

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

Roughly 2500 years ago, the most feared and respected warriors in the Mediterranean were the Spartans. Young Spartans were raised communally, under grueling conditions, with little support or encouragement. They were expected to commit themselves entirely to their training, and to forge themselves into the best warriors they could be. Spartans trained for years without reward, until they were judged ready to be mature warriors. After years of toil, frustration, and repetition, Spartan warriors were allowed to wear a crimson cloak. The cloak was a badge of status – proclaiming to all that here was someone capable of hard work, someone familiar with sacrifice, someone who showed total commitment. The crimson cloak was worn only by those who had earned it. It was forbidden to all others on penalty of death.

At CrossFit Flagstaff, we have decided to recognize those who have shown an exceptional level of commitment with a crimson sweatshirt. It will never be for sale. It will never be worn by the uninitiated. It is a badge of honor to be worn only by those who commit themselves to an arduous personal goal, then put forth the effort and endure the sacrifices necessary to attain that goal. It is also a reminder of responsibility. The front shows the logo of a warrior and his shield. The warrior's shield protected the man to his left, and the mature warrior recognized his responsibility to protect those around him. The crimson sweatshirt also carries responsibility. As a mature athlete who has faced down personal demons and accomplished significant work, you have the responsibility to guide and encourage others on their quests. The crimson sweatshirt declares to all that you are a mature athlete – a warrior in our gym – and you have accomplished something great.

Molly Wilson was an easy and unanimous choice for this award. Her courage and heart have brought her through many fears, self-doubts, and challenges to the other side where she is now able to look back and see all that



she has accomplished, all the she is capable of – and walks into the gym with a confidence and fire in her eyes that makes us all incredibly proud. She has earned that through hard work, dedication, and the heart of a lioness. It was an honor tonight to award Molly this badge and she already stands behind in all the inspiration and encouragement she gives to SO MANY others at the gym.

Thank you, Molly. Thank you for being part of us. Thank you for all that you bring to our lives. We are enriched. – Scott Francis & Lisa Ray

I had the pleasure of meeting Molly when she first started her intro sessions. She asked questions about nutrition during her first session, and made a commitment to make life changes that day.

The changes I have seen in Molly since that day are really nothing short of phenomenal.

[cont. pg 2](#)

## ISSUE 11, JAN. 2013

### Upcoming Events

Sat. Feb. 2<sup>nd</sup>  
The Primus- SpartanFit CrossFit

Fri.-Sat. Feb. 22<sup>nd</sup> -23<sup>rd</sup>  
RAGNAR Del Sol-Wickenburg to Phoenix

Sat. Feb. 23<sup>rd</sup>  
Saturday Nitro III- East Valley CrossFit

March 6<sup>th</sup> – April 7<sup>th</sup>  
The CrossFit Open

Fri. March 8<sup>th</sup>  
Friday Night Lights- CrossFit Scottsdale

**AOTM cont.**

Whether she is trying something new or trying to improve on something she has done before, she never quits. She fights through to the very end. Molly, you inspire me and for that I thank you! – Joel

**How long have you been doing CrossFit?**

I had my first one-on-one session with Katie Lowe on January 16, 2012. After 12 personal sessions (about a month), I started Crossfit classes in mid-February, so almost a full year.

**Why did you start CrossFit?**

I was tired of feeling like a sloth! Having never participated in any serious sports or athletic activity, I wanted to be active, and the gym membership I purchased a year and a half before Crossfit remained mostly unused. Also, my brother told me over the previous Christmas break that I moved like an old person! I knew that Crossfit could only help me be healthy, so I decided to try it out.

**Who introduced you to CrossFit?**

Almost two years ago, my brother James started going to Crossfit, and he would call me several times a week to describe his workout and tell me how he couldn't move his arms or climb a flight of stairs because his body hurt so much, so of course I thought he was crazy. But when I saw his progress in person, I was more convinced that Crossfit could really work for me.

**What do you enjoy the most about CrossFit?**

I'm not alone! I loathed going to the old gym, walking on a treadmill for an hour, not talking to anyone. At Crossfit, I get to work out and talk to people! And I have caring, encouraging, and all-around cool coaches to help me with each



movement and part of the workout. Also, everyone in the classes is really positive and helpful.

**What is your favorite workout?**

My favorite work out occurs anytime I finish the WOD and I know without a doubt that I put in as much effort as I could for the day. Also, any work out without burpees is a friend of mine!

