
CrossFit Moncton

Introduction Package

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Table of Contents



| | |
|--|----|
| Vision and Mission..... | 2 |
| Story of CrossFit Moncton..... | 3 |
| What is CrossFit?..... | 5 |
| Scaling..... | 6 |
| What is Fitness?..... | 7 |
| CrossFit Moncton class procedures..... | 8 |
| Expectations..... | 9 |
| Main Exercises..... | 10 |
| Nutrition..... | 11 |

CrossFit Moncton

VISION AND MISSION



Vision - To be the model of fitness training in the Greater Moncton community.

Mission - Forging elite fitness through high caliber coaching in a safe, friendly and supportive environment.

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THE STORY

It's been a few years since I did my first CrossFit workout. Here is the story of how CrossFit Moncton came to be...

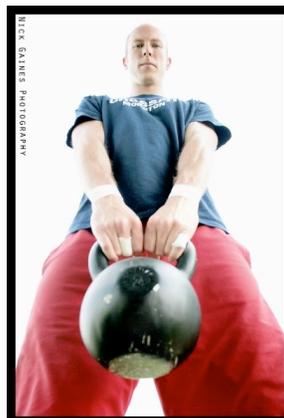
I was teaching Phys Ed at Tantramar in 2006. On the night of Parent-Teacher interviews, a parent, who was also an RCMP officer, gave me a link to a website. He said it was filled with workouts that I could possibly use with my students. I think I lost the paper that had the link and completely forgot about it.

About a month later, his son, Justin, asked if I checked out the CrossFit site. I hadn't, so we went to my computer after school and saw it was a workout called the Filthy Fifties. 500 reps? Really?! I had some spare time, so Justin and I gave it a shot.

Box jumps, no sweat! Jumping pull-ups, piece of cake. Dumbbell swings, ok, this is starting to suck. Walking lunges...they have to be with weights...let's try 50 pounds in each arm...ahhh, this is bad! Anyway, I managed to get to the back extensions before my body called it quits.

I was hooked!

I continued doing the workouts on the main CrossFit site and tracked my progress. On December 14, 2006, my CrossFit Total was a lowly 568...and that was using a Smith machine for the squats! Now, I'm up over 800. In two months of CrossFit, I gained 10 pounds of muscle. This stuff is potent.



Interest was sparked and I began my certification courses to become a personal trainer in 2007. That's where I met Jeanette Pearson. We were on a break during a course and somehow found out that we each did CrossFit. Over the lunch break, we did a workout at NuBody's and got quite a few odd looks from others. This was one girl that knew how to workout! She planted a seed by mentioning the idea of a CrossFit in Moncton. I smiled.

When I found out about the CrossFit in Fredericton, I headed down to see what a REAL CrossFit gym was like. I think the workout was Fight Gone Bad. And boy was it bad! Since meeting Jodi and Anthony Bainbridge, they have been an incredible resource for me and have answered many questions about running a CrossFit gym. They are two very impressive people.

The next step was affiliation. I needed to go to a CrossFit certification, so I checked the main site everyday for one that was fairly close. MAINE! That's about as close as it comes! I drove down with Janine Daigle, who used to be a CrossFitter in Moncton, but has since moved to Bathurst (and opened CrossFit Bathurst). The weekend course was amazing and on June 22, 2008, I was a CrossFit certified trainer. My affiliation application went through quickly, got insurance, did up a business plan, and held the inaugural CrossFit Moncton workout in the park at Queen Elizabeth school playground on July 5, 2008. There were 20 participants and lots of supporters.

It was all happening so fast. It was real.

I had over 75 people come out for workouts in the park over the course of the summer. As summer was drawing to an end, it was starting to get dark and cold. I needed a space before the snow fell. I spent countless hours looking for an ideal location. It was a lot harder than expected. After seeing MANY unsuitable spaces, 94 Rideout St. was found. It was a large room (not quite empty – filled with kayak building materials and other thingamajigs), with 10 foot ceilings. I had the freedom to transform the room however I wanted to. Perfect!

After securing some money from the bank, I filled the room rather quickly with CrossFit equipment. Some of the people from the summer workouts joined the gym, new members started trickling in and business was growing.

We have since moved to a bigger location on 25 Alcock St that is 3000 sq ft.

So there you have it. The story of how CrossFit Moncton came to be. I want to thank everyone who's helped, supported, motivated, and encouraged me to get where I am today. I am very grateful!

"Follow your passion and success will follow you."

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WHAT IS CROSSFIT?

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Our program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life reward this kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. We scale load and intensity; we don't change programs.

The needs of Olympic athletes and our grandparents differ by degree not kind. Our soldiers, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.



Push-ups are good for the body, but pullups are good for the soul.

