

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

# YOU!

June's Athlete of the Month is YOU! That's right; you read that correctly. YOU are June's Athlete of the Month. I know what you are thinking, you're thinking "the trainer's just couldn't come to a consensus this month", or "Joel realized it was already the second week of the month and the newsletter needed to get out." You might actually be a little correct if you thought either of those things, but don't discredit yourself.

Over the last few weeks, as I pondered who should be on the front of the newsletter, many people came to mind. All of the people I considered were special for their own reasons. Some are very strong athletes. Some have had great gains over the last few months. Some were about to embark on a new challenge to eat better, to change their life by changing their diet. Some of the people who came to mind just have a great outlook on everything, are always positive, and are uplifting to everyone in the gym. Several of the people I thought of were special for a combination of those reasons. One or two people could arguably be considered special for all of the above reasons.

But the truth is each and every one of you has accomplished something great during the last month. The Merriam Webster Dictionary defines **great** as "being beyond the average". Guess what, that is you! You are beyond the average. You not

## ISSUE 6, JUNE 2012

### Upcoming Events

June 23rd- CFF Free Saturday

June 23rd- Oly Competition  
East Valley CrossFit

June 30<sup>th</sup> – Captain CrossFit One  
Year Anniversary

July 7<sup>th</sup>- Kare Williams Rowing  
Clinic – East Valley CrossFit

July 13-15th- CrossFit Games

July 19-20th- Flagstaff Highland  
Games

August 25th- Gymnastics Seminar  
CrossFit Flagstaff

only joined a gym, you made the effort to actually drive (or run, or bike) to the gym and to exercise once you got there.

Work, school, family, yard work, lack of energy at the end of the day...the list could go on and on. The excuses for being less than great are plentiful. We have all heard them. Hell, we've all used them at one time or another but last month you overcame them to become great.

[Cont. pg 2](#)

## AOTM continued

You woke up early to get the WOD in before you went to work. You fought the urge to go straight home after work and came to the gym instead. You politely declined your co-workers invitation to happy hour so you could come to the gym.

Once at the gym, you continued to show your greatness. You pushed yourself just a little harder. You fought for that extra rep. You gave that little bit more to sprint the last 10 meters to the door. You added those one-pound weights to the bar because you thought you had more in you. You ignored the muscles that were already a little sore when you walked in the door, knowing that they would ache that much more when you walked back out the door.

When you were done with your workout and in some cases even during your workout, you turned to someone else in the gym and shouted an encouraging word. You watched as someone was doing a squat and you encouraged him or her to get a little deeper. You were there as someone struggled with a press and you cheered him or her to keep up the fight. You pushed someone to get one more rep.

At some time during the last month, you made a decision about your diet and overall health. It may have been a big decision like signing up for the Nutrition Challenge, or it may have been as small as only putting one spoonful of sugar in your coffee. The point is you made the decision and you stuck with it.

You may not be the strongest, the leanest, or the fastest athlete at the gym but as long as you are doing something to better yourself, both physically and mentally, you are doing something great. You inspire me. That is why YOU are June's Athlete of the Month.



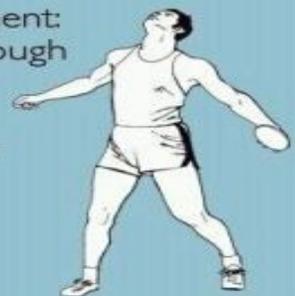
## The Push Press

- A. Set up: Take bar from supports or clean to racked position. The bar sits on the shoulders with the grip slightly wider than shoulder width. The elbows are below and in front of bar. Stance is approximately shoulder width. Head is tilted slightly back allowing bar to pass.
- B. Dip: Initiate the dip by bending the hips and knees while keeping the torso upright. The dip will be between 1/5 and 1/4 of a squat in depth.
- C. Drive: With no pause at the bottom of the dip, the hips and legs are forcefully extended.
- D. Press: As the hips and legs complete extension the shoulders and arms forcefully press the bar overhead until the arms are fully extended.

Push Press [[wmv](#)][[mov](#)]

Push Press (behind the head)  
[[wmv](#)][[mov](#)]

That awkward moment:  
When you walk through  
the metal detectors  
at the airport, and  
your abs of steel set  
them off



your  cards  
someecards.com



## Grilled Pineapple Burgers with Avocado Cream

From [paleomg.com](http://paleomg.com)

### Ingredients

- 1lb Grass Fed Ground Beef
- 1 pineapple, cored and sliced
- 1 yellow onion, sliced thin
- 1 tablespoon chipotle chili powder
- 2 garlic cloves, minced
- 1/2 teaspoon onion powder
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon black pepper
  
- *For the cream*
- 2 avocados
- juice of 1 lime
- juice of 1/2 lemon
- 1 tablespoon hot sauce (your favorite will do)
- 1 teaspoon chipotle chili powder
- 1 teaspoon olive oil

Recipe cont.

### Instructions

- Light your grill! I love grilling season.
- Now you should first slice your pineapple. I have no idea how to cut a pineapple very well but I try, so you can look at my pictures if that actually helps.
- Use a big knife to cut off both ends of the pineapple, then stand the pineapple up and slice the sides off. Then cut the pineapple in hamburger slices (remember hamburger vs hotdog in elementary school? good). And finish the pineapple slices off by using a smaller knife to cut out the middle and press it out. Like a donut hole. Cute.
- Then slice your onions.
- Place meat in a bowl, add seasonings and mix thoroughly. Like hard core. Get in there.
- Make 4 burger patties and flatten them out a bit.
- Place onions, burgers, and pineapple on the grill at the same time. Try not to place pineapple over direct flame because it can burn pretty easily, being sugar and all.
- Flip when grill marks become present, after about 5 minutes and cook about the same amount of time on the other side of until burgers are cooked to preference and pineapple is a bit charred and soft.

