

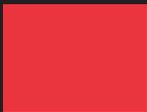
A PUBLICATION OF

FraserCoast
CROSSFIT

**FUNCTIONAL
FITNESS 101**

EVERYTHING YOU NEED TO KNOW TO GET STARTED





INTRO

Trying to figure out the basics of CrossFit on your own can be challenging. The web is filled with so many conflicting resources on Functional Fitness 101, finding simple answers as to what it is, what it does, who it's for, and how to do it can be downright disorienting!

To help you along the way, we've put together this guide Functional Fitness 101: Everything You Need to Know To Get Started. It's specifically tailored for you -- someone who is new to CrossFit and is looking for just the facts (sans emotional outbursts).

Enjoy!

- team fraser coast

WHAT IS CROSSFIT?

CrossFit is a lifestyle. CrossFit is a vision. CrossFit is the hope in the eyes of a child when that child realizes that his mom or dad is actually a total badass. CrossFit is an ever evolving vortex of pumping iron, jumping high fives and these mysterious things call WODs.

OK that's cute, but in concrete terms, what is CrossFit?

CrossFit is performing constantly varied, functional movements at high intensity. Or as Nerd Fitness describes it, "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. CrossFit is extremely different from a commercial gym and not because you won't find any ellipticals, weight machines (gross), or Zumba classes."

We'll go over why it's so different next.



TRY CROSSFIT FREE

IS CROSSFIT FOR ME?

The purpose of CrossFit is to prepare you for anything life throws at you. It doesn't have to be as dramatic as needing to lift a burning car off of a child or running away from a bear. CrossFit prepares you for lifting groceries out of your car with POWER. It allows you to say "yes" to any fun and physical activity (rock climbing, hiking, paddle boarding, etc) with ZEAL and CONFIDENCE. CrossFit prepares you to be the fit mom or dad you always hoped you'd be.

If this sounds like something you want to do, CrossFit might be for you. CrossFit is for everyone! . . . Kinda

CrossFit boxes (CrossFit centers aren't called gyms – we call them "boxes") will have a different WOD (workout of the day) every day. This WOD will be scaled for everyone no matter their fitness level. The WOD will be the same for the guy who is still working on getting his first push-up as it will be for the guy who did 200 push-ups yesterday. How can this be?

WODs come in 2 versions:

- RX (as prescribed): this is how the WOD was meant to be performed. Advanced movements, heavier weights, etc. Many CrossFitters, if not the majority of CrossFitters, will not do all WODs RX. Think of the WOD RX as something to work toward.
- Scaled: not everyone will be able to safely perform the WOD RX. Even advanced CrossFitters will scale the WOD at times depending on their weaknesses or how they're feeling on any particular day. An example of a scaled WOD might look like this:
 - o 10 minutes - as many rounds as possible of:
 - o 5 push-ups (scaled: push-ups on knees)
 - o 10 pull ups (scaled: banded/assisted pull ups or ring rows)
 - o 15 ring dips (scaled: box dips)



IS CROSSFIT FOR ME?

Your coach will scale the WOD specifically for you, so your scaled WOD may be different than other members' scaled WODs.

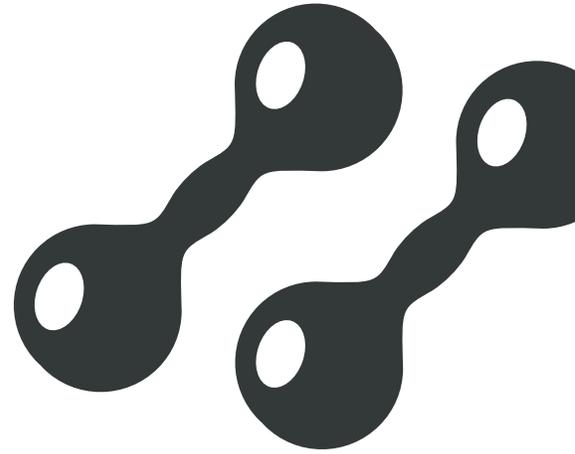
"We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. We scale load and intensity; we don't change programs." –CrossFit.com

So, CrossFit can be for everyone.

But CrossFit really isn't for everyone, basically because it's hard. Some people will try it and think, "no way, this is too challenging, this is not for me." And that's ok. There are workout styles that exist for people who prefer longer, low intensity training sessions. But that's not us.

CrossFit also isn't for people who enjoy working out alone. CrossFit is group training which means you have to like communicating with other humans at least a tiny bit. But here's the good news: the CrossFit community is a different breed of human. We evoke positivity, inspiration, hard work and that all can be quite contagious.

Want to see for yourself? Come in for a free one-on-one training session at Fraser Coast CrossFit to see what it's all about.



TRY CROSSFIT FREE



WHERE DO I START?

“As with most endeavors in life, fitness is achieved through smart, tiered progression. We would never expect a child to do well in algebra without having mastered basic arithmetic. Likewise the best CrossFit boxes would never expect you to put a barbell of any significant weight above your head without having mastered the skill of properly picking up a 10 pound medicine ball off of the ground.” – Scott Pfeifer, Co-owner and Head Coach of Active Performance

If you are new to CrossFit, we believe that the best way to develop this base of strength and coordination is to start with learning the following foundational CrossFit movements.

- Running
- Kettlebell swing
- Ring row
- Pull up
- Push up
- Rowing
- Air squat
- Shoulder press
- Deadlift
- Clean
- Front squat
- Snatch

If you would like to learn more about our elements/on-ramp/foundations course, visit our [Programs & Rates](#) page for more details. Or schedule a free one-on-one training session and work through several of these movements with one of our awesome coaches. Your first session at Fraser Coast CrossFit is always free.

IS IT DANGEROUS?

Before we get into how to do these movements, let's discuss the elephant in the room: THE DANGERS OF CROSSFIT!!! (Cue dramatic sound effect.)

Is CrossFit dangerous? In short, yes. CrossFit can be dangerous but not in the ways that you might imagine. With inexperienced coaches, shoddy equipment and the wrong attitude, CrossFit can be very dangerous – but so can riding your bike or driving your car. The experienced and proven coaches you'll find at Fraser Coast CrossFit will ensure that you're training in the safest most effective and efficient way possible. But we can't always be with you, so here is one thing we really want you to remember: Virtuosity.

"Virtuosity should become your new training mantra. Virtuosity can be defined as 'doing the common uncommonly well.' You'll notice that most of the foundational movements of CrossFit actually seem pretty simple. But it's important not to get ahead of yourself. Focus first and foremost on maintaining good form or mechanics in functional movements, or else things can turn ugly. For example, running with proper form is surprisingly complex. If you just take off like a bat out of hell without any thought about running technique, orthopedic injury is imminent– and you can't blame CrossFit for that. Aim for consistency in good mechanics before increasing intensity. Committing to training with virtuosity is the very best way you can prevent injury." - Scott Pfeifer

The last thing we want is for you to be practicing and ingraining poor technique at high repetitions or weight. Prioritize your training like this:

Technique > Strength > Speed > Daily WOD scores

[TRY CROSSFIT FREE](#)

MEET THE MOVEMENTS

POSE RUNNING



KETTLEBELL SWING



RING ROW



PULL UP



PUSH UP



ROWING



MEET THE MOVEMENTS

AIR SQUAT



SHOULDER PRESS



DEADLIFT



CLEAN



FRONT SQUAT



SNATCH



So...

**LIKE WHAT YOU'VE READ?
MAYBE IT'S TIME TO GIVE US A TRY.**

GET A FREE INTRO SESSION!

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