

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



Our Athlete of the month for August is Holly Braun. In addition to all she has accomplished is her own journey as an athlete, she has inspired others with her positive attitude and ever present smile.

How long have you been doing CrossFit?

2 ½ years

Why did you start CrossFit? Who introduced you to CrossFit?

My brother Robin always talked about CrossFit. He would tell me about these crazy workouts and how I should come and workout. Just to shut him up I enrolled my son Wyatt into CrossFit Kids. Little did I know that two weeks later I would begin my intro classes.

What do you enjoy most about CrossFit?

The coaches past and present. Their knowledge and encouragement help me in every workout.

ISSUE 7, AUGUST 2012

Upcoming Events

Aug. 11th – Molly Mertz Jump Rope Seminar
East Valley CrossFit

Aug. 25th – Gymnastics Seminar
CrossFit Flagstaff

Sept. 1st – Easy Valley Open Weightlifting Meet
East Valley CrossFit

Sept. 8th – Rich Wenner Powerlifting Seminar
East Valley CrossFit

Oct. 6th – Garage Games
CrossFit Purgatory

What is your favorite Workout?

I would have to say each workout is a benefit. Don't get me wrong, there are days I walk in, look at the board and say, 'Oh crap, not that WOD', but when I'm done I feel a sense of accomplishment.

What are your future goals?

To do a muscle up for my 50th birthday!

cont. p.2

AOTM continued

You competed in the CrossFit Open this year. What did you think of that experience and are you looking forward to competing again next year? Are you altering your training at all to prepare?

I have never competed in a competition of any kind so this was truly a CrossFit moment. I was nervous and had no idea how my body would hold up. At the end of the day I was proud of my fellow Flagstaff team and of myself. To prepare, I am going to attend the Gymnastic Seminar this month (Aug. 25th, see page 4- ed.) and attend the strength classes that are offered at our gym.

Do you follow the Paleo or Zone diets, and of so, what are your favorite cheat foods?

No, I don't follow either. I try to be aware of my carb/sugar intake. I love to cook for my family and others. Pasta is my weekly cheat.

Who do you admire as an athlete?

When I was growing up it was my brother Robin. Now it's girl power. Lisa Ray and Katie Brown are true athletes. They inspire my workouts and goals.

What advice do you have for new members or other CrossFitters?

I started CrossFit at 47. It's never too late in your life for a new challenge. The WOD's are hard, your shins will be forever bruised, and you are constantly sanding down the calluses on your palms...ALL Worth IT.



THANK YOU
For converting vegetables into bacon.

Zatsiorsky, Scaling, and Power

By John Gilson

You could struggle like a rocket trying to take off on regular unleaded, or you could actually get stronger.

You're the kid who saw one phenom go from high school straight to the Major Leagues, and figured "What the hell? If that skinny punk can do it, so can I." Attention, achievement, some sliver of recognition, nothing less will do.

You're Rx'd. You made the Major League jump. Except, you really, really shouldn't have, and now you're striking out. Slow your roll, tee ball slugger.

It's okay. I did the same thing, and if I don't admit it, the pot would definitely be calling the kettle another piece of kitchen equipment. Learn from my stupidity.

This is not what we meant. The whole point of our sport is power output: do more work faster. Intrinsic in this little missive is "faster", but every guy secretly wants to be bigger and stronger, and figures that what we actually meant was "heavier".

It comes down to simple physics: power is the product of speed and strength. Too much of either (without the other) will result in extremely blunted power.

Imagine speed and strength on the see-saw together, and strength is the fat kid. The really fat kid. In fact, he outweighs speed by a factor of ten. The see-saw stays stuck, and no one has fun at recess. Escaping my metaphor, if the load is too large and speed is too small, power is zip, much like multiplying by zero always gets you zero.

Now, imagine speed and strength are balanced, each kid weighing about the same. This parity allows them to act in concert with each other, and the see-saw really flies. We get power.

