes are designed for cushioning and propelling you forward, stability isn't a major factor. Shoes for CrossFit should be sturdy and stable and able to do everything. Imagine trying to lift something heavy while standing on a bed, training with running shoes is doing something similar. There are heaps of different shoe options out there, ask a coach, we are happy to give you advice.
2. Gymnastics Grips: no one likes having sore hands, we sell some ourselves and there are many different kinds available online.

ASKING A COACH FOR HELP

It's the very passion of coaches to help you improve. To see you improve and excel is what we are here for.

Our coaches will do their very best to brief and explain the class workout, it's purpose and give demonstrations and modified options to movements before starting the workout itself. If you have any questions to ask our coaches, please don't be afraid to ask! They will assist in any way possible to clarify and to help you along your way.

If you have an injury or concern, let the coach know. If you can speak to us at the start of a class, it will give us maximum time to give you the best possible alternative and modifications in the workout.

I'M SORE...HELP!

It's normal to get sore after training. Especially when something is new. Further along the line it shouldn't be happening all the time, but it will still happen. It's simply your body noticing it has received a new stimulus and is now trying to recover and adapt from it. If you're never sore, you could probably stand to push yourself a little harder from time to time.

With soreness, or DOMS (Delayed Onset Muscle Soreness) it's nothing to be afraid of and it happens to everyone. The best way to make it go away faster is to continue moving. If you get sore and then just stop exercise for a few days, you will continue in this cycle. Do your best to get moving again and build your bodies tolerance. Research shows there is little to no reduction in output when you are experiencing soreness. So even though moving may feel difficult, your performance won't really decrease.

Rhabdo is short for rhabdomyolysis. Which is where tissue can break down into the blood. It's extremely uncommon but a serious condition that can happen when you complete a bout of exercise a lot more intense and/or strenuous than you are used to. This is why it's important to always progress and increase loads and intensity steadily. If you are extremely sore, have difficulty in moving (often it can be straightening your elbow) and/or have brown urine then seek immediate medical attention.

Pain is different to soreness or DOMS as mentioned above. It's sometimes difficult to tell the difference, but generally pain or an injury is more intense, acute and 'sharp' in nature.

Please notify a coach immediately and if unsure please seek assistance. We have several trusted professionals we can refer you to that can put you on the right and fastest path to recovery!

Following a soft tissue injury, this graphic to the right can give you a guideline to optimising recovery.

P		PROTECTION Avoid activities and movements that increase pain during the first few days after injury.
E		ELEVATION Elevate the injured limb higher than the heart as often as possible.
A		AVOID ANTI-INFLAMMATORIES Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
C		COMPRESSION Use elastic bandage or taping to reduce swelling.
E		EDUCATION Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.
&		
L		LOAD Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load
O		OPTIMISM Condition your brain for optimal recovery by being confident and positive.
V		VASCULARISATION Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
E		EXERCISE Restore mobility, strength and proprioception by adopting an active approach to recovery.

BEGINNING/RETURNING TO TRAINING FROM A BREAK

Generally, the most common time injuries occur is after a long period of low activity. For beginners, it's a big stimulus of something new with a lot of strange things happening. Your body is doing the best it can to adapt to these new things.

From experience, we find injuries are most common for experienced CrossFitters who return after a period of inactivity. Often the fitness, strength and skill are there to execute a high amount of work, but your body isn't ready for it.

However, the solution is the same either way – if you have had a period of minimal activity, the first few sessions should be much less than you could do at maximum effort to allow your body to catch up again. Something along the lines of

Session 1: 50%

Session 2: 70%

Session 3: 90%

Your body will thank you for it, and long term your progress will be faster.

TRAINING INTENSITY:

One thing that both attracts and scares people to CrossFit is the perceived high intensity of its nature. Realistically this is just a perception. The intensity is completely governed by you, and these factors can help that consideration.