**You recently accomplished one of you big goals, running a mile. Tell us about that and about your future goals.**

Running and I always had a hate/hate relationship, but my one goal when I started CrossFit was that I wanted to be able to run a mile by my year CrossFit anniversary. This last summer, I jogged a mile around my neighborhood, but I stopped a few times, so I made it a specific goal to run *without stopping*. In September, I made it through a 5K, but again, I stopped multiple times. One brisk Saturday morning in October, I walked in, looked at the board, saw the "Run 1 mile", and looked over at Lindsay who immediately said, "You're going to run it without stopping. I'll run with you. Today is the day you get to cross off that goal!" So I panicked momentarily, then we all started running, and I was able to run the whole thing without stopping. My future goal is to hate running less, and to go two miles without stopping, then three, then RAGNAR! 😊 (In maybe 5-10 years).

**When you first joined CFF you jumped right onto the healthy eating wagon. You have participated in nutrition challenges and had great successes. Do you follow the Paleo or Zone diets now? What do you find as the hardest part of eating healthy? What are your favorite cheat foods?**

I still follow Paleo, and I Zone fruits and protein. The hardest part of being healthy is living in a culture that abhors eating healthy. So I look like the crazy person asking for details about how a restaurant cooks certain foods, or when I bring my own snacks to a gathering. But I don't mind. And while I have eaten "cheat foods" in the past year, I really try not to because I end up feeling sick.

**Who do you admire as an athlete?**

I don't follow sports, so I'll just insert people like [every person at CFF] and [anyone who competed in the Crossfit Games].

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

The hardest part of Crossfit is getting the motivation to come back. But once you are there, no matter your skill level or how long you've been away, you are guaranteed a solid workout, and you can leave knowing that you are stronger than when you walked in. Introduce yourself to other Crossfitters. Don't compare your scores to other people, and don't check the workout in advance (because if you are like me, you will chicken out and not show up!). Discuss the workouts with the trainers – they won't bite! Above all, have fun, and track your progress.



## Slow Cooker Apricot Chicken

By [Paleo in PDX](#)

### Ingredients

- 1.5 lb boneless skinless chicken breasts (or thighs)
- 2 tsp coconut oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2-inch piece ginger, grated
- 1/2 tsp cinnamon
- 1/8 tsp allspice
- Sea salt and pepper to taste
- 1 14.5 oz can no salt added diced tomatoes
- 1 cup chicken broth
- 3/4 cup unsweetened, unsulphered dried apricots, halved

### Method

1. Melt the 1 tsp of the coconut oil in a pan over medium heat. Season the chicken with sea salt and pepper, and add to the pan. Brown on both sides for a couple minutes. Then, remove from heat and set aside.
2. In the same pan, melt the remaining 1 tsp of coconut oil. Add more if needed. Add the onion and saute a few minutes, until it becomes translucent. Stir in the ginger, garlic, cinnamon and allspice. Cook and stir for 30 seconds, or until fragrant.
3. Add the tomatoes and chicken broth. Cook a few minutes longer, until heated through. Pour mixture into slow cooker and add the dried halved apricots. Place chicken on top of the mixture and cover.
4. Cook on low for 5-6 hours or on high for 3-4.
5. When done, shred the chicken with two forks and mix together.
6. Serve atop vegetable of choice (kale, squash, etc.). I used mashed butternut squash.

## Teach Me How to Dougie... I mean Burpee - Anthony "All Day" Dayrit, CrossFit Chicago



Our daily workouts at CFC consist of a seemingly endless number of different movements, from pull-ups and power lifts to Olympic lifts. While all of these work to develop the various areas of strength and work capacity, one of the more simple (and dreaded) movements in our repertoire can help in making us better conditioned to push through the toughest parts of our workouts—the burpee.

At first glance, the burpee seems relatively harmless—a bodyweight movement that involves jumping down to the floor, kicking our feet out, hitting our chest to the ground, then jumping back onto our feet with a hop into the air and a clap overhead. While the burpee doesn't appear to be much, it is in fact true test of being able to efficiently move our own weight, requiring both arm and leg strength as well as cardiovascular capacity. As many of us can attest, not too many movements have the ability to leave us gasping for air as much as a burpee.

I won't go in depth into the standards we look for in our burpees, as our coaches talk through the finer points before workouts that include them. That said, I wanted to provide a few tips that may help in terms of improving at burpees during workouts, both from a physical and mental perspective.