"Heavier" isn't the answer. Balance is the answer.

On page six in *The Science and Practice of Strength Training*, author Vladimir Zatsiorsky posits that maximal power output occurs at approximately 30% of maximal velocity and 50% of maximal load. I'm in love with page six, and simultaneously dumbfounded by its mathematical exactitude.

Applied to CrossFit and our never ending pursuit of power, this unforgettable page states that we're looking for a load that you can move with 30% speed, one that tends to occur somewhere around your 50% of one-rep maximum.

Of course, CrossFit won't ask you to move the bar once, but perhaps ten or twenty or fifty times. To maximize your power across this broad spectrum of work, you'll want to load to less than 50% 1RM, and continue to try to move the hell out of the bar.

Cont. pg 4



Bison Meatballs

Reprinted from [Multiply Delicious](#)

Bison Meatballs

1 pound ground bison (grass-fed)
1 to 2 green onion, finely diced
1/2 sweet potato, finely diced
1 clove garlic, minced
1 egg
1/2 teaspoon salt
1/4 teaspoon fresh ground black pepper
1/2 teaspoon ground paprika
1 tablespoon fresh parsley, minced
1/4 cup tomato paste

Instructions:

Preheat oven to 375 degrees.

Oil a baking sheet with coconut oil, or you can use aluminum foil (nonstick) or parchment paper to avoid a mess.

Place all the ingredients in a large bowl. Using a fork, or your hands, mix until everything is evenly combined. Using a scoop or a large spoon, scoop evenly distributed meatballs onto prepared baking sheet. I got about 12 to 15 meatballs. Then put baking sheet in preheated oven and bake for about 15 to 20 minutes or until meatballs are cooked through.

Zatsiorsky cont.

Holy shit. A formula for scaling.

For too long, we've focused on strength bias this and power animal super athlete that, when this entire program is predicated on power. Stop thinking of scaling as something to keep Grandma in the game. We scale to the physical and psychological tolerance of the athlete for one reason: it enables the individual to produce as much power as possible.

Following Zatsiorsky's formula, if you can't thruster at least 190 pounds, you shouldn't be doing "Fran" with 95. If you can't clean and jerk 270, don't do "Grace" with 135. You're blunting your power output. Scale that weight down; it will make you more powerful.

I did not just tell you to abandon heavy weights. In fact, I want you to lift heavy. A lot. Just not in the middle of your WOD.

If you increase your 1RM, through any number of methods, your 50% 1RM will go up as well, and you'll climb into the Rx'd echelon via this prescription. You thruster 150, you do "Fran" at 75 pounds or less. You thruster 200, welcome to the Big Leagues.

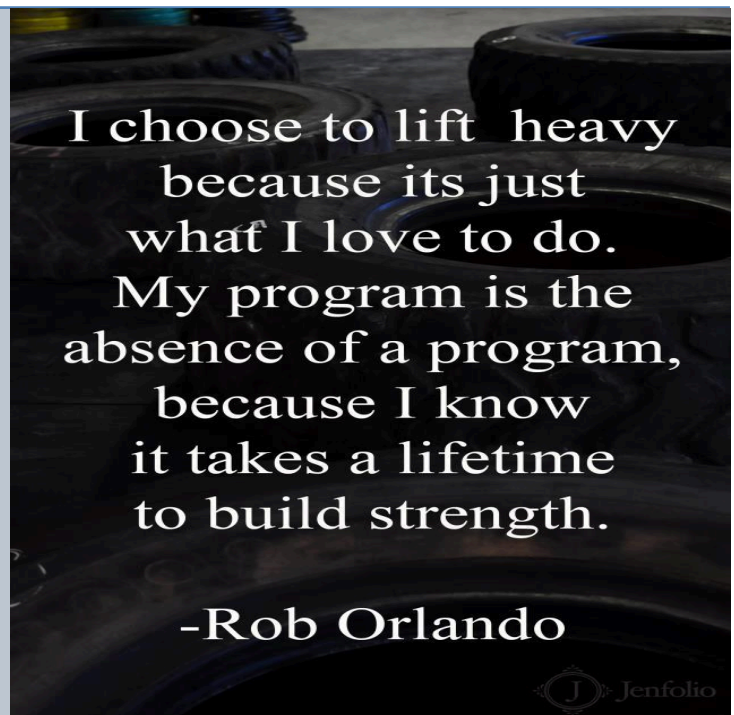
In other words, don't strength bias your WODs—strength bias your strength, and scale your WODs to your current strength level.

