



CrossFit York

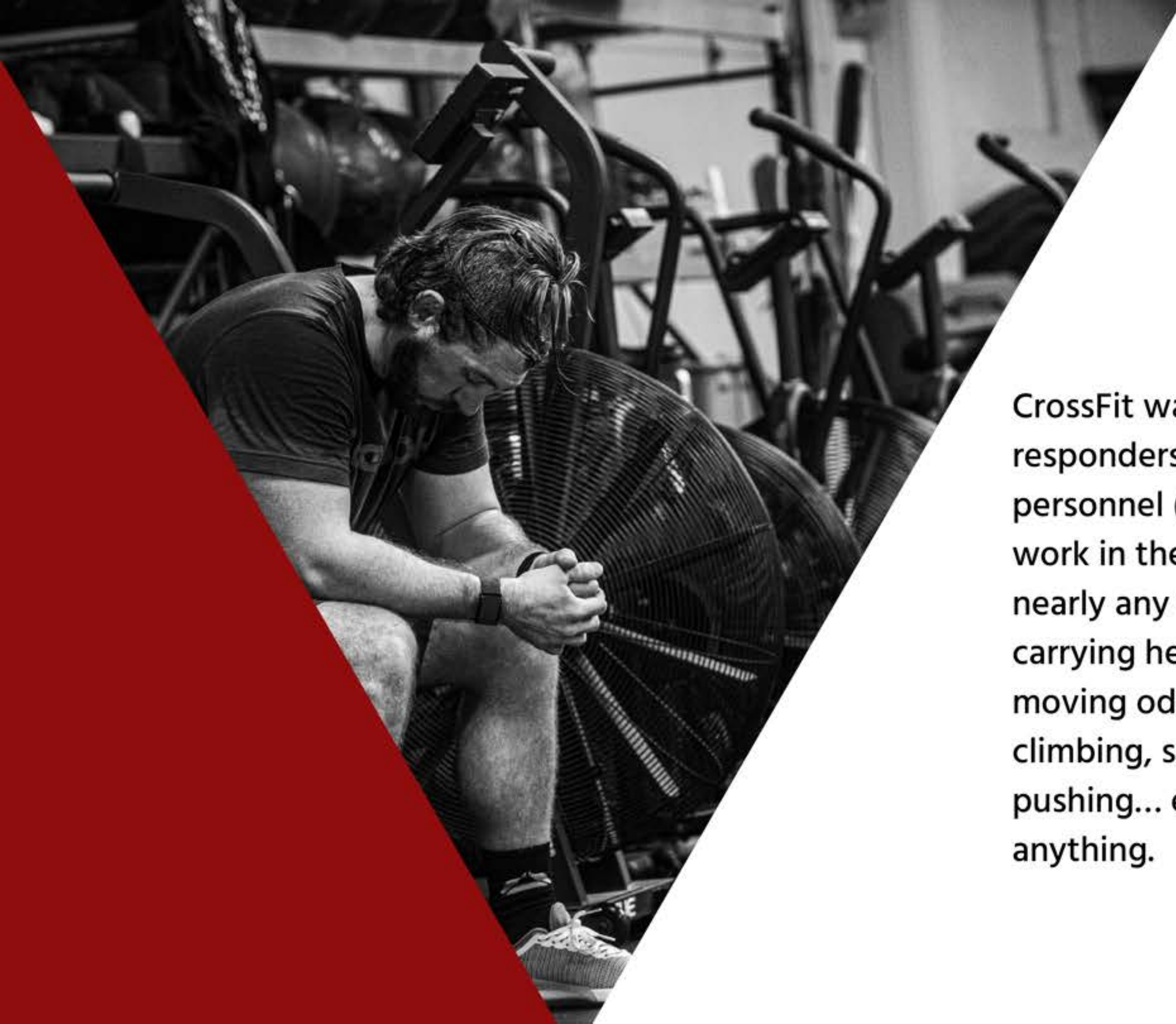
Introduction to CrossFit

What IS CrossFit?

CrossFit a fitness training method that uses constantly varied, high-intensity, functional movement.

CrossFit draws from a variety of fitness modalities We train:

- Weightlifting
- Powerlifting
- Kettlebells
- Dumbbells
- Gymnastics
- Plyometrics
- Strongman and odd-object movements (tires, stones, sandbags)
- Monostructural movements (running, rowing, jumping rope)



CrossFit was initially designed to train first responders (firefighters, police) and military personnel (SEALs, special forces). People who work in these positions need to be ready for nearly any functional physical challenge, from carrying heavy weight over long distances, moving odd objects overhead quickly, to climbing, scaling, running, lifting, pulling, pushing... etc. They must, literally, be ready for anything.

