
CROSSFIT 101

New to CrossFit? Here's your beginners guide.



CrossFit is a training program that builds strength and conditioning through extremely varied and challenging workouts. Each day the workout will test a different part of your functional strength or conditioning, not specializing in one particular thing, but rather with the goal of building a body that's capable of practically anything and everything.

At CrossFit Wise Wolf , we will take you smoothly on the journey of the sport of fitness. Don't be intimidated, no one was born fit and please ask ask ask . Our coaches are here for you.

So let's talk about some major points to consider as a new member of CrossFit :

A. The Language:

Each day you come into the box (what we call a CrossFit gym) & you'll find your WOD (workout of the day) written on the white board with a number of acronyms, names and symbols that will not make sense at first (EMOM , AMRAP, Rx etc...) . Your coach will explain everything for you so listen carefully. And with time you will know all the acronyms by heart since you will be using them daily :)

nb: Check the glossary at the end for all the acronyms we have in CrossFit.

B. The Diet:

To perform at your best inside and outside the gym, you must maintain a clean plate. Our coaches can guide you through the nutrition plan that suits your lifestyle. We will also host free lectures about nutrition where you can learn more and ask more. We are here to help you live a healthy lifestyle!

“80 % of success is showing up.”

- WOODY ALLEN



In 6 weeks time: consistent training, following the basic nutrition & recovery tips you will notice a clear change in your body, mood & confidence . Just show up and put in the work .

C. Performance at high intensity (pushing beyond your comfort zone):

CrossFit workouts are intense short & sweet. Members will workout to achieve the highest number of sets or repeats against a running clock or a defined time. Competition is a daily aspect (Challenge yourself, always aim to be better !).

If you don't like to push beyond your limits & endure suffering, then CrossFit is not for you.

This however doesn't mean that you have to pick the same weight or do the exact moves as the athlete next to you, your coaches will scale down or up the moves/weights according to each athlete's capability.

D. Your first few weeks in CrossFit :

we will get you started at Wise Wolf with the "Crossfit Fundamentals Class", you will learn the 9 foundational movements & get introduced to the skills and drills which we will use in our CrossFit wods (workouts of the day). Listen to your coach and get his advice to minimize or even eliminate muscle soreness! Your body needs time to get used to all the new movements and body positions you are putting it through.

Most important thing is to follow your coaches and we advice to start with 3 days a week (Alternate a training day with a rest day.)

Golden training rules :

1. Listen to your coaches' advice for scaling and weights.
2. Recovery, rest and good nutrition are as important as your training at the box (ask for guidance from your coaches).
3. Listen to your coaches & follow your body but differentiate between pain and discomfort that comes with pushing beyond your comfort zone.
4. Mobility is at the core of our CrossFit training, make sure to spend 10 minutes daily on some form of mobility.

Our Soft opening is October the 30th .

Drop in 7-9:30 pm , talk to one of our staff and get to know what were' all about.

Don't forget to follow us on Facebook, Instagram and twitter (@cfwisewolf).

Google Maps : <https://goo.gl/maps/tdvQdSaPn312>

The Crossfit Glossary:

AMRAP: As Many Rounds (or Reps) as Possible

BS: Back squat

CFWU: CrossFit Warm-up

CLN: Clean

C&J: Clean and jerk

C2: Concept II rowing machine

DL: Deadlift

DU: Double under

EMOM: Every Minute on the Minute

FS: Front squat

GHD: Glute hamstring developer. A device that allows for posterior chain exercise, such as a hip extension, sit-up or a back extension.

GPP: General physical preparedness, aka “fitness.”

HC: Hang Clean

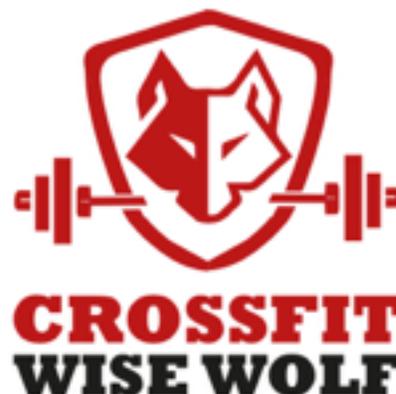
HSPU: Hand stand push up. Kick up into a handstand (use wall for balance, if needed) bend arms until nose touches floor and push back up.

HSC: Hang squat clean. Start with bar “at the hang,” about knee height. Initiate pull. As the bar rises drop into a full squat and catch the bar in the racked position. From there, rise to a standing position

KB: Kettlebell

KTE: Knees to elbows. Similar to TTBs described below.

MetCon: Metabolic Conditioning workout



MU: Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.

OHS: Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above the head and in line or slightly behind the ears.

PC: Power clean

PR: Personal record

PP: Push press

PJ: Push Jerk

PSN: Power snatch

PU: Pull-ups, possibly push ups depending on the context

Rep: Repetition. One performance of an exercise.

Rx'd; as Rx'd: As prescribed; as written. WOD done without any adjustments.

RM: Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times. (Commonly found in WOD's as 1RM/3RM/5RM etc.)

SC: Squat Clean

SDHP: Sumo Deadlift High Pull

Set: A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3×10, means do 10 reps, rest, repeat, rest, repeat.

SN: Snatch

SQ: Squat

SU: Single under

TTB: Toes To Bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.

WOD: Workout Of The Day

Other Terms:

The "Girls" : A series of benchmark workouts created by CFHQ (Crossfit Head Quarters) that are universally known among the CF community.

The "Heroes" : A Hero workout is a tribute workout in honor of a fallen CrossFitter (either Soldier, Sailor, Airman, Marine, Firefighter, Police officer) that died in the line of duty. They are tough and among the most difficult of WOD's. There are sadly too many of them.

Tabata Interval: A workout of 8 intervals alternating 20 seconds of max rep work with 10 seconds of rest. Total is 4 minutes per exercise.

Paleo Diet and Zone Diet : Types of diet and nutrition protocol commonly found in the CF lifestyle.

References:

- 1) <http://www.snoridgecrossfit.com/crossfit-lingo-and-acronyms/>
- 2) <http://www.innerfight.com/beginnersguidetocrossfit/>
- 3) <http://crossfitindustrious.com/i-took-last-place-in-the-crossfit-games-open-by-industrious-athlete-greg-ll/>