



Information for new members



## ***CrossFit King: the best hour of your day***

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## Introduction

Welcome to CrossFit King. We hope that you will find the experience with us challenging and rewarding. CrossFit King is a community that comes together in the box, on our website, and on our Facebook, Instagram, and Twitter pages. Visiting our pages regularly will help you stay abreast of the latest workouts, updates on results, and interesting articles.

Starting CrossFit can be daunting. There are new skills, terminology to interpret, and equipment to find. This booklet will help you find your way in the early months, and of course - our coaches are here for any questions. Our members are a friendly bunch too, so don't hesitate to ask someone if you can't find something.

## What is a CrossFit class like?

Unlike a regular gym, CrossFit classes start at a prescribed time where a qualified coach will explain the day's workout, and demonstrate any movements. The Workout of the Day (WOD) is published on our pages the day before, and is written on the whiteboard at the box. A list of alternative movements is always included on the board. In the early days, the WOD description might seem confusing, but the coaches are there to help.

Here is a run sheet for a typical CrossFit class so you know what to expect

- *When you **arrive**, use the small door at the side of the shed closest to Evans Road – avoid entering via the large roller door at the back because a class will be using that space. Put your nametag on the white board behind the front desk. If it's your first class, introduce yourself to the coach. Most members arrive a few minutes before class to roll and stretch in the designated prep area.*
- ***Introduction** At the beginning of each class, the coaches provide an explanation of the WOD, suggested scaling, and a demonstration of the movements. Early in your CrossFit journey, it is a good idea to check with the coach how you should complete the workout, what weights you should use, and what scaling they would recommend.*
- ***WOD** - usually everyone starts the workout together. You may need to keep score during the workout. We have small chalk boards just for this. In a workout for time, you may finish before others. It is generally the CrossFit way to support and encourage your fellow members and not pack up equipment until they have finished.*
- ***Pack up equipment** and clean area. You may need to wipe down the floor/and or the barbell.*

- Write your **score** on the whiteboard. While it is not compulsory, we encourage all members to do this. One of the benefits of CrossFit is being able to measure and track your progress. Many of our members also keep their records using apps designed for that purpose.
- **Stretch** and recover. The coach will lead a short stretching program, which is an important part of your recovery.



**Put your name on the whiteboard when you arrive.**



**Coaches explain the WOD at the beginning of class**



**Wait until everyone is finished before packing up equipment**



**Stretching is an important part of recovery**



## Our classes

Every CrossFit class can be modified and scaled to suit any individual. At CrossFit King we have some specialist classes to cater to all interests, ages and fitness level.

**CrossFit:** These classes are open to all members.



**Olympic Lifting** – Specialist coaching in a small group focussing on Olympic Weightlifting training. An additional cost is incurred for these classes.

**Weightlifting Club** – Individualised programming and coaching by specialist coaches.

**CrossFit Kids** – These developmentally appropriate CrossFit classes are offered to children between 6 and 12 years. For safety reasons, no other training occurs during CrossFit Kids' classes.



**CrossFit Teens** - These developmentally appropriate CrossFit classes are offered to children between 13 and 18 years.

**CrossFit Legends** – A specifically modified and scaled version of CrossFit designed for athletes who are 50 years or older or athletes who are very deconditioned.



## Class schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit Olympic Lifting	
<b>6:00am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
<b>7:00am</b>	CrossFit Legends		CrossFit Legends		CrossFit Legends	CrossFit Olympic Lifting
<b>8:00am</b>						CrossFit
<b>9:30am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	<b>9.15am CrossFit Kids (school term)</b>
<b>4:00pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
<b>5:00pm</b>	CrossFit	CrossFit AND CrossFit Teens	CrossFit	<b>CrossFit Kids</b>	Open Gym AND CrossFit Teens	
<b>6:00pm</b>	CrossFit	CrossFit	CrossFit	CrossFit		
<b>7:00pm</b>	7:00-7:30pm Open Gym 7:00-8:00pm Weightlifting Club		7:00-8:00pm Weightlifting Club	7:00-7:30pm Open Gym		

## Our team

Each CrossFit class is run by at least one coach. All our coaches are qualified CrossFit Coaches, most with many years' experience. To complement our services, CrossFit King has an adjoining physiotherapy practice and Pilates studio.