### Breathing is King

One of the things I've noticed from coaching and from my own workouts is that the limiting factor when doing burpees is not a strength issue, but rather one's ability to breathe efficiently. I've watched (and experienced) workouts where my breathing control flew out of the window. In order to string burpees together, steady, controlled breathing is key. I try to breathe as normally as I can, which helps to keep my heart rate from increasing quickly. If we are given a workout that has a decent number of burpees, concentrate on keeping a solid pace that you can hold for a set without stopping. As you progress, you can either up the pace or hold it for a longer amount of time. I'd argue that for the majority of workouts we do, the latter is usually the more sound decision, as it isn't beneficial to floor burpees as hard as possible unless it's at the end of a workout or during a shorter time domain.

### Counting Off

Seeing a huge number of burpees can be disheartening, but I've found that partitioning them off into smaller chunks can help mentally. In the past, I would try to do as many as I could as fast as I could, and ended up wasting large amounts of time as I regained my breath before the next set. Other times, I'd be reduced to doing single burpees, which made the number seem endless. One strategy is to pick a number of burpees you know you can do consecutively—this number should be challenging but not leave you totally fatigued. After you complete the set, give yourself a few breaths before you begin another round. Over time, you can start to increase the number of burpees per set or decrease your rest time in between sets.

### Cutting Out the "Bunny Hop"

For those athletes who are beginning to feel more comfortable with burpees and are looking to improve their efficiency in the movement, getting rid of the small hop and pause after the clap overhead can help in establishing a better burpee rhythm. For those who don't know what I'm talking about, I'd be glad to give a demonstration anytime at the box. I was watching a recent video with Graham Holmberg, the 2010 Games Champ, where he did 100 burpees for time. He stated that one of the best burpee techniques is to eliminate the hop that many people use as a transition in between jumping overhead and going back down to the ground. I find that when I don't take this hop I'm able to go into the next burpee much more easily. The hop can also be a bit of a mental crutch, as you may want to rest after taking the pause. A burpee is unique in that it's nearly impossible to fail a rep. While we may find ourselves on the floor longer than we would like when we're fatigued, we should have in our minds that no matter how tired we are, we will be able to get back up to our feet. Having this mentality in our heads can help, especially at the end of a grueling workout.

I liken most Crossfitters' feelings towards burpees as a vegetable that they don't enjoy eating but will do so just to get to the good part of a meal. That said, just like veggies burpees are an important part of our Crossfit diet. We may be able to lift all the weight in the world, but having the ability to move our own weight as efficiently as possible, especially in fatigued states, is a critical component to improving our overall fitness level. I also think the burpee movement is a good symbol of our workouts, as day in and day out we beat ourselves down, but in the end are always able to get back up—it is this ability to get up after getting knocked down that makes us stronger athletes.

Lessons Learned in my 3<sup>rd</sup> year at CFF  
By Joel

My 3<sup>rd</sup> year at CFF has passed and after giving it some thought I realized I have actually learned a few things...

1. Set 2 or 3 attainable goals. Then develop a plan and work your ass off to achieve them.
2. If you are having trouble reaching a goal, try harder. Ask for help, change your plan, but do not change your goal before crushing it.
3. You aren't going to PR every day. Deal with it.
4. When attempting to find a max for any lift or movement, just worry about your max for that day. There are so many things that can affect this you cannot control them all. You may end up 20# below your previous max. So what. It doesn't mean you are weaker, it means it wasn't the best day for you to attempt that movement. Note how you were feeling and what was going on in your life that day in your log and move on.
5. There is always going to be someone stronger and faster than you. That's life. Don't worry about beating the person next to you, worry about bettering yourself.
6. Don't get greedy. If you get a PR, no matter how easy it felt, stop. Getting greedy can get you hurt. Believe me, I have video to prove it.
7. My happiest moments in the gym are the one's where I help or just watch another person PR. Molly's first mile, Ben W's first muscle up, and each and every lifting PR no matter how "small" brought me joy and often a tear to my eye.
8. Always volunteer to go first, and never do the math.
9. Being around a diverse group of wonderful people makes me a better person.
10. Spend time with the people you care about, and tell them how you feel. Life is short.



The CrossFit Open is Coming!

Are you Ready?

The Fun begins March 6<sup>th</sup>.

Register Online at [games.crossfit.com](http://games.crossfit.com)

Cooking Class with Lindsay

We told you it was coming...

[CLICK HERE](#)

For more information.



Fun Facts

The strongest muscle in proportion to its size in the human body is the tongue.

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Banging your head against a wall uses 150 calories an hour.

Barbie's measurements if she were life size: 39-23-33