

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



This month's athlete is Karry Hull. Karry has been working hard these last few months killing WODS and achieving PR's!

How long have you been doing CrossFit?

It will be 3 years at the end of December.

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

Amanda had been doing it forever, and Mike had joined about 6 months earlier and I could see the results with my own eyes ;-)! It made me feel very stagnant and chubby! I told Mike to sign me up and soon I was doing my intro sessions with Katie and Chloe.

What do you enjoy most about CrossFit?

I love that I can be done in an hour and it kicks my ass! I also love that it is different every day, so I am never bored (except for long rows-yuck!)

ISSUE 8, SEPT. 2012

Upcoming Events

Sept. 29th – Strength Specific Seminars – CrossFit Flagstaff

Oct. 6th – Barbells for Boobs
East Valley CrossFit

Oct. 6th – Garage Games
CrossFit Purgatory

Oct. 13th – Furious 5
CrossFit Fury

Oct. 20th – SIC'est of the Southwest
Phoenix Convention Center

Oct. 20th – Honey Badger Open
Weightlifting Meet
Evolution Fitness

Oct. 27th – Barbells for Boobs
CrossFit Flagstaff

What is your favorite workout?

I like Fran and Fight Gone Bad.

You are a mom, a wife, an athlete, and you work full-time. How do you balance everything and still find time for yourself?

I am lucky and have a great hubby who knows when I need some me time! I think of CrossFit time as me time as well because it is somewhere I want to be, not have to be.

cont. pg. 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?

It was tough but good, I will probably try and do it again next year, so far I'm just planning on doing the regular WODs, coming in and doing some extra work on lifts and some weaknesses on skills days.

What are your future goals?

I am going to do the Fury comp in October, then Ragnar in November, neither of which I have ever done before so I am excited for those. I would love to get muscle-ups and pistols someday...

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

We tried strict zone for about a month this summer and it went ok but took a lot of planning however, we did find some good recipes and now we do make better choices about what we eat. Cheating with chocolate always helps get through a rough 12 hour shift, but a cold adult beverage at a ball game or by a campfire is still one of my favorites.

Who do you admire as an athlete?

We watch a lot of sports at our house and despite the money and egos that go with them they are truly amazing at what they do. I enjoyed watching the Olympics this summer and getting to see the things that aren't mainstream like swimming and gymnastics.

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

Take your time and learn how to do the movements correctly, you'll benefit more slowing down a little and doing them right. Also remember there is no initiation time; from your very first WOD you are a CrossFitter!




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How the People Around You Affect Personal Success

Leo Widrich

Recently I sat down with a new friend I met for dinner. We talked about what it takes to achieve the goals you want to achieve in life. My friend is already a very accomplished marketing professional. And yet, there was lots more she wanted to do. One conclusion I kept coming back to in this talk is that a large amount of how successful you will be in life comes down to the people you spend time with.

This is why:

'You are the average of the five people you spend the most time with.'
Jim Rohn

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Sweet & Tangy Paleo BBQ Sauce

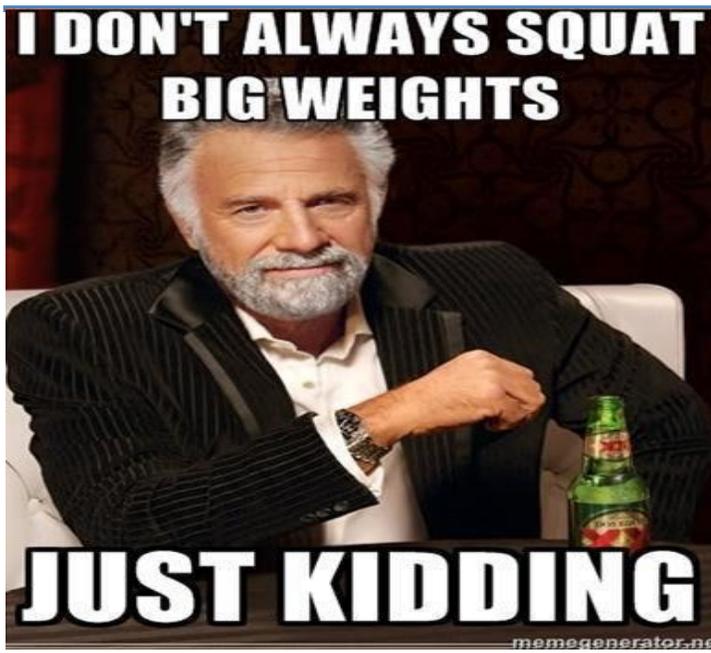
By [Kelly Greco](#)

Ingredients:

(Makes about 4 cups of BBQ sauce)

- 2 6-oz cans of tomato paste
- 1 1/4 C agave nectar
- 1/2 C apple cider vinegar
- 3 T Dijon-style mustard
- 2 T olive oil
- 2 T *coconut aminos
- 2 tsp. onion powder
- 2 tsp. garlic powder
- 1 tsp. ground black pepper
- 1 tsp. sea salt

Combine all ingredients and mix well! I let some sauce sit on the chicken a bit before barbecuing, and brush some on the chicken as needed while barbecuing. Delicious!
Hope you enjoy!