Proof? Take a look at the strongest men in the world, not by fiat, but by actual numbers lifted, the gargantuan boys of Westside Barbell. Their program regularly calls for moving 50% 1RM as fast as possible. In fact, it was a conversation with Louie Simmons, the founder of the Westside Method and its Dynamic Effort Days, that persuaded me to pick up a copy of The Science and Practice of Strength Training in the first place.

I'm sure he'd be disappointed I never made it past page six, but I bet he'd love it if you stopped trying to do Fran with 65% of your 1RM.

The successful implementation of scaling demands a simple recognition: there are an infinite number of weights that can be loaded on a barbell, and every one must be removed from ego and firmly affixed to power. When this mental shift occurs, we'll get more powerful athletes, guaranteed.

Jon Gilson is the owner of Again Faster.



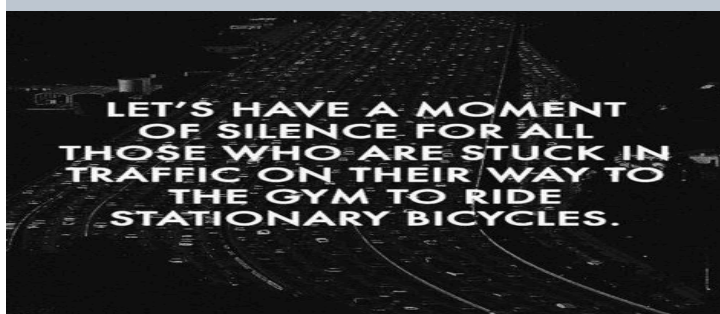
Gymnastics Seminar  **Coach Carl Paoli**



SAT. AUG.25 09:00am

CROSSFIT FLAGSTAFF **Learn gymnastics strength & conditioning applied to CrossFit, functional, skill, strength, & freestyle movements**
1072 E. Old Canyon Ct. Flagstaff, AZ
\$250 . 8-hr session

Register at <http://nakaathletics.com/cfflagstaff-seminar>





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Have you seen or taken part in all the new classes at the gym?

Self Defense, Strength Focus and Nuts and Bolts classes have been added to the schedule!

Nuts and Bolts breaks down core movements with review, skill work and a short WOD using what you learned and practiced.

Click [HERE](#) for class times.



Be Better

By Lisbeth Darsh

[CrossFit Lisbeth](#)



Your goal today is simple: Be better.
Be better in thought, in word, in deed.

Be better at what you think, what you say, what you write, what you do.

Your effort doesn't have to monumentally better than yesterday. PRs don't happen every day. And if they did? We would be bored, and take them as commonplace. They would no longer be special. No, you just need to be a little bit better. But you need to reach for it, each and every day.

Improving your life is like improving your squat. You think you know what you're doing and it can't get any better. But it always can. Always.

So, return to the basics. Squat. Check your feet, your ass, your chest. Is everything where it should be? Maybe your weight could shift a little back into your heels. Think and try one perfect squat. Rise. Close your eyes. Then squat again. Slowly. Not 10 fast, not 50 fast. Just one. Think and breathe and stay in that moment. Feel what one perfect squat really feels like.

Now, open your eyes. And go chase that feeling in the rest of your life.
Be better, everywhere.