

CrossFit 101

CrossFit is an amazing fitness program that incorporates many realms of fitness. It is a functional strength and metabolic conditioning program that can be a bit overwhelming at times, especially if you are just starting. There are a lot of little things to know and it takes time to learn. Below is a sample week of how to get into CrossFit. Some of the basics are explained and this should help you get started with your CrossFit journey.

Exercise Type	Day 1	Day2	Day 3	Off	Day 4	Day 5	Day 6	Off
Strength Workout	X		X		X			
CrossFit Workout	X	X	X		X		X	
Running/Cycle/Row/Swim Workout		X				X	X	

Here is a sample Workout of what CrossFit **CAN** look like if you would like to get into a pretty advanced fitness routine. This is not what it has to be by any means. The X's mean you did that activity. The Strength workouts are about 20-30 min then CrossFit workout is no longer than 15 min normally.

This is just an example. B/C some people think you get in crazy shape just by CrossFit alone (which you can), but I think its best used heavily in an overall fitness plan, and the CrossFit community is starting to catch on to this fact as well. If you are looking at the top CrossFit athletes as your goal, you just have to know they do not do one CrossFit Workout a day and look the way they do.

Here is a week's worth of CrossFit workouts as promised. It is six workouts. I recommend not operating on a 7 day week but more of an 8 day cycle consisting of 3 days on and 1 day off so in 8 days that's 2 off and 6 on.

I will explain certain workouts and spell out all acronyms.

Here are 6 WODs (WOD=Workout of the day, can be found on crossfit.com, crossfitfootball.com, and crossfitendurance.com, they post daily. Crossfit.com is called Main site and is where 90% of people get their workouts. CrossFitfootball and CrossFitendurance are for more advanced athletes.)

***Disclaimer 1: CrossFit workouts are only as hard as you make them; nonstop intensity is what you are after. The most work output over a short amount of time.

***Disclaimer 2: There are a ton of CrossFit workouts/exercises, some that may be listed, that you have never heard of, and it would be hard for me to describe them. Luckily CrossFit has a great video section explaining all of these located at:

<http://www.crossfit.com/cf-info/exercise.html>

***Disclaimer 3: WTF my workout says Rope Climbs!?!? Yea CrossFit knows not everybody has access to all this stuff so they provide a substitute section:

<http://www.crossfit.com/cf-info/faq.html#Substitutions0>

***Disclaimer 4: Pull-up does not = pull-up in CrossFit. They mean a kipping pull up b/c they are easier to do high rep with, keeps the heart going. You can learn how to kip from the link in Disclaimer 2.

It may help to start by watching some demos at: <http://www.crossfit.com/cf-info/excercise.html#WOD>

RFT=Rounds for time. So 3RFT means do all of it once, then again, and again. Then stop the clock.

Pood= Russian measure used for kettlebells; common ones: 1 pood =36 lbs; 1.5 pood = 54 lbs; 2 pood = 72 lbs. Approx db equivalents are 35, 55, 70

WOD 2: Compete it all as fast as you can in a min, if it takes 20 sec. you have 40 sec. rest. If it takes you 55sec. you can only rest 5sec. You do this on the min each minute for 8 min.

Goblet squats= <http://www.youtube.com/watch?v=J75qdN1QsBc&feature=related>

WOD 1	WOD 2	WOD 3
3 RFT: Run 800m 50lb Dumbbell cleans 30 reps 30 Burpees	On the Minute for 8 Minutes: 5 Dumbbell Swings @ 2pood 5 Goblet Squats 5 Clapping Pushups	AMRAP in 15 min 3 Power Cleans at 135lbs 3 Rounds of Cindy
	Explanation above.	AMRAP= As many rounds as possible A round of Cindy= 5 pull-ups, 10 push-ups, 15 squats (body weight)
WOD 4	WOD 5	WOD 6
7 RFT: 20 Double-unders Sprint 75yds	AMRAP 15 min 10 reverse push-ups 10 push-ups	"Murph" <ul style="list-style-type: none"> ▪ 1 mile Run ▪ 100 Pull-ups ▪ 200 Push-ups ▪ 300 Squats ▪ 1 mile Run
Double-Under= Jumping rope when the rope passes under you twice each time	You get 20 rounds in 15 min and you are doing pretty well	Getting a little more hardcore. Partition the pull-ups, push-ups, and squats as needed.

The last thing you need to know about is the benchmark workouts: One of these is thrown in every couple months to see if your time has improved on a specific workout from the last time you tried. Girl workouts are not for girls...just named after them.

The Girls: <http://www.crossfit.com/cf-info/faq.html#WOD0>

The Hero Workouts: <http://www.crossfit.com/cf-info/faq.html#WOD1>