1. Only train as hard as you can recover. Are you going through a busy period in life where your sleep, stress, nutrition is compromised? Then your training intensity overall should be decreased to match that. Keep on doing something, that's essential, but pump the breaks a bit. At the end of the workout feel like you could have done more if you had to.
2. Intensity is specific to the individual: if you don't have as much experience, any form of activity is intense. If you're done something a long time and understand your body well, you can most likely push yourself to a higher output.
3. You don't have to go 100% every day. And you shouldn't. Tired, stressed or just not feeling like pushing hard on a certain day? Then don't. Cruise through the workout a bit, modify the loads or movements, just focus on doing something and moving. You will feel better for it. A maximal effort in this situation isn't what's best for you long term. If you are feeling like this all the time though, that's a separate issue and discuss it with a coach.
4. Deloading. A deload week is often a great option to refresh and invigorate the body and mind. Due to the need to cater to a large amount of people, this is difficult to address in a group setting, but you can implement this yourself. For a week, go a little bit lighter, slower and smoother than you normally would. Walk away from each session knowing there was more to give. A complete week off usually isn't ideal, injuries most commonly occur from a decrease in exercise amount just as much as an increase.

Consistency always beats intensity, aim to move regularly and consistently. Lots of irregular and intense sessions often lead to burnout and injury.

GYM 'RULES':

Rules is a harsh word, but we have some guidelines like to follow to maximise the experience for everyone.

We have attached an infographic which is a fun way to get across what general standards and expectations we and most CrossFit Gyms have. This is to get everything geared towards getting the most from your fitness experience.

However, we do have a few specific rules to us:

1. If you don't know someone's name in the room - go and introduce yourself.

The relationships created and interactions between members is a huge part of what makes CrossFit so much fun, so we want you to know everyone. When you're new this will be difficult, but once you've been around longer go up and meet someone you don't know. It's always a little intimidating in a new place, go and make someone's day 😊

2. Sign in whenever entering the gym.

As soon as you enter sign in via the iPad on the front desk.

3. Coaches coach, athletes work. If you have a question – ask a coach.

This is covered previously, but please ask. There is a lot to learn, we want to help and you're not a burden.

4. Dogs are fine, but please tie them up outside.

Some people aren't comfortable around dogs and have allergies. 99.9% of dog interactions are amazing, but we don't want something to happen which makes things difficult. Let's use this hour to focus on people.

5. Keep your hands in the bucket when chalking up.

Chalk gets everywhere easily and makes things messy. Keep your hands within the bucket while chalking and the universe is a better place.

6. Don't drop empty barbells.

Barbells are designed to be dropped with the rubber bumper plates. They aren't designed to be dropped without them. A puppy dies every time an empty barbell is dropped.

7. Be a legend.

First step to being a legend is to be kind. The world can always use more positive people.

8. Have fun.

We are serious about getting the most out of our fitness and giving you the best experience we can, but let's not forget the reason for being alive.



REFERAL PROGRAM

We have a referral program! If you refer someone, get them to tell us you referred them when they join up and you get a month membership free!

HOLDS AND CANCELLATIONS:

If you're going away and wish to put a hold on your account, just let us know the dates we can pause your membership. Minimum holds are 1 week.

You can also cancel your membership at any time too. If you need to hold or cancel, or are having issues with your account, it's fine – these things happen. But please let us know as soon as possible because we absorb the fees when payments bounce.

For both holds and cancellations, we require 3 business days' notice

Debits will either come under 'Vault Fitness', 'CrossFit Claremont' or 'Ezidebit' depending on your setup or bank. Payments are taken in advance of your training.

If you need to change your account or payment details just let us know.



NUTRITION

If you do not address nutrition, you are essentially rowing with one oar in the water. You cannot out-exercise a bad diet. To reap the full rewards of the CrossFit program, work out regularly and optimize your nutrition.

‘CrossFit’ nutrition recommendations in short: Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that will support exercise but not body fat.

There are many ways to address optimum nutrition and we strongly believe in focusing on health and performance rather than obsessing over the what the scale says. If you if you are struggling with nutrition, ask a coach and we can point you in the direction of some resources or a qualified professional.