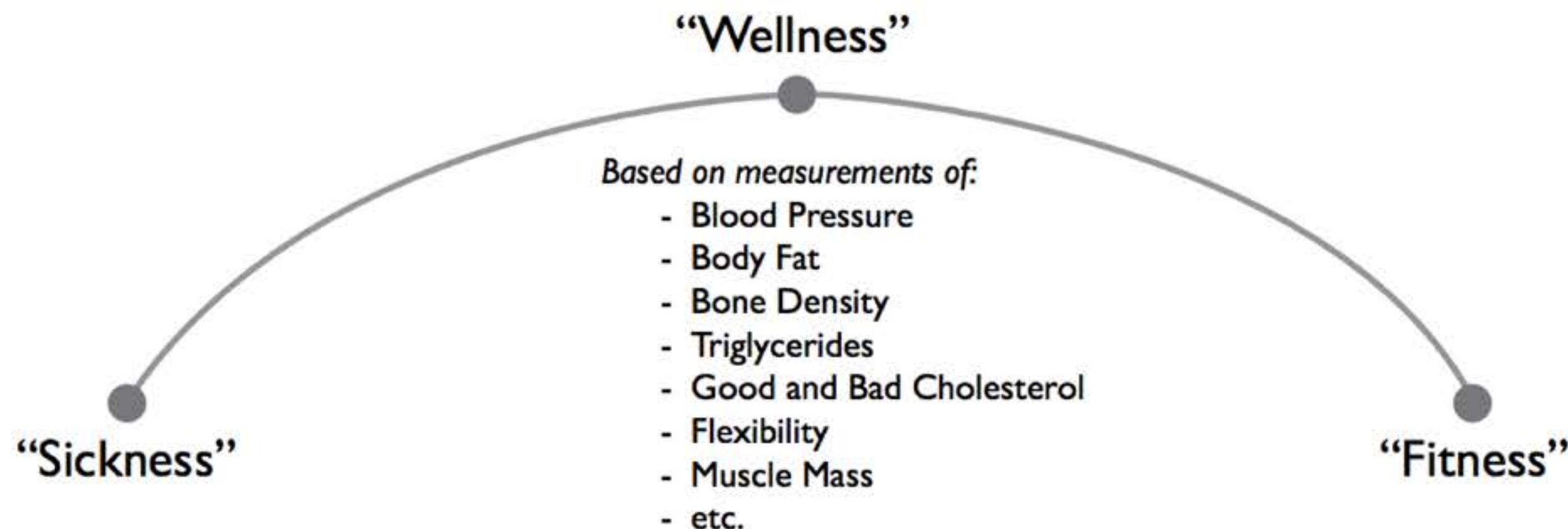
CrossFit as a training method assumes that, for us to live our lives to the best of our ability, the regular everyday person should **ALSO BE READY FOR ANYTHING.**

We are not lifting cars off of people and climbing 3-story ladders with 100 pounds of oxygen on our backs. But research shows that our fitness – our body's ability to function like it is supposed to – strengthens our immune systems, our mental health, and our ability to fight disease.



Being "well" or disease-free is not enough.

Your health is represented by a continuum. We can plot measurable data points on the line. Fitness is the farthest away from sickness. Fitness provides a great buffer of protection against sickness and disease; it is "super-wellness."

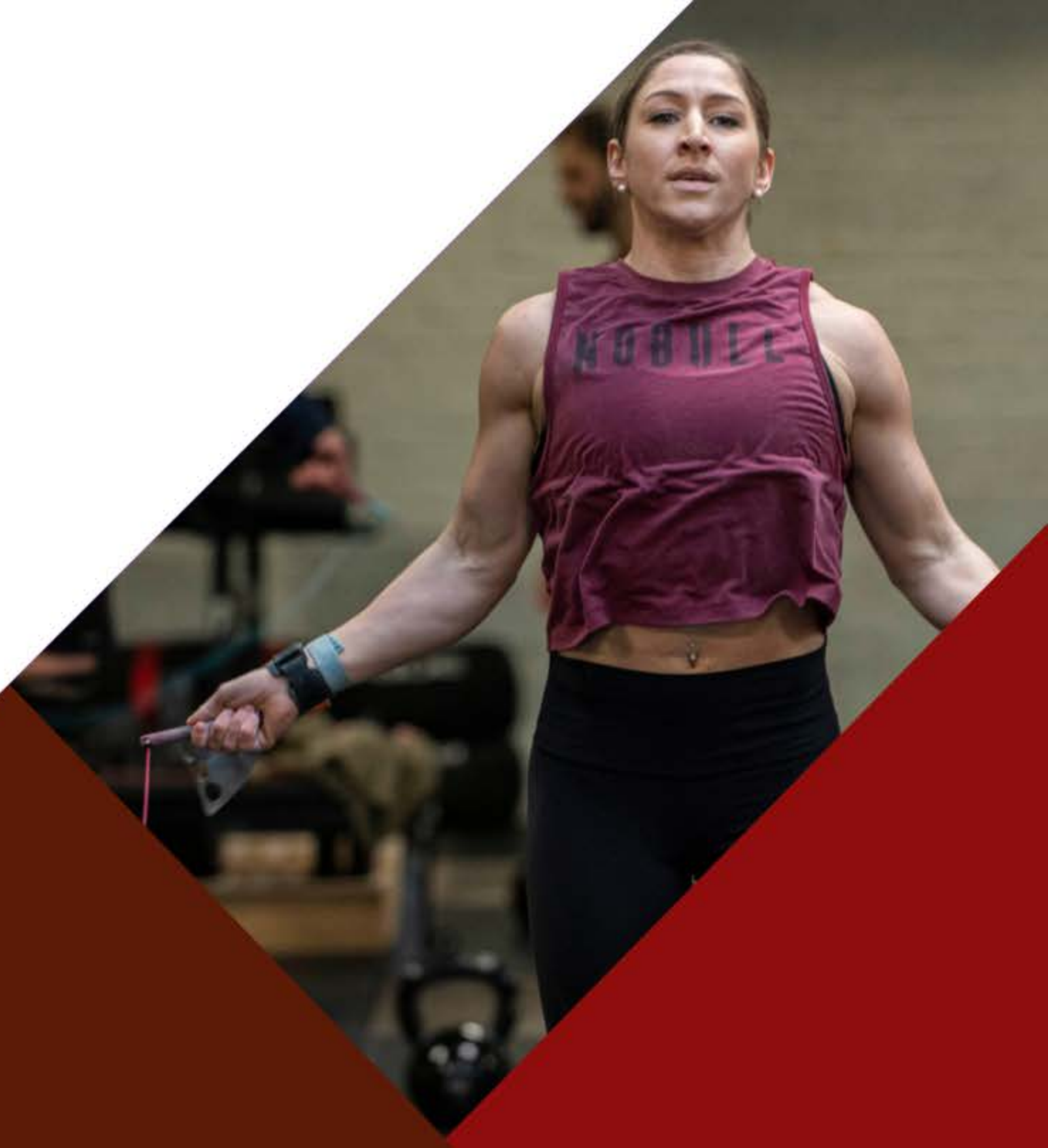


Our assumption is that if everything we can measure about health will conform to this continuum then it seems that sickness, wellness, and fitness are different measures of a single quality: health.

