So you have made it to the box.

You get changed into your favourite workout shorts, a bad-ass t-shirt and some rockin’, neon purple kicks. You are going to crush it. Today is your day and you will not be denied. The warm-up is completed, now onto group mobility exercises. This should help, as your right shoulder as been feeling somewhat “tight” for a while. Alright, now time to get that push press PR.

Doesn’t happen. Not even close. What the heck!?!?

Truth is, even though we make sure that you are properly warmed up through the regular warm-up rounds and specific mobility for the daily workout, ten minutes of daily mobility is often not enough to fix an underlying issue, whether it developed pre-Crossfit or after months of working out.

The above example is not made-up; it was common occurrence for me and lasted a quite long time. Anything shoulder related seemed to suffer for some reason. Nothing hurt, but I could not even match any PRs for lifts involving my shoulders (shoulder press, bench press, push jerk, etc).
At first I figured that concentrating on other things had been the issue and giving these lifts just a tad more attention would help. Then I blamed doing too much during open gym sessions followed by a regular class the same day. Then I blamed inconsistency in training days, diet and sleep.

With all the usual suspects out of the equation, I came to the realization that, indeed, it was time to grab a lacrosse ball and dig in for some proper mobility. (Note: tweaking diet, sleep, work load and a more consistent 3-on-1-off schedule still helped tremendously with WODs)

By proper mobility, I don’t mean doing 3 intervals of 20 seconds on each side of the target muscles, then toss the ball away and start lifting. Instead, try 1-minute intervals, alternating sides, for at least 6-7 intervals minimum per side. Also, try to make sure your stretch or lacrosse ball exercise is putting your muscles out of your comfort zone. Mobility work isn’t meant to be easy, kinda like our workouts.

I noticed a difference after one session of nothing but mobility work. Things were getting better. My bench press was coming along again. Rope climbs didn’t feel so rough on the elbow anymore. That left leg didn’t feel so weak after heavy squat sessions. If you want to fix something, just come in for a good hour of mobility, even on your rest day. Don’t let issues linger on, and please talk to any of the coaches. We have tons of exercises for you to try to help with any muscle groups. Just remember to do your warm-up beforehand; stretching cold muscles does not work well.

Now go and get after it.

by Mario Arsenault (via The Jump Button)
CHESTNUT & ROSEMARY STUFFING

Ingredients:

16 chestnuts (or 1.5 cup’s worth once peeled)

1/2 small, white onion, finely chopped

3 tbsp butter

1 tbsp fresh rosemary leaves

1/2 tsp sage

Directions:

Carefully score an ‘x’ in the chestnuts. Bake them at 400 for 25 minutes. Remove and let cool. Once cool, peel the chestnuts then grind them until they are the consistency of breadcrumbs.

Melt the butter in a saucepan. Add the onion and saute for a few minutes.

Stir the ground chestnuts into the butter and onion and add the sage and rosemary.

Stir until it comes together as a ball then shove the ball inside the cavity of your bird or bake separately in an oven-proof dish at 375 for 15 minutes.

Via Things My Belly Likes
When did you join CFM? Had you been involved in other gyms or fitness programs before?
I did the drop in on January 7th 2012 and we did the Intro WOD (AMRAP 10 Min of 5 push ups, 10 sit ups and 15 squats) and I couldn’t walk properly for about 5 days after. (I was still sore when I did my first group fundamentals on the 10th.) I was a member of the YMCA/Global Gym for a few years but that wasn’t really working out for me since they were taking my money but I wasn’t going.

Do you have an athletic background?
I do not have much of an athletic background. I mainly played baseball growing up and a few seasons of football for organized sports. Played road hockey and pick-up basketball growing up as well.

What made you decide to join CFM?
I had been doing something that was similar but not really CrossFit with Bill Cantelo and we were out with a friend of ours who was a member of CFM at the time and he was telling us about how much he loved it so Bill and I decided that we would give it a shot. At first Bill was all for it and really pushed me to go while I was more reserved. I wasn’t so sure about working out in groups of more than 3 people, but after I got started I was hooked.

Do you remember your first workout?
Besides the drop in, the first WOD I did was one of the Games WOD’s and it was 7 Rounds of 3 Cleans and 4 HSPU. I scaled the HSPU to regular pushups X 3 - looking at it I thought it wouldn’t be that bad and it was horrible at the end. I had to scaled the push ups to push ups from my knees for the final 4 rounds. I haven’t learned my lesson of judging a WOD by how it looks on paper - I still do it to this day.

What are your fitness or skill goals? Have you accomplished any of them?
I had set a lot of weight lifting related goals that I was happy to accomplish in the last 2 years but now I need to focus on the gymnastics side of CrossFit and I would like to get a pull up in 2015. I also ran my first 10k in 2013 and I’ve been thinking about running the half marathon in 2015, I mean I did 10k already… so what’s the worst that could happen?

Stats
-CrossFitting since 1/7/12
Deadlift: 405#
Press: 220#
C&J: 230#
Back Squat: 405#
Bench: 315#
Grace 3:37
Describe the atmosphere at CFM.
Supportive, motivating, inspiring, and caring.

Give us a few words of advice for someone in their first month of CrossFit.
You need to go into this with an open mind and no ego, forget everything you’ve done before and start fresh and progress slowly and you’ll see amazing results. Also, listen to and trust your coaches, they know you better than you know yourself sometimes.

What would you tell someone who is hesitant to try CrossFit?
I would tell them that words cannot describe how much fun CrossFit is and how amazing of a place that CFM is. Every single member at CFM was a new member at one time so they know exactly what you are going through. If you don’t want to try it right away then you should just visit and talk to some other members and get their opinion and they can tell you what CFM has done for them.

What would you say is the greatest benefit you’ve received from joining?
Confidence in what I am capable of doing is the greatest benefit I’ve received from joining.

What is your best/worst WOD memory?
Best WOD memory – Any WOD that I am able to PR from the previous time because it allows me to be able to see the progress I have made, or in some cases if I don’t PR then it keeps me in check that I still have things to work on.

Worst WOD Memory – I tend to block out all the really bad ones so I only have recent memories and I’d have to say it’s a tie between 14.5 and Mario’s 200 Burpees for time (I thought we were friends Mario, why’d you have to go and do that??)

What is your favourite lift? Favourite WOD (or type of WOD)?
Favourite lift would be back squat or bench press (I know – what a surprise, eh?).

Favourite type of WOD are the ones involving a barbell and only a barbell. It would be a tie between Grace and DT for which WOD is my favourite.

Any other comments?
The knowledge and passion that Kevin and Jo bring to CFM are what makes CFM such an amazing gym to be a member of. That knowledge and passion transfers to the other coaches and ensures that, whoever is coaching the class, you are being guided by someone who has the knowledge to ensure you’re safe and the passion to do their best to help you achieve your goals. All of that added to some of the most amazing people I have ever met that are members of CFM, that all combined makes CFM feel like a second family.
CFM CELEBRATES!
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 info@crossfitmoncton.com to confirm your FREE session, or call (506) 962-0710.

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