*While the ingredients are on the grill, make your avocado cream!*

- Cut avocados in half, remove the seed, then scoop out the insides and place in your food processor.
- Turn food processor on and let the avocado begin to break down. After about a minute, while your food processor is still running, add the rest of the ingredients for the avocado cream and keep pureeing until smooth: about 1-2 minutes.
- Place a burger down, top it with pineapple, then a grilled onion, and then a dollop of avocado cream on top!

Are you doing the Nutrition Challenge?

Check out the links below for recipes and approved foods:

[CrossFit Flagstaff Nutrition Blog](#)

[Whole 9](#)

[The Foodee](#)

[Chowstalker](#)

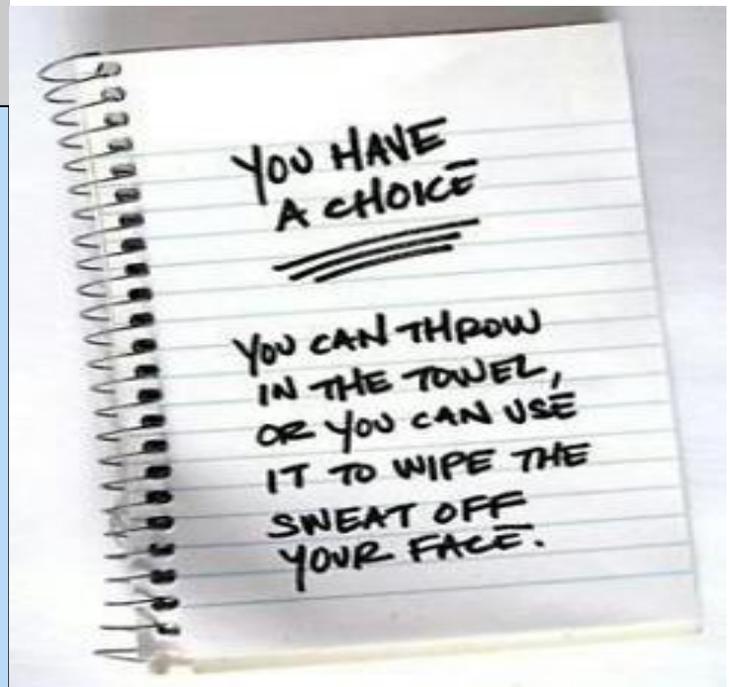
## Gymnastics Seminar with Coach Carl Paoli



**SAT. AUG.25 09:00am**

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

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



Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid.

-A Einstein



### We can learn from the animals...

Have you ever wondered why migrating geese fly in a V formation? For geese, it's a natural instinct. As each bird flaps its wings, it creates uplift for the bird following. In a V formation, the whole flock adds at least 71% more flying range than if each bird flew alone. Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone and quickly gets back into formation. Like geese, people who share a common direction and sense of community can get where they are going quicker and easier than those who try to go it alone. When a goose gets tired, it rotates back into the formation and another goose flies at the point position. If people had as much sense as geese, they would realize that ultimately their success depends on working as a team, taking turns doing the hard tasks, and sharing leadership. Geese in the rear of the formation honk to encourage those up front to increase their speed. It is important that our "honking from behind" be encouraging. Otherwise it's just - well - honking. When a goose gets sick or wounded, two other geese drop out of formation and follow it down to help and provide protection. They stay with the unhealthy member of the flock until it is either able to fly again or dies. Then they launch out again with another passing flock or try to catch up with their own. May we be so sacrificial, that we may be worthy of such friends in our time of need.



### A Champion's Creed

author unknown

I will conquer what has never been conquered,  
Defeat will not be in my creed.  
I will believe where all those before me have doubted.  
I will always endeavor to uphold the prestige, honor and respect of my team.  
I have trained my mind and now my body will follow.

Who am I? I am a champion!

I will acknowledge the fact that I am an elite warrior,  
Who arrived at the cutting edge of battle by any means necessary.  
I accept the fact that my team expects me to move further, faster and fight harder than our opponents;  
Never shall I fail my brothers.  
I will always keep myself mentally alert, physically strong and morally straight.  
I will shoulder more than my share of the task, whatever it may be,  
One hundred percent and more because I have surrendered me for we.

Who am I? I am a champion!

Gallantly will I show that I am a specially selected and well-trained warrior.  
My heart and my soul will be the fuel to carry my body when my limbs are too weary.  
Although I may falter, I will never lose focus as long as there is hope in my mind and my heart is still beating.  
I will never give in to the evil that is weakness and I will fight that evil with my dying breath.

Who am I? I am a champion!

Energetically will I meet my enemies, many will challenge me, but none will stop me from my goal.  
I am not the strongest, I am not the fastest,  
I am good because I have found something worth fighting for, and I will fight with all my might.  
Surrender is not a champion's word.  
I will never leave a brother to fall at the hands of an enemy,  
And under no circumstances will I surrender, for my ears are deaf to the word can't.

Who am I? I am a champion!

Readily will I display the discipline and strength required to fight on to my objective,  
And I will complete my mission.  
I will rise when I have fallen to rip the heart from my enemy and leave it beating on the ground.  
My enemy will both fear and respect me.  
If he does not, I will make him respect me with all that I have to give.

Who am I? I am a champion!

History will remember my name but he does not have to be kind,  
For I have denied his criticisms and put in my own praise.  
Nobody will define me, and nobody will tell me what I can't achieve.  
None will say that I haven't given all that I have to give and none will take my glory.  
For those who have stood by me I will fight for, and for those who have deserted me I will crush.

Who am I? I am a champion!