The singular goal of CrossFit is to improve people's lives by pushing their health INTO the realm of fitness.

You are “well” if you have good blood pressure, low triglycerides, and a reasonable body fat percentage. However, those numbers don’t reflect what your **body can do**: how much weight you can move, how fast you can run, or whether you can pull your own body weight up. If you have **poor muscle tone** or you lack **cardio respiratory endurance**, you might be well, but you are not fit.

And if something compromises your health, you fall immediately into the sickness category.

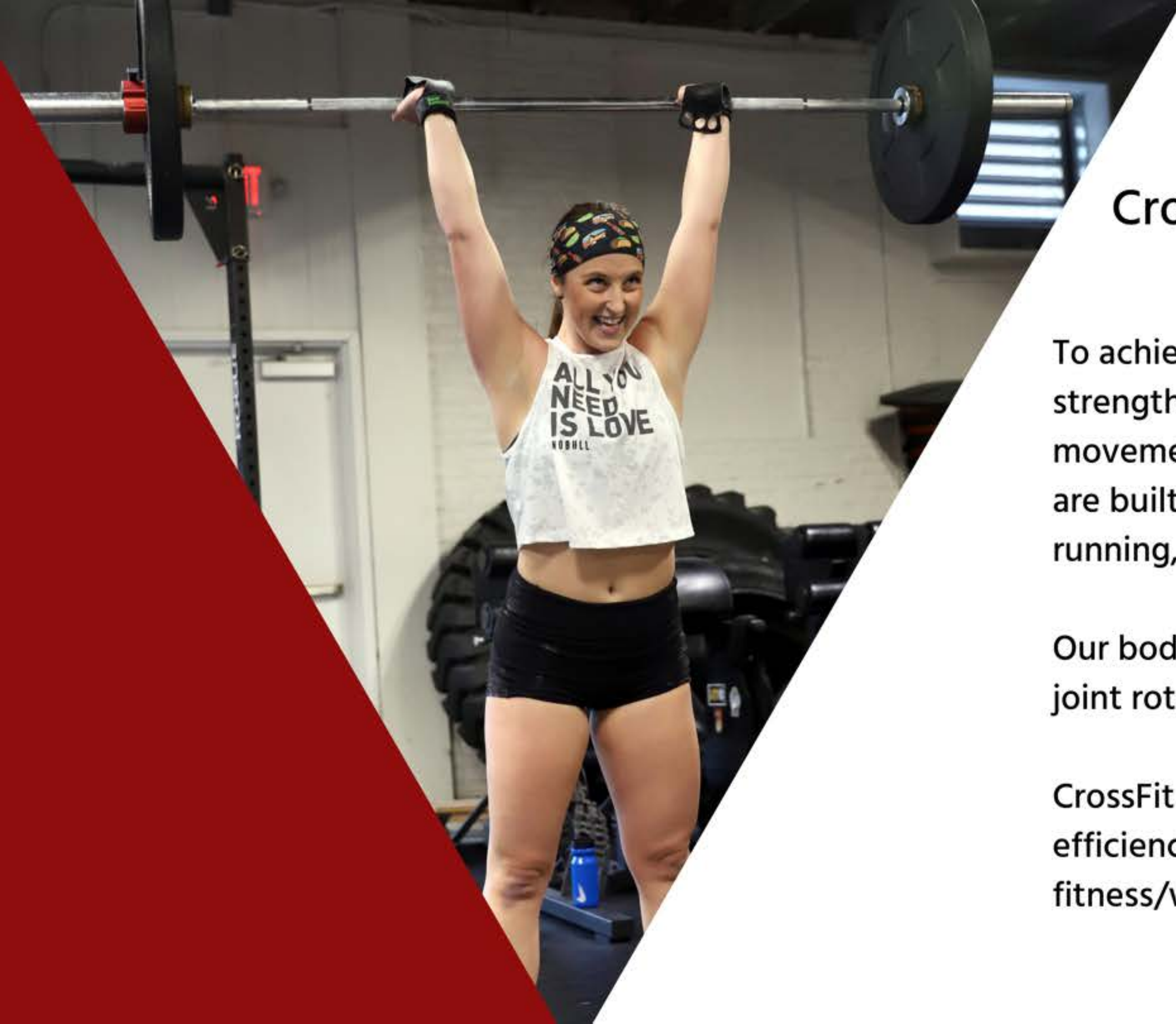




If you have high blood pressure, high triglycerides, and a body fat percentage above 30%, you are already "sick" based on conventional medicine.

However, IF YOU WORK to improve your lifting capacity, speed, muscle mass, and your cardiovascular fitness -- other biomarkers will improve naturally. Your blood pressure, triglycerides, and body fat percentage would inevitably decrease.

Moreover, your strength and speed would move you into the "fitness" category, separating you further from the sickness category.



CrossFit employs movements that mimic life.

To achieve our greatest work capacities (e.g., strength and speed), CrossFit employs organic movement patterns. These are movements we are built to execute: pushing, pulling, jumping, running, etc.