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SCALING

Some of the CrossFit workouts will look too difficult. Actually, some look like they are borderline insane. You may be thinking to yourself that you'll never be able to complete the workouts, so why bother?

One of the best aspects of CrossFit is that the program is completely scalable. We can modify any workout, almost infinitely.

Example -

Mary - As many rounds in 20 minutes of: 5 handstand pushups, 10 one-legged squats, 15 pullups

We can lower the repetitions to 3, 5, 7.

Lower the time to 10 or 15 minutes.

Substitute handstand pushups with shoulder presses or pike pushups.

Instead of one-legged squats, do regular squats.

Use an assistance band for the pullups, or do ring rows.

So as you can see, anyone can do CrossFit, regardless of their strength or ability!



Even if you're injured, you have no excuse not to come to CrossFit!

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WHAT IS FITNESS?

Concept #1 - There are ten recognized general physical skills. They are cardiovascular/respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance, and accuracy. You are as fit as you are competent in each of these ten skills. A regimen develops fitness to the extent that it improves each of these ten skills.

Concept #2 - Fitness is about performing well at any and every task imaginable. Picture an empty bin loaded with an infinite number of physical challenges and being asked to perform feats randomly drawn from the bin. This idea suggests that your fitness can be measured by your capacity to perform well at these tasks in relation to other individuals.

Concept #3 - There are three metabolic pathways that provide the energy for all human action. These "metabolic engines" are known as the phosphagen pathway, the glycolytic pathway, and the oxidative pathway. The first, the phosphagen, dominates the highest-powered activities, those that last less than about ten seconds. The second pathway, the glycolytic, dominates moderate-powered activities, those that last up to several minutes. The third pathway, the oxidative, dominates low-powered activities, those that last in excess of several minutes.

Total fitness, the fitness that CrossFit promotes and develops, requires competency and training in each of these three pathways or engines. Balancing the effects of these three pathways largely determines the how and why of the metabolic conditioning or "cardio" that we do at CrossFit.



Fitness is the ability to do what you want to do, and feel good about it.

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CLASS PROCEDURES

Each class is scheduled to take no longer than one-hour. That hour will be divided into the following :

First 10 minutes - Mobility and Warming-up

Second 15-20 minutes - Strength or skill work - Members will follow the posted list of strength lifts (Press, Front Squat, Deadlift, Push Press, Back Squat, Squat Clean, Push Jerk, Overhead Squat). Members will go through the list at 1 repetition, 3 repetitions and then 5 repetitions.

On occasion, when new or difficult exercises arise, skill practice may be substituted (ex. double unders, snatches).

Last 30 minutes - The Workout of the Day (WOD) - The workout may last anywhere between 3 and 30 minutes. These will be done together as a group. If you have an injury, the trainer needs to know beforehand. Scaling/modifications are always available.



Working out in a group setting will yield the best results

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EXPECTATIONS

Rule #1 - Don't say "can't" - 10 Burpees if you do

Rule #2 - Always bring your journal

Rule #3 - Be early

Rule #4 - If you register for a class, show up.

Rule #5 - Call Kevin (506.962.0710) if you are unable to attend a class (within 2 hours)

These guidelines are set in place to ensure a positive, goal-oriented and accountable environment. If one happens to break a rule, a special 'treat' will be in order.

***Members are encouraged to post their results on the CrossFit Moncton website. This will play a large part in keeping yourself accountable to your fitness program. To post results, simply click the "Comments" link under the daily post, enter your information (can save it so you'll only have to enter it once), and then type your comment or results.



We train for life, not just because it looks cool

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MAIN EXERCISES

These are video links to some of the main exercises we use at CrossFit. Study them. Other exercises not listed here can be found at <http://www.crossfit.com/cf-info/exercise.html>.

Air Squat...[\[wmv\]](#)[\[mov\]](#)

Front Squat...[\[wmv\]](#)[\[mov\]](#)

Overhead Squats ...[\[wmv\]](#)[\[mov\]](#)

Press...[\[wmv\]](#)[\[mov\]](#)

Push Press...[\[wmv\]](#)[\[mov\]](#)

Push Jerk...[\[wmv\]](#)[\[mov\]](#)

Deadlift...[\[wmv\]](#)[\[mov\]](#)

Sumo Dead Lift High Pull...[\[wmv\]](#)[\[mov\]](#)

Medicine Ball Cleans...[\[wmv\]](#)[\[mov\]](#)

Kettlebell swings...[\[wmv\]](#)[\[mov\]](#)

Double-Unders...[\[wmv\]](#)[\[mov\]](#)

Wall Ball...[\[mov\]](#)[\[wmv\]](#)

Rowing...[\[wmv\]](#)[\[mov\]](#)

Kipping Pullup Concepts...[\[wmv\]](#)

Push-up Standards...[\[wmv\]](#)[\[mov\]](#)

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NUTRITION



We at CrossFit Moncton follow the Paleolithic Diet; the diet that was used by our hunter-gatherer ancestors.