**Jim King**



**April King**



**Kristopher Corrie**



**Emma Ellison**



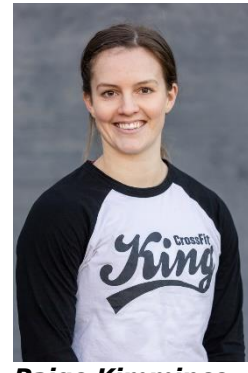
**Laura Foster**



**Ian Hargreaves**



**Alex Herewini**



**Paige Kimmince**



**Kim Lavin**



**Dan Morrison**



**Sandy Newton King**

## Common workout descriptions

Workouts are written using abbreviations and code. Part of the appeal and more importantly, the training effect of CrossFit is the variety (constantly varied functional movement). The following information will assist you to understand the common abbreviations used when describing WODs; however, the coaches are always there to assist and will explain the workout at the beginning of every class.

- **AMRAP** - *as many rounds/repetitions as possible*. These workouts have a set time limit. An, AMRAP in 10 minutes of 5 Pull-ups, 10 Push-ups and 15 squats means you would complete these movements over and over for 10 minutes. In these workouts you usually complete sets of movements.
- **OTM** – *on the minute*. A set amount of work is completed in each minute. This could be an **EMOM** – *every minute on the minute* - where the same amount of work is completed every minute, or a **REMOM** - *rotating OTM* - where you rotate through a set of prescribed movements every minute. There is usually no score in these types of workouts although we sometimes record the weight you lifted or how you scaled it.
- **RFT** – *rounds for time*. 3 RFT would be three rounds of the prescribed movements for time. In this type of workout your score/result is the time you take to complete the workout
- **Workouts with a name**, e.g. FRAN. Workouts that have a name are either benchmark workouts or Hero workouts. They are prescribed so that they can be repeated and referred to to measure improvement. They are recognised as being the same throughout the CrossFit community.
- **RM** This stands for rep(repetition) max(maximum) and it is associated with a number of repetitions, e.g., 1RM, 5RM, which means the maximum weight you can lift for that movement, e.g. 3 RM back squat, would be the heaviest weight you could lift doing three back squats in a row.



