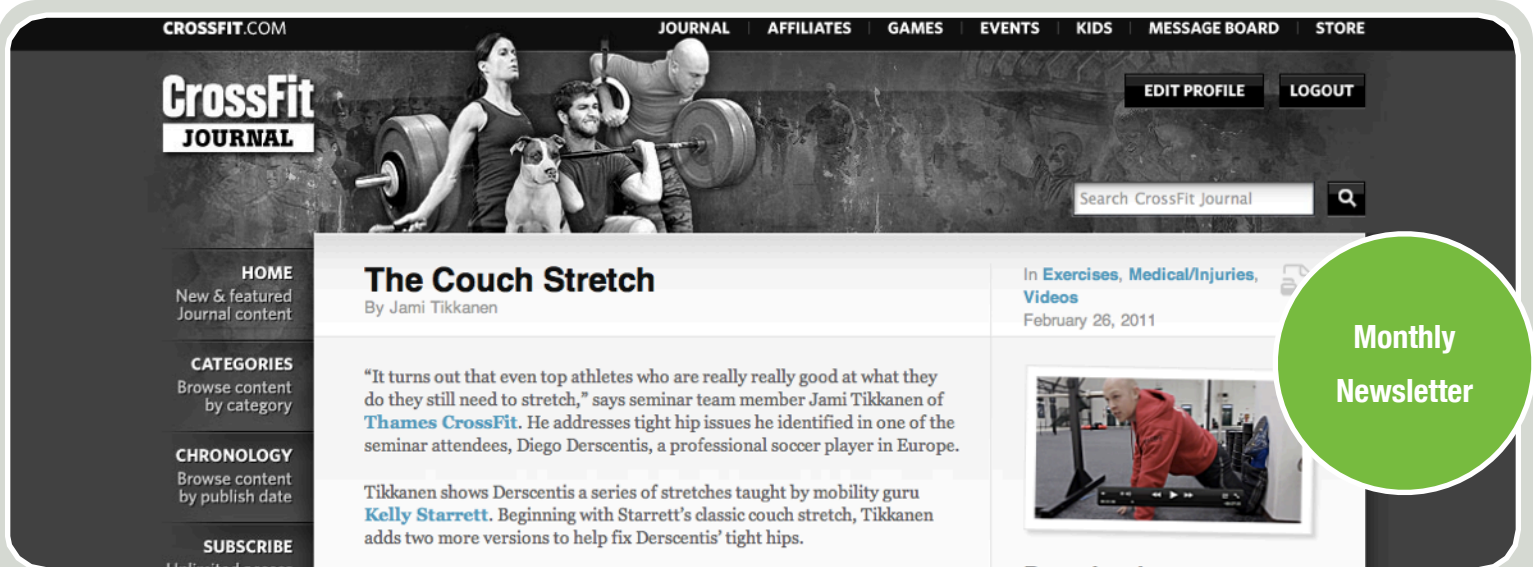


March 2011

CROSSFIT MONCTON



CROSSFIT JOURNAL

A great resource for all things CrossFit

Do you have a subscription to the CrossFit Journal? If not, you have no idea what you're missing.

There are over 1600 searchable articles, videos and audio files. Topics include exercises, nutrition, Olympic weightlifting, running, just to name a few.

For only \$25 a YEAR, you can have full access to thousands of hours of

instructional videos on complex movements, taught by some of the best trainers in the world. You can also interact with them in the comment section, much like the comments at crossmoncton.com.

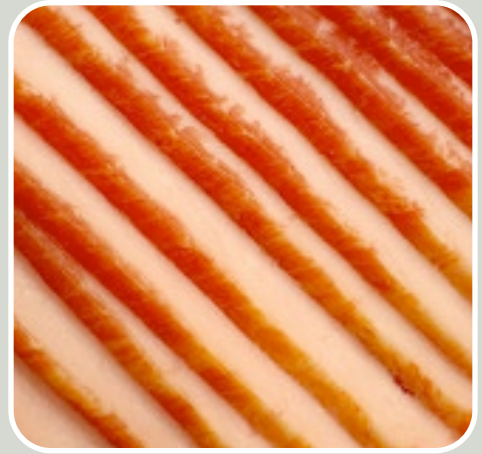
Head on over to the journal at <http://journal.crossfit.com/>

It will be the best \$25 you'll ever spend.

CAPRESE CHICKEN WITH BACON

Ingredients:

- 8 slices bacon;
- 4 boneless chicken breast halves;
- 2 plum tomatoes, sliced;
- 6 basil leaves, sliced thinly;
- Sea salt and freshly ground black pepper to taste



Directions:

1. Preheat your oven to 400 F.
2. Place the bacon slices on a rimmed baking sheet and place in the oven to cook for about 10 minutes so they are still soft.
3. Remove from the oven and pat the slices dry with paper towels.
4. Rub the chicken breast halves in the rendered bacon fat, season them with salt and pepper to taste and place them in a baking dish.
5. Place the basil leaves and tomato slices on top of the breast halves and place the partially cooked bacon slices over.
6. Place in the oven to cook for about 20 to 25 minutes, until the chicken is well cooked.

<http://paleodietlifestyle.com>

When did you start CrossFit?

I joined CrossFit Moncton in November of 2009 but I had started doing CrossFit workouts back in April of the same year.

Do you have an athletic background? Not at all. I was the kid who always hated gym class and never played any sports.

Why do you CrossFit? Like most CrossFitters, I am addicted. I like the challenge of every workout, and believe it or not, it's fun. I really enjoy the weightlifting side of CrossFit as well. Getting PRs and knowing I'm stronger is a great feeling.

What are your goals? Have you reached any yet? My main goal has been the same for some time now. I'm still trying for my first kipping, unassisted pullup. I'm getting closer every week. And when I get it, I'll make sure to tell everyone I know.

What are some results you've seen? Since starting Crossfit (and changing to a holistic diet) I've lost almost 45lbs. I feel awesome. I have much more energy and self confidence. So much so that I recently joined Roller

Derby. Go Muddy River Rollers!!

Do you have an accomplishment that you're very proud of? The first time I did Deck of Death, I had 26 cards left. Last week, I had seven cards left. I'm pretty proud of that.

Do you remember your first workout? What was it like? My first workout at CrossFit Moncton was a 5km run. I was the last to finish but as I rounded the turn back on to Rideout St. I could hear the rest of my class cheering me on.

If you're in an elevator, and someone asks you "what is CrossFit?" what would you say? I'd say that CrossFit is a group workout. The workouts involve strength, gymnastics, cardio and are constantly varied.

What do you tell someone that's hesitant to try CrossFit? I would tell them that CrossFit can be modified to any fitness level.

Have you ever met pukie? Come close? I have yet to puke at the gym but have puked in my driveway at time or two.

RAYCHELL ERMAN



Stats

- CrossFitting since Jan/10
- Deadlift: 165#
- Press: 75#
- Back Squat: 120#
- OHS: 85#
- Max pullups: 18
- 1k Row: 4:43.9



Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at crossfitmoncton@hotmail.com to confirm your **FREE** session, or call (506) 962-0710.

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