How the people...cont.

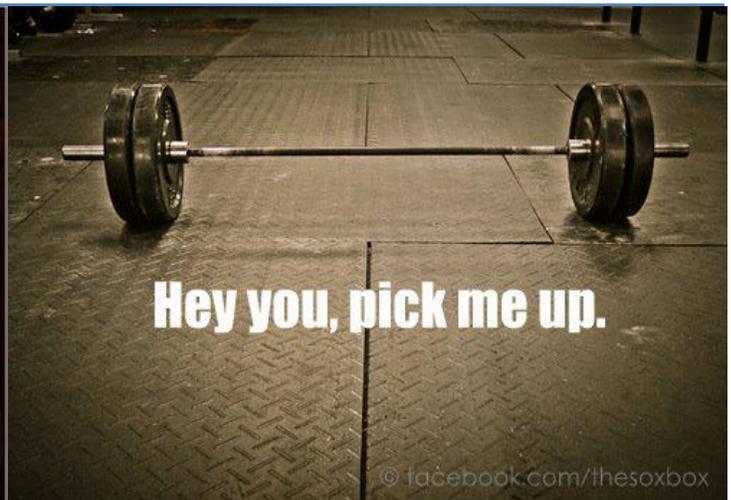
This quote is one of the most powerful ones that I keep reminding myself over and over again. I am the average of the five people I spend the most time with. Others around myself determine how I think, how I act, and ultimately how successful I will be.

Fighting your way through the law of average: The sower and the reaper

This [video from Jim Rohn](#) is amazing. In short: You'll face many struggles along the way if you are seeking success and happiness. If you are the sower, your seeds will get picked up by the birds first and won't give a return. Then they will fall on shallow ground, leaving you with nothing again. Then they will fall on thorny ground and the sun will shine so hot that your small plant will die after the first day. No return either.

Then, one day, the seeds will fall on good ground and finally give you the expected return and success. The only way you can make sure that you will fight your way through this hardship is with the right people by your side.

[Continue reading...](#)



The Deadlift

Consider each of the following cues to a sound deadlift. Many motivate identical behaviors, yet each of us responds differently to different cues.

- Natural stance with feet under hips
- Symmetrical grip whether parallel, hook, or alternate
- Hands placed where arms won't interfere with legs while pulling from the ground
- Bar above juncture of little toe and foot
- Shoulders slightly forward of bar
- Inside of elbows facing one another
- Chest up and inflated
- Abs tight
- Arms locked and not pulling
- Shoulders pinned back and down
- Lats and triceps contracted and pressing against one another
- Keep your weight on your heels
- Bar stays close to legs and essentially travels straight up and down
- Torso's angle of inclination remains constant while bar is below the knee
- Head straight ahead
- Shoulders and hips rise at same rate when bar is below the knee
- Arms remain perpendicular to ground until lockout

TEN REASONS HEAVY WEIGHTS DON'T BULK UP THE FEMALE ATHLETE

(by Tim Kontos, David Adamson, and Sarah Walls, for www.elitefts.com.)

1. Women do not have nearly as much testosterone as men. In fact, according to Bill Kremer in *Essentials of Strength Training and Conditioning*, women have about 15 to 20 times less testosterone than men. Testosterone is the reason men are men and women are women. After men hit puberty, they grow facial hair, their voice deepens, and they develop muscle mass. Because men have more testosterone, they are much more equipped to gain muscle. Because women do not have very much testosterone in their bodies, they will never be able to get as big as men.

2. The perception that women will bulk up when they begin a strength training program comes from the chemically-altered women on the covers of bodybuilding magazines. These "grocery stand models" are most likely pumped full of some extra juice. This is why they look like men. If you take the missing link that separates men from women and add it back in, what do you have? A man!

3. For women, toning is what happens when the muscle is developed through training. This is essentially bodybuilding without testosterone. Since the testosterone is not present in sufficient amounts, the muscle will develop, but it won't gain a large amount of mass. The "toned" appearance comes from removing the fat that is covering a well-developed muscle.