Our bodies are supposed to move through full joint rotations, flexions, and extensions.

CrossFit uses these movements with the most efficiency, which allows us to increase our fitness/work capacity.

CrossFit employs movements that mimic life.



Organic
movement
patterns



Core-to-
extremity
movements



Compound, functional
movements



Proper mechanics

Core-to-extremity, compound movements: We do not work one muscle group or joint in isolation.

Transfer of power through a rigid structure (midline stabilization): Midline stabilization means the core can deflect force (it does not yield). An example of midline stabilization is keeping the back “tight and flat” against the pull of the deadlift.

Proper mechanics: The joints move in their correct lines of action. For instance, in the squat, the knees should track over the feet, not inside the feet.



Even though these principles are natural and organic, many of us have lost the strength to move properly.

Regaining those natural movement patterns can take significant effort and time.

CrossFit is not easy.



CrossFit is not easy.

Consider our measure of fitness: “work capacity.” The word work is right there. **CrossFit is hard work.** However, hard work pays off. There are no shortcuts. There is no magic pill, and no “biohack” that can cure your metabolic syndrome and burn fat.





CrossFit is NOT EASY.

Our entire adult life up until this point has probably put us at a disadvantage, too.

- Sitting for 8 hours a day at a desk,
- drinking high-calorie beverages,
- and the standard American diet have been slowly pushing us toward that “sickness” side of our graph.

Our hamstrings and glutes, the biggest power potential we have, are rarely, if ever, called upon.



Our lives are too easy.

While the movements CrossFit uses are functional and natural – we haven't used our bodies in functional or natural ways for centuries.

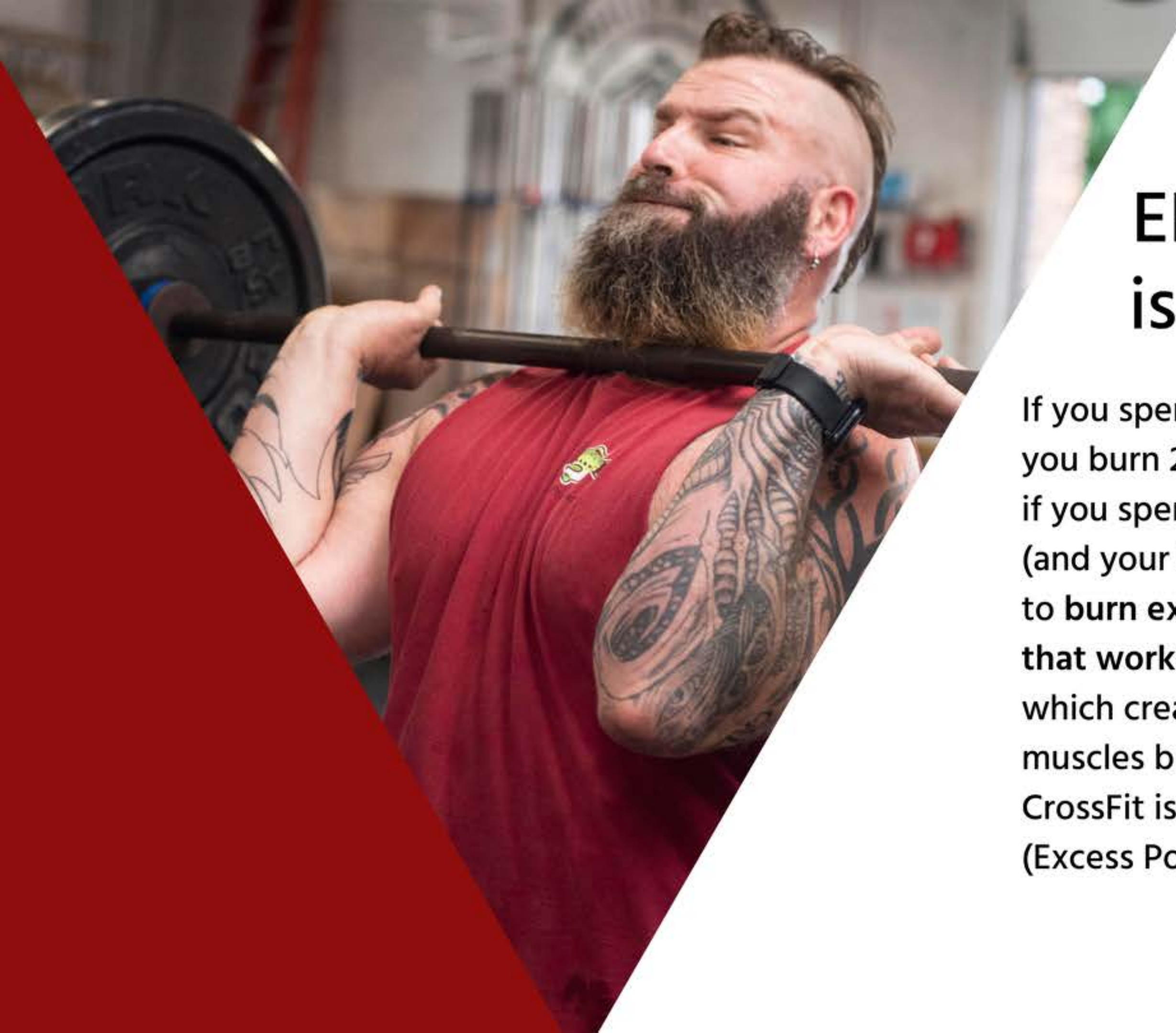
The industrial revolution has brought us convenience. We no longer have to work in the fields or build our own houses. We no longer tend chicken coops or fences. We no longer spend our days on our feet, chopping wood and carrying water, so we can have heat and cook our own meals.

