

APRIL 2011

CROSSFIT OXIGEN

WHAT IS CROSSFIT?

CrossFit is a strength and conditioning program that is wholly unique in its aims, prescriptions, methodologies, and implementation to any other fitness program.

"CROSSFIT IS CONSTANTLY VARIED, HIGH-INTENSITY, FUNCTIONAL MOVEMENT."

It delivers a fitness that is, by design, broad, general and inclusive. It's specialty is not specialising. CrossFit is, quite simply, a sport. The sport of fitness. By harnessing the natural camaraderie, competition, and fun of sport or game yields an intensity that cannot be matched by other means. Using whiteboards as scoreboards, keeping accurate scores and records, running a clock and precisely defining the rules and standards for performance, it not only motivates unprecedented output but derives both relative and absolute metrics at every workout, and this data has important value well beyond motivation



IN 100 WORDS

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.

CHECK OUT OUR TRIAL CLASS TIMETABLE BOOKINGS ARE ESSENTIAL . SEE RECEPTION FOR MORE INFO

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18TH - 24TH APRIL	10:15AM		9:15AM 6:30PM	4:30PM	PUBLIC HOLIDAY
25TH APRIL - 1ST MAY	PUBLIC HOLIDAY		9:15AM 6:30PM	4:30PM	10:15AM
2ND - 8TH MAY	10:15AM		9:15AM 6:30PM	4:30PM	10:15AM



CHRIS COACH PROFILE

WHEN DID YOU START CROSSFIT?

I started CrossFit towards the end of 2009 when my good mate opened his gym in Penrith.

WHY DO YOU LOVE CROSSFIT?

I love any type of training that hurts. To me nothing feels better than that feeling of being smashed and pushed to your limits.

WHAT IS YOUR FAVOURITE WOD?

Anything with short runs, cleans and kettlebell swings.

WHAT IS YOUR LEAST FAVOURITE WOD?

Eva (5 rounds of 800m run, 30 kettlebell swings, 30 pull ups) or Calzone (100 thrusters for time, with every minute on the minute do 5 burpees).

WHAT DO YOU LISTEN TO WHEN YOU ARE TRAINING?

Anything that is fairly heavy. My Ipod at the moment has Linkin Park, Metallica, Marilyn Manson, 30 seconds to Mars, KISS, and Limp Biscuit.

WHAT IS YOUR FAVOURITE POST WORKOUT MEAL?

Coconuts and chicken curry

WHO IS CROSSFIT FOR?

CrossFit is for everyone!! it is designed to meet the needs and demands of anyone who participates. The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of exercise experience.

AM I FIT ENOUGH FOR CROSSFIT?

There are NO fitness level prerequisites. CrossFit is scalable for elite athletes to the elderly. There are requested (RX) weights for each workout however this can be scaled to meet your individual requirements. Our certified coaches will work with you to determine the appropriate load for your fitness and skill level. The CrossFit program is also very flexible for any one who has suffered from injury or other limitations. The program is delivered in a tailored environment as you are coached every step of the way. A big emphasis is placed on enjoying the workout, learning and conquering new movement patterns and progressing through challenges that you may not have ordinarily tried on your own.

HOW OFTEN DO I NEED TO DO CROSSFIT?

The general CrossFit prescription method is 3 days on, 1 day off or 5 days on, 2 days off. This is the advised prescription to achieve the greatest response to the program, however any session you add to your current training program is sure to be beneficial.

WHAT SHOULD I EXPECT IN A CROSSFIT CLASS?

You should expect the unexpected in every class. Each class will have:

- Active warmup
- The WOD (see below for explanation)
- Skill, strength and technique component
- Education
- A cool down / stretch

WHY IS CROSSFIT AN ADDITIONAL FEATURE OF MY MEMBERSHIP?