NUTRITION

EAT MEAT & VEGETABLES, NUTS & SEEDS, SOME FRUIT, LITTLE STARCH AND NO SUGAR.

KEEP INTAKE TO LEVELS THAT WILL SUPPORT EXERCISE BUT NOT BODY FAT.

START HERE

FACT: FOOD DOESN'T HAVE LABELS PRODUCTS HAVE LABELS

NOT HERE

PROTEIN

VEGGIES (CARBS)

FATS

INCLUDE SMALL PORTIONS OF THESE: OILS • SEEDS • NUTS
LOOK FOR "GOOD FATS" THAT ARE HIGH IN OMEGA 3

OCCASIONALLY: SOME WHOLE FRESH FRUIT AND BERRIES

COFFEE
IMPROVES BRAIN ACTIVITY & PERFORMANCE AND MAKES YOU MORE AWESOME OVERALL.

YOUR PLATE SHOULD LOOK LIKE THIS
PALM SIZE PROTEIN SURROUNDED BY VEGGIES & SALAD
THUMB SIZED FAT IN ANY COMBO

AVOID THE CHEMICAL S#IT STORM

SUGAR & CHEMICAL SUBSTITUTES DIET AND FAT FREE PRODUCTS AND ANYTHING PROCESSED

GRAINS

- PROCESSING
- EMPTY CALORIES
- SPIKE INSULIN LEVELS
- STORED AS BODY FAT

SLEEP 7.5-9 HRS PER NIGHT

SLEEP IS IMPERATIVE LACK OF SLEEP WILL DASH YOUR EFFORTS FOR HEALTH AND FAT LOSS AND PUT YOUR BODY IN AN INSULIN RESISTANT STATE.

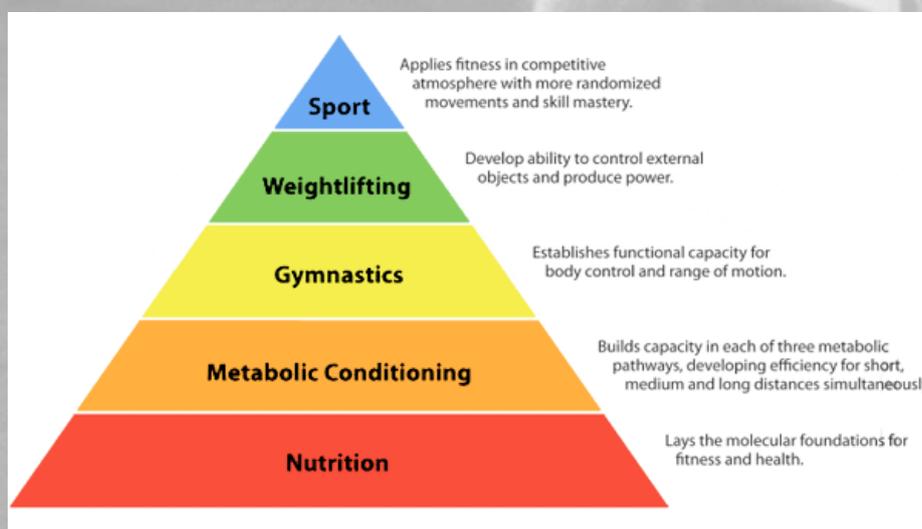
WATER

ESSENTIALS

LIVE

DON'T BEAT YOURSELF UP - ENJOY IT IF YOU EAT RIGHT AND INDULGE IN THESE SPORADICALLY

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CROSSFIT AND PREGNANCY

We have developed a training guide for pregnancy and training. On the top of our website click 'Resources' to find it

MORE INFO:

If you are looking for more information about CrossFit just simple chat to a coach or you can explore the CrossFit Journal (<https://journal.crossfit.com/>) it has decades worth of articles on all kinds of different subjects.

HOW TO HELP US...

The biggest compliment you can give us is to bring your friends along. Anyone can come along for a free trial, just let us know and we can book them in.

We love our members and by bringing in more like-minded people it keeps the community full of great people.

Please also give us a review on Google on Facebook, it helps us get our face out there.