Our bodies need to move.

Understanding that our bodies NEED TO MOVE to remain healthy and fit might be hard for some of us... especially when those movements are not always comfortable. Muscles you've never used in your life will be fired up and feel stiff or tight as they grow and learn how to activate.

However, the discomfort pays dividends.





EPOC: The magic is in the intensity.

If you spend 20 minutes on the elliptical trainer, you burn 20 minutes worth of calories. However, if you spend 20 minutes moving heavy objects (and your body) at high-intensity, you'll continue to burn excess calories for up to 72 hours once that workout is over. Without the intensity, which creates the discomfort (lungs burn, muscles burn), you miss out on the EPOC effect. CrossFit is the king of "caloric afterburn," or EPOC (Excess Post-Exercise Oxygen Consumption).

CrossFit helps you to reach your fitness goals, NO MATTER WHAT THEY ARE.

If your goal is to lose body fat, our methods help.

If your goal is to lower your risk of heart disease, our methods help.

If your goal is to not be out of breath when you climb a flight of steps, our methods help.

If your goal is to run a marathon or complete a triathlon, our methods help.

If your goal is to increase your lean muscle, our methods help.

If your goal is to fit into your wedding dress, our methods help.

If your goal is to pass a fitness test for the military or an academy, our methods help.

If your goal is to run an OCR or prepare for the PCT, our methods help.

If your goal is to chase your grandchildren for another 10 years, our methods help.

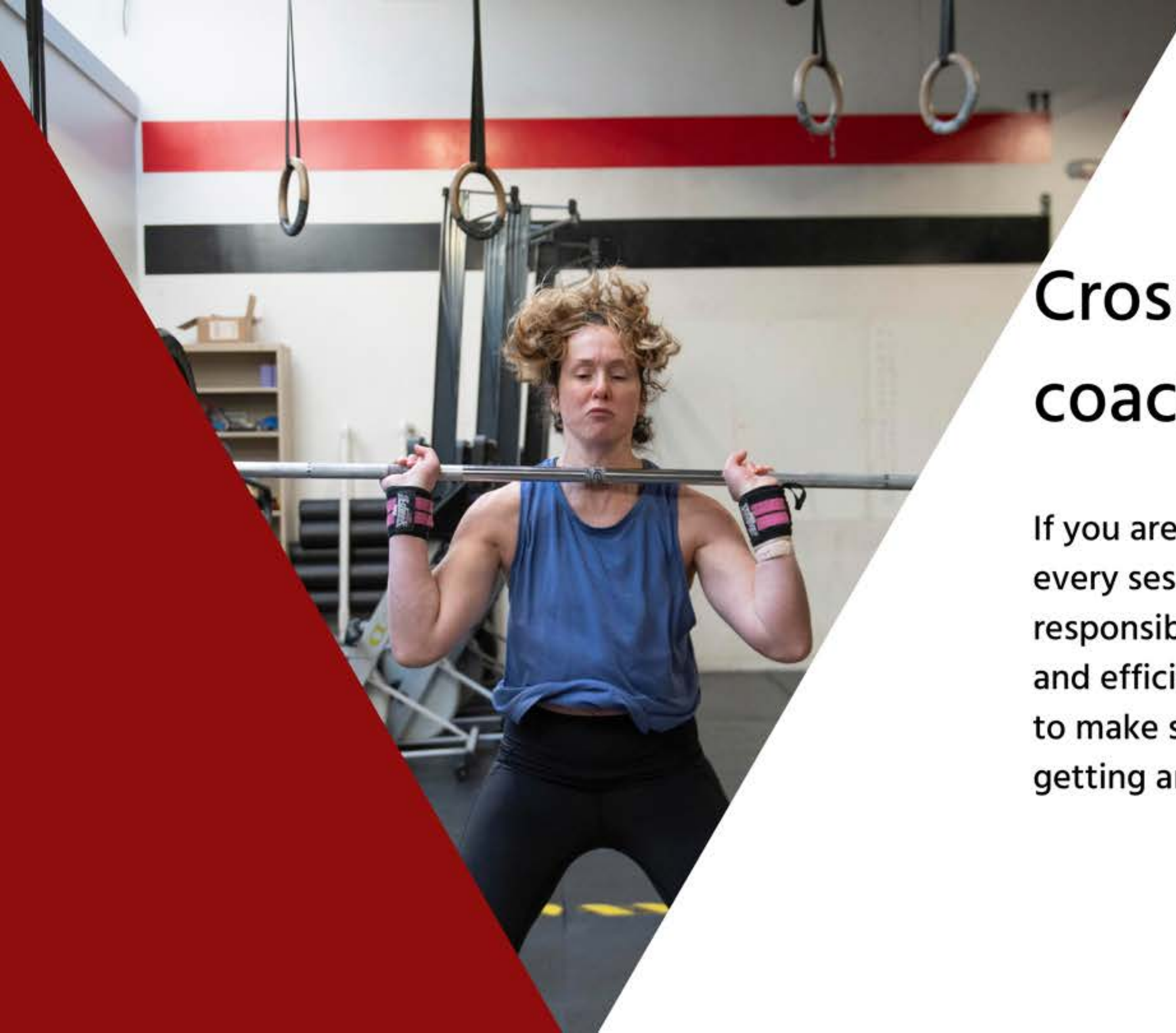
What this means is: regardless of what your specific fitness goal is, our method of training will achieve results for you.

High intensity functional movements, executed in measurable, repeatable contexts, will

- improve metabolic and cardiovascular health,
- increase lean muscle mass and stamina,
- reduce blood pressure,
- burn fat, and
- lower biomarkers for chronic disease.