As health and fitness professionals, our goal is to ensure that we offer our members every opportunity to reach their goals and maximise results. For some members they choose to invest in our amazing personal trainers, who provide them with the extra guidance, support and motivation that they need to get the most out of their training programs.

CrossFit, like Personal Training is tailored for specific adaptations. Our trainers spend countless hours programming months in advance to ensure they deliver sessions that will guarantee your improvement in all of the GPP's (General Physical Preparedness), which in turn will do amazing things for your body composition.

Don't get us wrong, the pre-choreographed classes you already enjoy as part of your membership are great, but with CrossFit you will never be looking to do the same workout twice (unless its a benchmark ... and thats to measure improvement!) Our CrossFit classes are constantly varied, and change every day.

The challenge of any exercise program and your continued success is to ensure that you are adequately challenged and sufficient 'overload' is facilitated. As this program is tailored by the trainers, its not a one program fits all, but a program infinitely scaleable for each individual.

CrossFit classes are lead by our CrossFit certified trainers. Each of them, are avid lovers and followers of CrossFit. They live, eat, breath and compete in it. It is their passion. Be assured that when you turn up to their classes they are going to give you their all. They will guide, educate, motivate, support and encourage you. They will get more out of you than you ever thought possible.

Take the opportunity to attend one of the trial classes, come and watch some of the existing members in the class and see for yourself what sets CrossFit apart from any other gym program.

YOU CAN HAVE RESULTS OR EXCUSES ... NOT BOTH!

WENDY LOVES CROSSFIT

Hi my name is Wendy, I'm 50 years old, and I started doing CrossFit about a year ago and LOVE IT!!

I have been a member of gyms for the past 30 years and participated in all the so called regular and "normal" classes most gyms have to offer. Sure I was fit, but i found my body shape didn't really change. But that all changed when i started CrossFit.

I was introduced to CrossFit by my son, and to be honest, at first i was a little daunted because of my age, but soon learnt that anyone can CrossFit.

I love thats classes are in a group setting because it makes training so much more enjoyable. Classes are consistently varied and are functional movements, they apply to your day to day lifestyle. (Try sitting down if you can't do a squat.)

I love CrossFit not just because of the intensity and the outcomes but because it's a fun and every workout is an exciting experience. You can modify every movement so you do not have to be extremely fit and strong it is designed for each individual.

CrossFit really is for everyone, so give it a go.

if I can do it so can you!

Wendy

Wendizzle
flaunting her
muscles!!!



NUTRITION BASICS

In plain language, base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as it can get. Be honest with yourself, the vast majority of us have a strong idea of what not to eat but we still indulge and consume these foods, leaving our fitness and health to the wayside. If looking to increase muscle mass then an increase in protein intake is essential.

*Nutrition is the
cornerstone for success
in achieving your weight
loss or mass gain goals.*

A helpful hint for general health and well being is keeping your grocery cart to the perimeter of the grocery store while avoiding the aisles is a great way to protect your health. Food is perishable. The stuff with long shelf life will have been processed in any or many ways.

CHANTALE

COACH PROFILE

WHEN DID YOU START CROSSFIT?

Having had Chris as a personal trainer for a number of years, he convinced me that i was well suited to CrossFit. Being physically strong, yet with a love for intensity based workouts I initially tried CrossFit as a part of PT. Since then i have been addicted, training a 3 day on, 1 day off schedule. My strength and love is in the Olympic lifting component of CrossFit.

WHY DO YOU LOVE CROSSFIT?

Having shed 20kg of fat from my previously overweight frame, there is no better feeling than feeling physically capable of taking on any task that is thrown my way. This confidence has transferred to all other aspects of my life, both mentally and emotionally. I am a better person because of CrossFit.



WHAT IS YOUR FAVOURITE WOD?

The ones i love to hate. Any of the benchmarks that are more terrible than good. Murph/Bull/Calzone, anything that tests my mental strength where completing them is a test in themselves.

WHAT IS YOUR LEAST FAVOURITE WOD?