4. Muscle bulk comes from a high volume of work. The repetition range that most women would prefer to do (8–20 reps) promotes hypertrophy (muscle growth). For example, a bodybuilding program will have three exercises per body part. For the chest, they will do flat bench for three sets of 12, incline for three sets of 12, and decline bench for three sets of 12. This adds up to 108 total repetitions. A program geared towards strength will have one exercise for the chest—flat bench for six sets of three with progressively heavier weight. This equals 18 total repetitions. High volume (108 reps) causes considerable muscle damage, which in turn, results in hypertrophy (muscle growth). The considerably lower volume (18 reps) will build more strength and cause minimal bulking.

NOTE: We are not going for HIGH VOLUME AT HEAVY WEIGHTS here at CF TT. German Volume is 10 *10, for 100 total reps, but we're doing it at maybe 50% of our Max Effort. It is not the same at all. Further, when we're going for our 5-rep, 3-rep, or 1-max rep of a lift, we're doing at the most 30-35 of them. This is NOT high volume.)

5. Heavy weights will promote strength not size. This has been proven time and time again. When lifting weights over 85 percent, the primary stress imposed upon the body is placed on the nervous system, not on the muscles. Therefore, strength will improve by a neurological effect while not increasing the size of the muscles. And, according to Zatsiorsky and Kremer in *Science and Practice of Strength Training*, women need to train with heavy weights not only to strengthen the muscles but also to cause positive adaptations in the bones and connective tissues.

6. Bulking up is not an overnight process. Many women think they will start lifting weights, wake up one morning, and say "Holy sh__! I'm huge!" This doesn't happen. The men that you see who have more muscle than the average person have worked hard for a long time (years) to get that way. If you bulk up overnight, contact us because we want to do what you're doing.

7. What the personal trainer is prescribing is not working. Many female athletes come into a new program and say they want to do body weight step-ups, body weight lunges, and leg extensions because it's what their personal trainer back home had them do. However, many of these girls need to look in a mirror and have a reality check because their trainer's so-called magical toning exercises are not working. Trainers will hand out easy workouts and tell people they work because they know that if they make the program too hard the client will complain. And, if the client is complaining, there's a good chance the trainer might lose that client (a client to a trainer equals money).

Pull ups and
cleans and
kettle bell swings,
that's what girls
are made of.

8. Bulking up is calorie dependant. This means if you eat more than you are burning, you will gain weight. If you eat less than you are burning, you will lose weight. Unfortunately, most female athletes perceive any weight gain as "bulking up" and do not give attention to the fact that they are simply getting fatter. As Todd Hamer, a strength and conditioning coach at George Mason University said, "Squats don't bulk you up. It's the ten beers a night that bulk you up." This cannot be emphasized enough.

If you're a female athlete and training with heavy weights (or not), you need to watch what you eat. Let's be real—the main concern that female athletes have when coming to their coach about gaining weight is not their performance but aesthetics. If you choose to ignore this fact as a coach, you will lose your athletes!

9. The freshman 15 is not caused by strength training. It is physiologically impossible to gain 15 lbs of muscle in only a few weeks unless you are on performance enhancing drugs. Yes the freshman 15 can come on in only a few weeks. This becomes more complex when an athlete comes to a new school, starts a new training program, and also has a considerable change in her diet (i.e. only eating one or two times per day in addition to adding 6–8 beers per evening for 2–4 evenings per week). They gain fat weight, get slower, and then blame the strength program. Of course, strength training being the underlying cause is the only reasonable answer for weight gain. The fact that two meals per day has slowed the athlete's metabolism down to almost zero and then the multiple beers added on top of that couldn't have anything to do with weight gain...it must be the lifting.

10. Most of the so-called experts are only experts on how to sound like they know what they are talking about. The people who "educate" female athletes on training and nutrition have no idea what they're talking about. Let's face it—how many people do you know who claim to "know a thing or two about lifting and nutrition?" Now, how many people do you know who actually know what they're talking about, have lived the life, dieted down to make a weight class requirement, or got on stage at single digit body fat? Invariably, these so-called experts are also the people who blame their gut on poor genetics.

These so-called experts are the reason you see so many women doing sets of 10 with a weight they could do 20 or 30 times. They are being told by the experts that this is what it takes to "tone" the muscles. Instead, they are only wasting their time doing an exercise with a weight that is making no contribution to the fitness levels or the development of the muscle.

In case you haven't figured it out by this point in the article, what is currently being done in fitness clubs to help female athletes tone their bodies is not working. It's not helping these women get toned, and it is definitely not helping improve athletic performance. Maybe it's time for a change. Contrary to the ineffective light weights currently being used, heavy weights offer many benefits for women including improved body composition, stronger muscles, decreased injury rate, and stronger bones (which helps prevent osteoporosis). Let's try lifting some heavy weights and controlling our diet and watch this logical, science-based solution make the difference we've been looking for.