In fact, data from a Boston-based blood-analytics company suggests that CrossFit can **prevent and reverse** the onset of chronic diseases by lowering triglycerides, c-reactive proteins, and LDLs.





CrossFit is always coached.

If you are going to a CrossFit gym worth its salt, every session is run by a coach whose responsibility is to ensure you are moving safely and efficiently. In other words, the coach's job is to make sure that you are working properly and getting an effective workout.

A photograph of a CrossFit gym scene. In the foreground, a woman with dark hair in a ponytail, wearing a maroon tank top, is looking down at a clipboard she is holding. Next to her, a woman with blonde hair tied back, wearing a blue and white striped tank top and a grey headband, is looking towards the left. In the background, other gym-goers and equipment are visible. A large red diagonal shape is on the left side of the image, and a white diagonal shape is on the right side, separating the image from the text.

CrossFit is always coached.

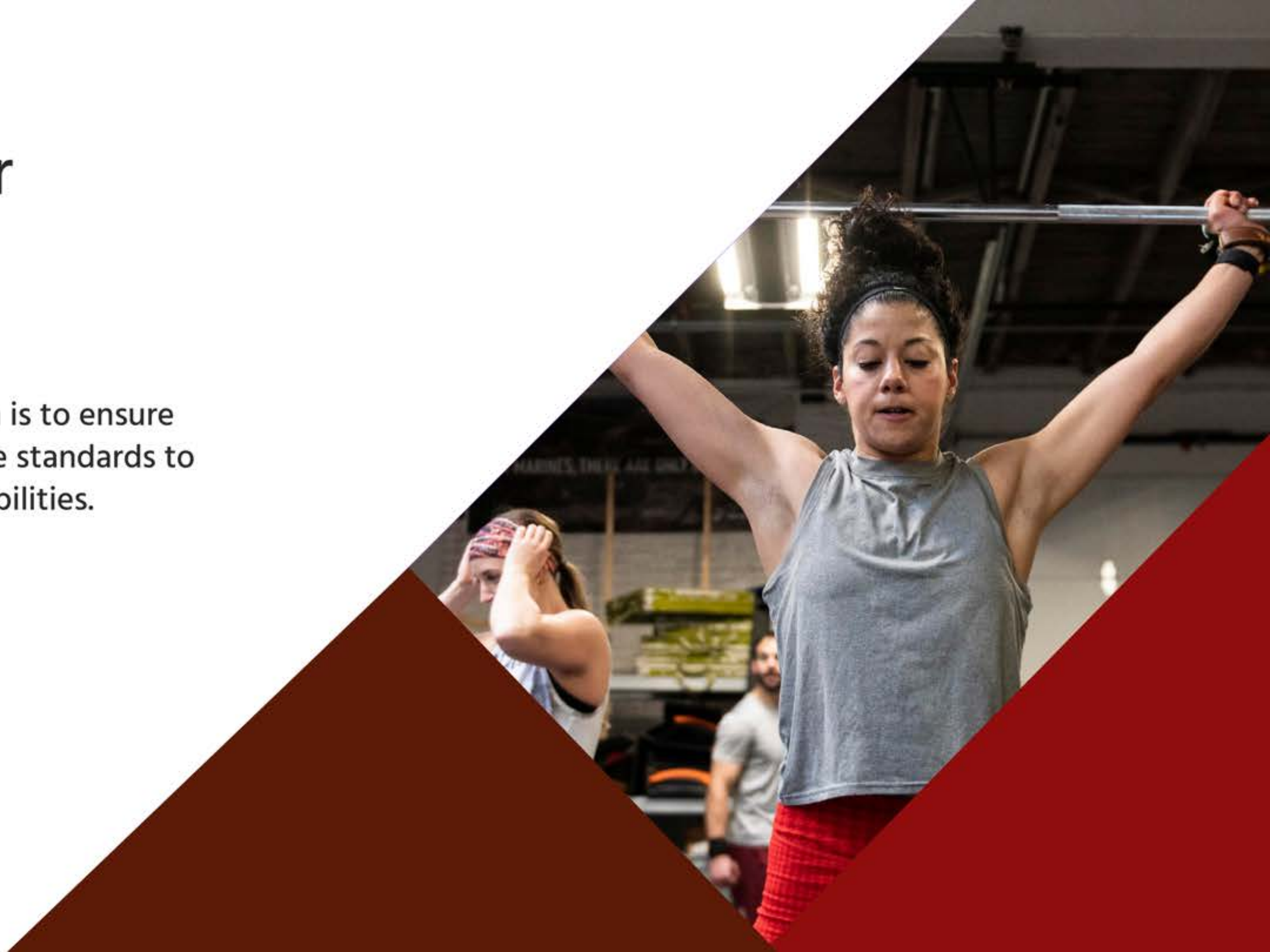
The coach will help you select the weight for your workout, help you decide on a scale or modification if you are still building a skill, and offer suggestions for adjustments. He or she will also be clear on corrections to your form.

This is not meant to call you out, nor is it to impress upon you that you are “not good enough.” On the contrary, the purpose of corrections is to **MAKE YOU BETTER**.

If you are not improving, you’re not moving yourself into that super-wellness, fitness category of health. Not improving = staying the same.

CrossFit has standards for movements.

Another job of your coach is to ensure your movements meet the standards to the best of your current abilities.



CrossFit enforces standards.

Without standards, progress cannot be measured because performance is not repeatable.

If you ran a mile today and timed yourself, and then you ran another mile in a month but the route was different, you couldn't assess your progress accurately.

Even a slight difference in distance (or, a flat route and a hilly route) would make the two incomparable.





CrossFit enforces standards.