The way I like to describe it goes like this:

If it had wings, feet or fins, grows in the ground or on a tree, it's probably good for you.

Basically, eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar.

**Here are a few FAQs that should help you better understand the diet.
(taken from www.thepaleodiet.com)**

Q: Describe how The Paleo Diet works.

A: With readily available modern foods, The Paleo Diet mimics the types of foods every single person on the planet ate prior to the Agricultural Revolution (a mere 500 generations ago). These foods (fresh fruits, vegetables, lean meats, and seafood) are high in the beneficial nutrients (soluble fiber, antioxidant vitamins, phytochemicals, omega-3 and monounsaturated fats, and low-glycemic carbohydrates) that promote good health and are low in the foods and nutrients (refined sugars and grains, saturated and trans fats, salt, high-glycemic carbohydrates, and processed foods) that frequently may cause weight gain, cardiovascular disease, diabetes, and numerous other health problems. The Paleo Diet encourages dieters to replace dairy and grain products with fresh

fruits and vegetables -- foods that are more nutritious than whole grains or dairy products.

Q: How does The Paleo Diet differ from the glut of diet books constantly bombarding the public?

A: The Paleo Diet is the unique diet to which our species is genetically adapted. This program of eating was not designed by diet doctors, faddists, or nutritionists, but rather by Mother Nature's wisdom acting through evolution and natural selection. The Paleo Diet is based upon extensive scientific research examining the types and quantities of foods our hunter-gatherer ancestors ate. This nutritional plan is totally unlike those irresponsible, low-carbohydrate, high-fat, fad diets that allow unlimited consumption of artery-clogging cheeses, bacon, butter, and fatty meats. Rather, the foundation of The Paleo Diet is lean meat, seafood, and unlimited consumption of fresh fruits and veggies.

Q: Since hunter-gatherers lived a "nasty, short, and brutal life," how can we know if their diets were healthful or not? Don't their short life spans suggest a poor diet?

A: It is certainly true that hunter-gatherers studied during modern times did not have as great an average lifespan as those values found in fully westernized, industrial nations. However, most deaths in hunter-gatherer societies were related to the accidents and trauma of a life spent living outdoors without modern medical care, as opposed to the chronic degenerative diseases that afflict modern societies. In most hunter-gatherer populations today, approximately 10-20% of the population is 60 years of age or older. These elderly people have been shown to be generally free of the signs and symptoms of chronic disease (obesity, high blood pressure, high cholesterol levels) that universally afflict the elderly in western societies. When these people adopt western diets, their health declines and they begin to exhibit signs and symptoms of "diseases of civilization."

Q: Are hunter-gatherer diets practical to feed the world's population?

A: There are more than six billion people alive on the planet in the 21st century. Cereal grains provide more than half of the energy required to feed the world's people. Without cereal grains, there would be massive starvation of unprecedented proportion on the planet. We have walked down a path of absolute dependence upon cereal grains -- a path that cannot be reversed.

However, in most western countries, cereals are not a necessity, particularly in many segments of the population that suffer most from Syndrome X and other chronic diseases of civilization. In this population, a return to a Stone Age Diet is not only possible, but highly practical in terms of long-term healthcare costs.

Q: How can the lean meat and seafood-dominated Paleo Diet help me lose weight compared to a high-carbohydrate, low-fat diet?

A: Conventional wisdom tells us that to lose weight we must burn more calories than we take in and that the best way to accomplish this is to eat a plant-dominated, low-fat, high-carbohydrate diet. The first part of this equation is still true -- a net caloric deficit must occur in order for weight to be lost. However, the experience for most people on low-calorie, high-carbohydrate diets is unpleasant. They are hungry all the time, and for the vast majority, any weight lost is regained rapidly or within a few months of the initial loss. The diet doctors with their low-carbohydrate, high-fat diets offer us an alternative, but this nutritional gambit is nothing more than a short term ploy to lose weight that in the long run is unhealthy because of its reliance upon fats (bacon, butter, fatty meats, cheeses, etc.) at the expense of healthful fruits and vegetables.

There is an alternative -- a diet that emulates what our hunter-gatherer ancestors ate -- a high-protein, high-fruit and veggie diet with moderate amounts of fat, but with high quantities of healthful omega-3 and monounsaturated fats. Protein has two to three times the thermic effect of either fat or carbohydrate, meaning that it revs up your metabolism, speeding weight loss. Additionally, protein has a much greater satiety value than either fat or carbohydrate, so it puts the brakes on your appetite. Finally, three recent clinical trials have shown high-protein diets to be more effective than low-fat, high-carbohydrate diets in promoting weight loss.