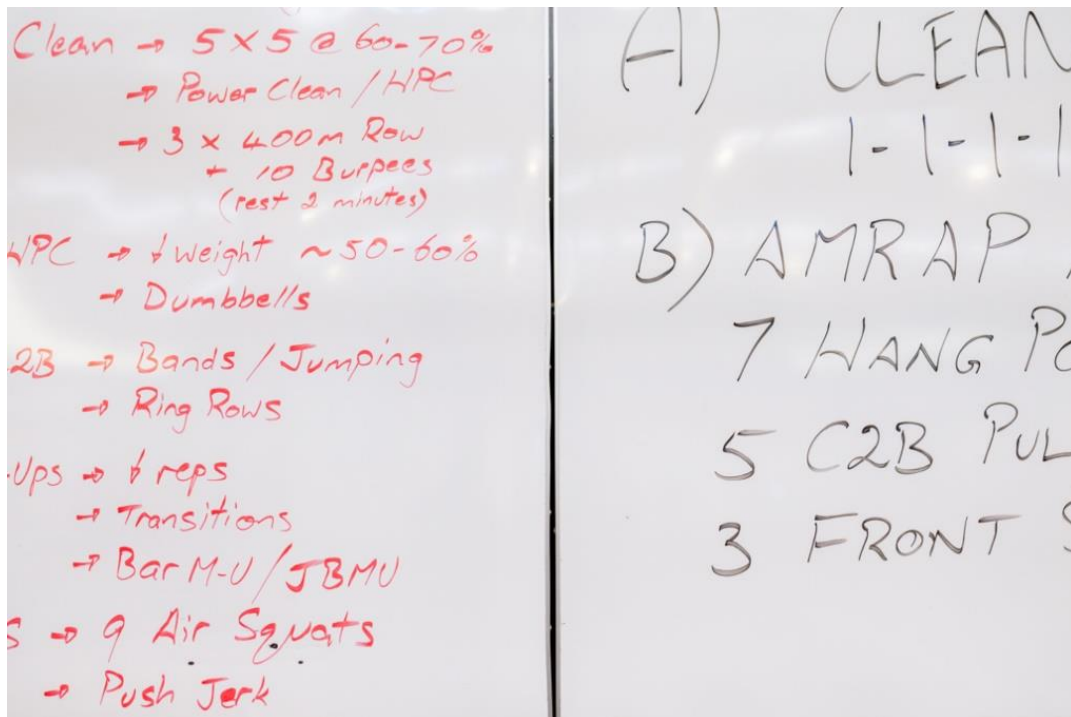
## Scaling and modifying workouts

The workout of the day is prescribed and appears on our pages and on the whiteboard at the box. This prescribed workout is the “Rx” version – this means that you complete the workout as prescribed, without any modifications. Depending on your level of fitness, age, and exercise background, it may take you some time before you are ready to complete a workout as prescribed (Rx). Every workout can be adjusted so every single person can do a version of that workout. This is true whether the person is under 10 or over 70. It’s true whether the person is fit or very unfit. It’s true whether the person is healthy or sick. It is even true if you are injured.



***Pullups can be scaled in many ways, examples on the left – jumping and banded.***

Our CrossFit coaches will assist you to scale and/or modify any WOD to ensure it’s suitable for you. Coaches might do this by adapting or substituting movements in the workout to ones that match your current level of fitness. For example, if you can’t do pull-ups yet, the coach might suggest pull-ups with a band, jumping pull-ups, or ring rows. Appropriate scaling ensures that the integrity of the workout is maintained and all athletes are working to their capacity. Early in your CrossFit journey, scaling might include a reduced work load - for example fewer repetitions and/or rounds - or lighter weights. Follow the coach’s guidance in scaling workouts so that the chance of injury and muscle soreness is minimized.



**For every workout, scaling options are written to the left of the WOD in red.**

*By adjusting workouts, trainers allow the fittest people and first-timers to train side by side—and both groups become healthier. The best part: The experienced athlete and the new person will bump fists at the end of the workout, each knowing the other just overcame a challenge. (crossfit.com)*

## How to get the most out of your CrossFit King membership

- *Be on time. You will not get the full CrossFit experience if you miss the warm-up or the coaching information.*
- *Listen carefully to the coaches. It is important that you do the movements the way they are taught, for your safety and efficiency of movement. The coach may ask you to modify the movement or reduce the weight if they are concerned about your technique.*
- *If you are concerned about any injury, please let the coach know before the workout.*
- *Keep showing up. Don't pick and choose your workout based on what you like and don't like. The programming is carefully designed to ensure that all areas of fitness are covered across the month.*
- *Bring the necessary equipment – towel, water bottle, tape*
- *Record your workouts and track your improvement*



***Don't forget your water bottle and towel***

## Recovery

As a CrossFitter, chances are you will sometimes feel fatigued or sore, particularly early on in your CrossFit journey. This is a normal result of training. What will largely determine the results you obtain from training is the intensity and effort you bring to your workouts and what you do to recover outside of the box. Recovery includes the amount and quality of sleep, the number of rest days you have, what and when you eat (including supplements), how much stretching and supplementary strength and flexibility you do, and how you deal with niggles or injury.

The coaches will be able to help you with basic advice about recovery and direct you to more detailed and professional advice.

CrossFit founder Greg Glassman in his article "*What is Fitness?*", emphasises nutrition as the most important factor for success. This is why nutrition is the base of Glassman's CrossFit pyramid. He says, "*Nutrition plays a critical role in your fitness. Proper nutrition can amplify or diminish the effect of your training efforts. Effective nutrition is moderate in protein, carbohydrate and fat. Forget about the fad high-carbohydrate, low-fat and low-protein diets. Balanced macronutrient and healthy nutrition looks more like 40 percent carbohydrate, 30 percent protein and 30 percent fat.*"

From time to time CrossFit King offers Healthy Habits challenges and we encourage members to participate to re-set their eating habits.



**The CrossFit Pyramid of Fitness**



## Equipment used in CrossFit workouts

**Barbell** – Barbells come in different weights - identified by the colour of the tape around the collar. Barbells are located at the front and back of the gym.

- 8kg – Training bar with yellow and green striped tape
- 10kg – Green tape
- 15kg – Yellow tape
- 20kg – Blue tape

**Weight plates** – the weight is written on the plate and in many cases, can be distinguished by the colour of the plate. The colouring system is the same as for the barbells, e.g. yellow plates are 15kg. Weight plates of various sizes are located around the gym.