Standards ensure movements are being performed correctly, safely, and efficiently.

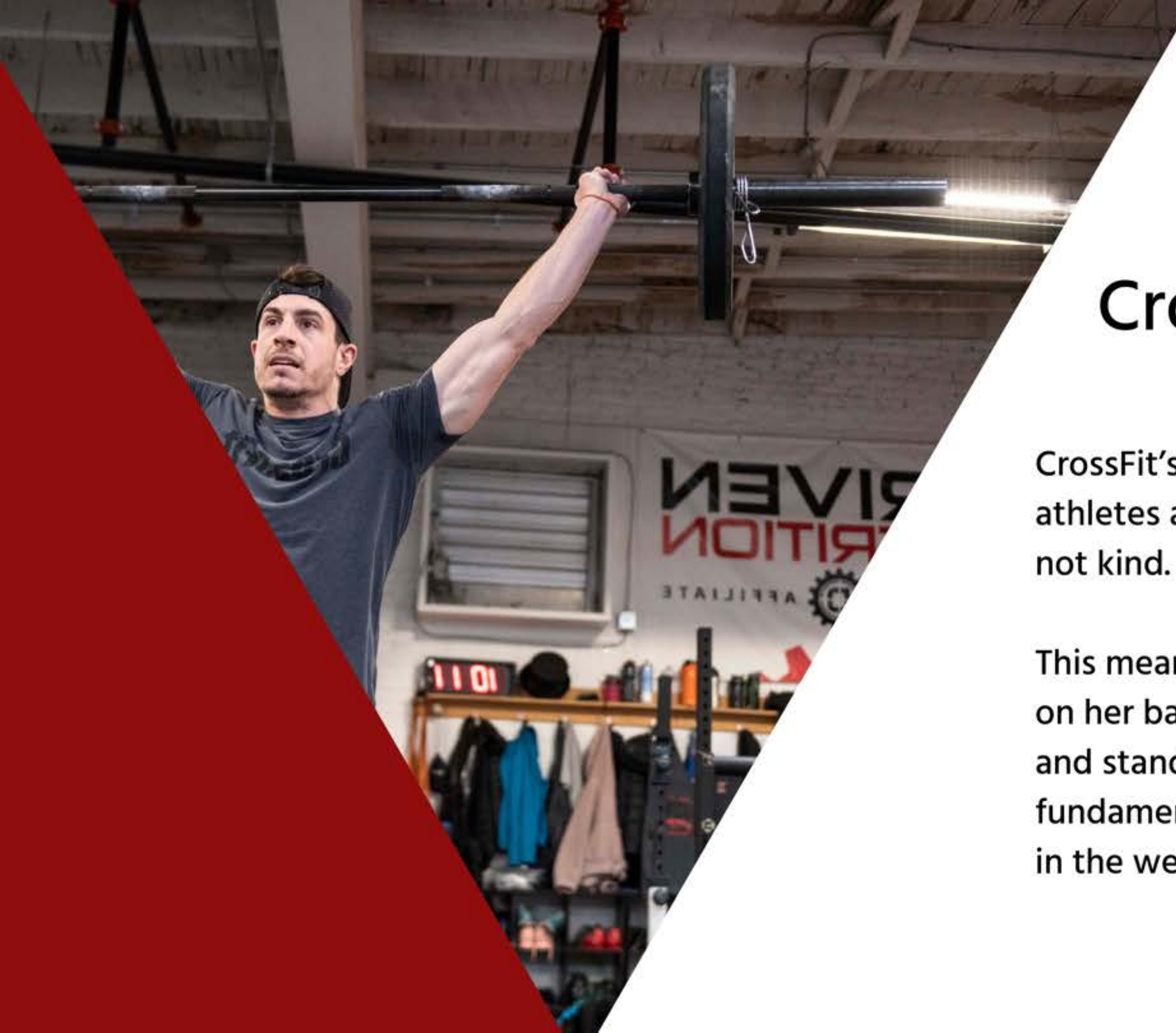
Quality of movement forces us to do the work as it relates to our health, fitness, or performance goals. In other words, if we are not attending to our movement principles, your workout will not be as effective.

CrossFit enforces standards.

Standards allow ourselves to benchmark against other athletes, if a comparison might be useful or helpful.

For instance, if you run a 5K, and you want to compare your finish time to other runners in your age group, you all must run the **exact same course** to create an accurate comparison.





CrossFit is infinitely scalable.

CrossFit's understands that the needs of Olympic athletes and our grandparents differ by degree, not kind.

This means that the Olympic lifter squats 300 lbs on her back, and your grandmother sits to a box and stands up. These movements are not fundamentally different – the only difference is in the weight lifted.

CrossFit is infinitely scalable.

Imagine 5 people in the gym for a kettlebell + pull up workout.

Each person could have a different kettlebell weight.

For pull ups, one member does a strict pull up, one does a kipping pull up, one does an assisted pull-up, one does a ring row, and the last does a muscle up.