Same as above ahah. Anything with ring dips and or chin ups. These 2 exercises are currently my goats because of my sensitive hands!

WHAT DO YOU LISTEN TO WHEN YOU ARE TRAINING?

Lots! Linkin Park, Offspring, My Chemical Romance, Rage against the Machine.

WHAT IS YOUR FAVOURITE POST WORKOUT MEAL?

Bacon, Eggs, Mushrooms, Tomato and Avocado.



LACHLAN

COACH PROFILE

WHEN DID YOU START CROSSFIT?

i started to dabble in CrossFit just over 3 years ago when i was at uni. A friend of mine said "come and check out this guys Fran time" i had little idea of what he meant but the love affair began. I have been following a CrossFit program for the last 18 months and have had the best results than any other style of training. I am stronger, fitter and more powerful than i have ever experienced.

WHY DO YOU LOVE CROSSFIT?

I love the challenge, the progression, the camaraderie and the community.

WHAT IS YOUR FAVOURITE WOD?

Anything with lifting, kettlebells or rowing in it.

WHAT IS YOUR LEAST FAVOURITE WOD?

Anything with muscle ups, running and box jumps in it.

WHAT DO YOU LISTEN TO WHEN YOU ARE TRAINING?

JayZ, Will Smith, Linkin Park, Chilli Peppers, Parkway Drive, any Aussie Hip Hop. Depends on what i'm feeling really.

WHAT IS YOUR FAVOURITE POST WORKOUT MEAL?

Meat and milk

CROSSFIT FUNDAMENTALS

The CrossFit methodology works towards achieving optimum physical competence. To do so, the following 10 physical skills must be considered.

- 1. CARDIOVASCULAR ENDURANCE** The ability of body systems to gather, process, and deliver oxygen.
- 2. STAMINA** The ability of body systems to process, deliver, store, and utilize energy.
- 3. STRENGTH** The ability of a muscular unit, or combination of muscular units, to apply force.
- 4. FLEXIBILITY** The ability to maximize the range of motion at a given joint.
- 5. POWER** The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.
- 6. SPEED** The ability to minimize the time cycle of a repeated movement.
- 7. COORDINATION** The ability to combine several distinct movement patterns into a singular distinct movement.
- 8. AGILITY** The ability to minimize transition time from one movement pattern to another.
- 9. BALANCE** The ability to control the placement of the bodies center of gravity in relation to its support base.
- 10. ACCURACY** The ability to control movement in a given direction or at a given intensity.

A NOTE FROM DANIELLE...

When you ask me to describe CrossFit I often struggle for words that encompasses all that it is. Sure i can say, CrossFit is constantly varied, high intensity, functional movements. But this does not suffice or serve it any justice.

CrossFit to me is a feeling, and for those of you who know me well, you can vouch that i have no issues talking about feelings (ahaha). I'm not going to lie, CrossFit makes me feel scared, fearful, doubtful and out of control. Just as much as it makes me feel strong, powerful, confident, in control and unstoppable.

To me, CrossFit is not about how heavy you can overhead squat, how fast you can run 5km or how many pull-ups you can do. To me, it is about pushing yourself beyond the limits that you once thought impossible. It is about overcoming those self inflicted, negative and limiting feelings and just getting your workout done. CrossFit is about learning that, just like in life, you're going to struggle. Your going to have some days that are harder than others, and then there are going to be days when you feel like you could conquer the world. It teaches you to break down that barrier or climb over that wall to face the struggles, and mentally prepares you to overcome them.

CrossFit to me epitomises all that Oxigen is. It is about building a community, fostering relationships and supporting your family. It's the camaraderie. It's the feeling of suffering and succeeding together. It's the sharing of sweat side by side your fellow member and Oxigen team, and it's the excitement in watching each other achieve what once felt impossible.

I look forward to being your biggest cheerleader !!

Danielle xxxx