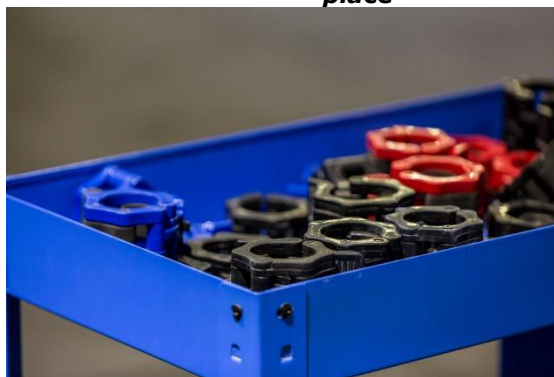
**Barbell clips** (sometimes referred to as collars) – can be found in the shelves under the whiteboard or in a basket at the back of the gym and must be used whenever weight is loaded onto the barbell.



***Barbells – tape identifies weight***



***Always use clips to hold weights in place***



***Barbell clips***

**The following equipment is located under the mezzanine**

**Kettlebells** –Weights for kettlebells vary from 4kg to 42 kg and are labelled on the kettlebell.



**Rings** – Gymnastics rings are used for a variety of movements including ring rows, ring dips, and muscle ups.



**Dumbbells** -Weight range from 1kg to 30 kg. The type of movement and your capacity determines the weight you choose.



**AbMat**- these are used for sit-ups and back extensions. The AbMat, when placed under the lumbar spine with the higher portion towards your bum creates the optimum environment for the abdominals to move through their full and available range of motion.



**Medicine balls** – these are sometimes referred to as med balls or wallballs. They are used for wall ball shots and medicine ball cleans.



**Skipping ropes** – we have a range for your use, but many members BYO



## Common lifting movements

CrossFit uses a number of lifting movements in workouts and as part of strength development, including the two Olympic lifts: snatch and clean and jerk. Instructional videos of each of all of the following lifts can be found on the CrossFit main site at <https://www.crossfit.com/exercisedemos/>

### Snatch





## Clean and jerk



## Deadlift



## Sumo deadlift high pull



## Front squat



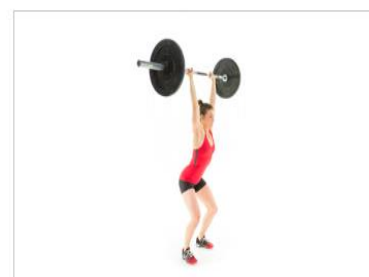
## Overhead lifts



Shoulder Press



Push Press



Push Jerk

## Thruster



## Terminology and common abbreviations

DB – Dumbbell

DL – Deadlift

OHS – Overhead Squat

G2OH – Ground to overhead – moving an object (barbell, weight plate, dumbbell) from the ground to overhead. The method, e.g. snatch, clean and jerk is not specified.

TNG – Touch and go

CTB – Chest-to-bar pull-ups

TTB – Toes to bar

HSPU – handstand pushups

D-U – Double-unders

KB – Kettlebell

RKB – Russian Kettlebell

SDLHP – Sumo deadlift high pulls

## References and useful information

### Websites

<http://crossfitking.com/>

CrossFit King website for the WOD and a record of your scores

<https://akphysiotherapy.com.au/blog/>

AK Physiotherapy and Pilates, particularly the Blog, Articles and video page for information about recovery, modification and injury prevention.

<https://www.crossfit.com/>

Crossfit.com is a wonderful resource for information about CrossFit and demonstrations of CrossFit movements

## Other services we offer

At CrossFit King we have an adjoining physiotherapy practice and Pilates studio. We offer physiotherapy, reformer Pilates classes, Clinical Exercise Therapy and Integrated Rehabilitation (CETIR, claimable with private health insurance) and recovery treatments. Our physiotherapists provide attentive and thorough care to every client with a hands-on and self-management focus. Unlike many other physiotherapy clinics, each appointment is exclusively dedicated to the individual client with faster, more effective treatment results.



***Physiotherapy***



***Clinical Exercise Therapy and Integrated Rehabilitation***



***Reformer Pilates***



***Recovery treatments***