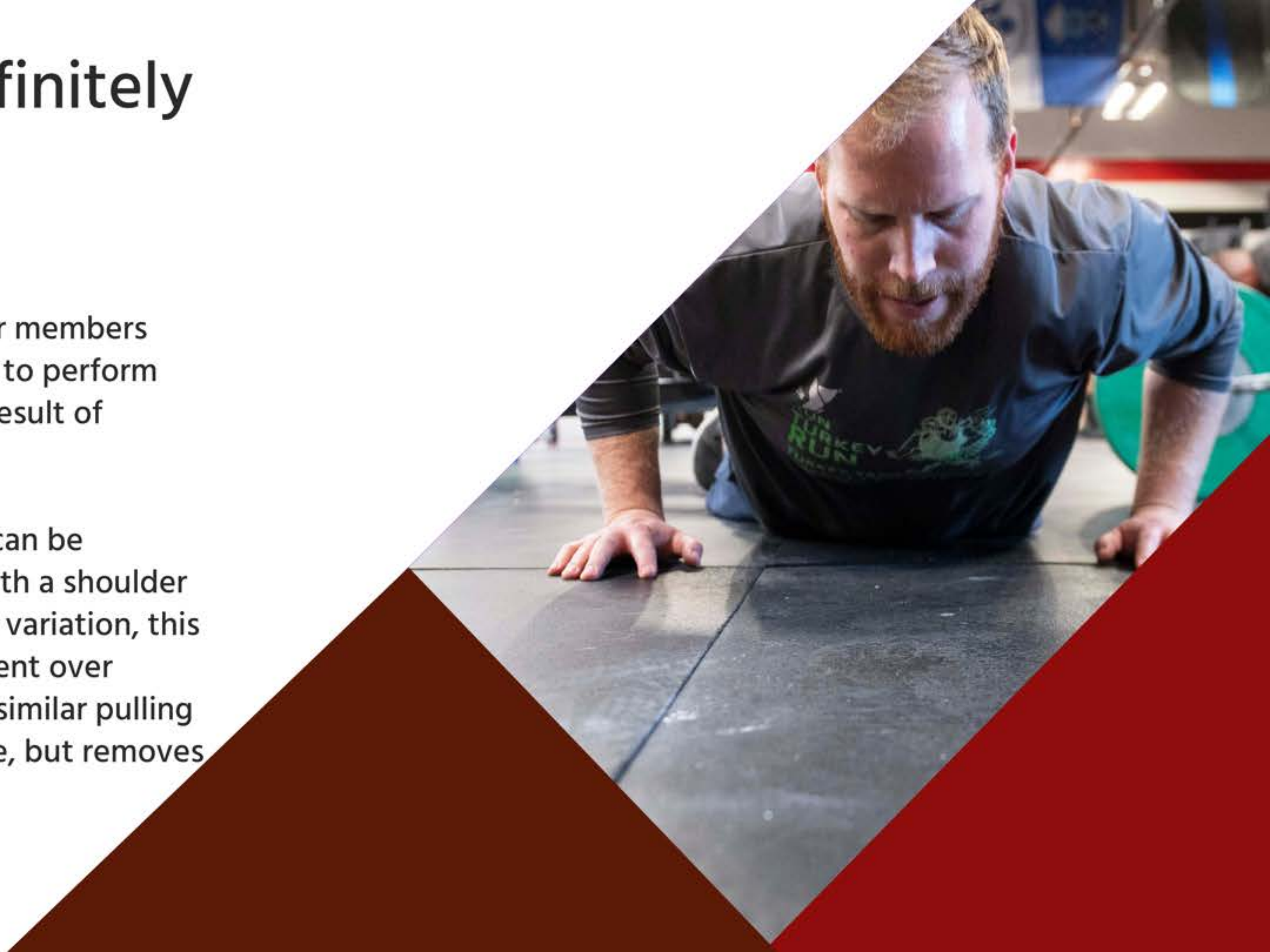
Regardless of the movements, our coaches can adjust the workout so that it is challenging, but doable, for you.



CrossFit is infinitely scalable.

We can scale workouts for members who are injured or unable to perform specific movements as a result of chronic limitations.

For instance, the pull up can be modified for a member with a shoulder injury. Instead of a pull up variation, this athlete could perform a bent over barbell row. This allows a similar pulling movement with resistance, but removes the overhead position.





**CrossFit is about
community.**

Your coaches want you to succeed. Your fellow members want you to succeed. When you are working alongside others who have similar values and goals, you are 100% more apt to be consistent. The bonds we make and friendships that grow in our gym are part of the reason we all keep coming back.

CrossFit is a lifestyle:

In addition to high-intensity movement, CrossFitters eat whole, nutritionally dense foods, drink sufficient water, prioritize sleep to support recovery, and create habits to help establish self-discipline.

Working out is only **one part** of a successful fitness program.

CONSISTENCY IS KEY

The gym accounts for only 1 hour of your day. Consider making other "outside-the-gym" changes so that the 1 hour you spend in the gym is even more effective and productive.

- Follow the 80-20 rule for food/nutrition (80% of the time, eat whole, unprocessed protein and fruits/vegetables)
- CrossFit 3-6 times per week
- Get 7+ hours of sleep per day
- Drink your body weight in ounces of water per day
- Avoid smoking and excessive alcohol

CrossFit York Manifesto:

I show up when I'm tired. Or sore.

I come through the door, ready. I put my heart into every movement, from the first push-up in my warm-up to the last box jump in the WOD.

I fight to move 2 more pounds, to do another rep, to be 15 seconds faster. I fight for every inch: every inch of every pull-up, every inch of every clean.

I make every step, lift, and pull count. I look at the boards to find someone to chase. Pain discomfort are welcome. I don't complain.

I do as Rx but scale if I must. I am fearless: unafraid of new movements, unafraid of breakdown, unafraid of failure.

I am unafraid of what others think.

I listen first. I am both humble and confident. I believe in strength over time.

I persevere. I endure. I shake it off.

I believe in the extraordinary power of small gains. I measure results by my speed and strength, by my numbers on the board, by my heaving lungs, by my puddles of sweat.

I have unlimited potential; each day I tap into it a little further. Easy sucks. Comfort is useless. I strive for intensity. I empty the tank.

And I come back and do it again. I am CrossFit York.

**Our most important job is to make you better.
We take it seriously.**

