

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

Chances are you have heard his voice call out your name as you enter the gym or as you leave after your workout. He always seems to be around to lend a helping hand or give a helpful tip. When someone in the gym gets a PR he gets as excited as if they do. It's hard to find someone more supportive. That's why Jesse Prescott is June's Athlete of the month.



### How long have you been Crossfitting? What did you do before CrossFit and how did you find CrossFit?

I have been a CrossFitter for almost 3 years now. Before CrossFit I was pretty heavy into cage fighting. I trained mixed martial arts for about 3 years before I

took my first fight. I lost said fight and decided to start training strictly Jiu Jitsu. I signed up for my first Jiu Jitsu tournament and started CrossFit shortly afterward. We've always done circuit style training in MMA, so CrossFit was a natural fit. I was pretty intimidated by CrossFit at first, but Tara Ross talked me into a free Saturday and I've been hooked ever since.

### You were recently named Team Captain for the CFF comp squad team in part because of your dedication to your own training as well as those around you. How do you find the drive and energy to not only push yourself, but to be such a huge motivation to others?

Being named team captain is a huge honor and I'm truly humbled by the opportunity. I've always been pretty driven in whatever I've been into. For the most part, all of my obsessions have been fairly individualized. Motorcycles and BMX were my first 2. MMA was the first time I'd experienced any kind of community. It was just a small taste of any kind of community. Once I found CrossFit I felt like I was home. And not just at my gym, but every gym I've ever been to. My drive comes from the people around me. I'm motivated by the accomplishments of others. Sometimes I feel like I get more excited than they do.



## ISSUE 16, JUNE 2013

### Upcoming Events

June 29<sup>th</sup> -30<sup>th</sup>

CrossFit Olympic Weightlifting Trainers Course  
CrossFit Flagstaff

July 4<sup>th</sup>

Ride the CFF Float

July 6<sup>th</sup> -7<sup>th</sup>

CrossFit Powerlifting Trainers Course  
Hammer CrossFit

August 24<sup>th</sup>

Olympic Weightlifting Meet  
CrossFit Flagstaff

Just like everybody else in the gym, I started fresh with no idea how to do a lot of things. My first competition I placed 99th out of 100. After that, I've been driven to succeed in CrossFit. And I've worked really hard to be stronger and more efficient in my movements. So when I see somebody get their first muscle up or pull up, I remember how it felt when I got my first muscle up and pull up. I want everybody to have that feeling.

### What do feel has been the biggest impact CrossFit has made in your life?

The biggest thing CrossFit has done for me is give me confidence to handle everyday situations. My old truck would constantly run out of gas. Before CrossFit, I'd get angry and kick or punch my truck and then call for a ride. After CrossFit, I'd just lock it up and run to wherever I needed to go. I used to get nervous talking in front of people. Since I started coaching, school presentations haven't been a problem at all.

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## AOTM cont.

**You participated in the last nutrition challenge with what looks like great results. Are you still as dialed in on your diet as you were? Which nutrition program are you currently following?**

Yeah, I was solid for about 3 months after the challenge, then I started having too many cheat days too close together. So I gave my self the last week of May to go crazy and starting June 1st I'm dialed in again. I give myself 1 cheat day every 2 weeks so I don't go completely crazy. But for the most part I'm pretty solid. I'm Whole 30. That's what I've seen the best results from.

**What is your favorite CrossFit workout?**

When I first learned muscle ups we did the workout Nasty Girls. It took me 35 minutes to complete it because my muscle ups were so bad. I recently did the workout again and got 8:09. That's my favorite workout because it was one of the ones where I've seen the most progress in my training. I've made huge gains I other workouts too, but that one went from a nemesis to a favorite as I advanced.

**What workout or movement do you like the least?**

My least favorite workout is Tillman. That workout was terrible when I was out of shape and first started training MMA and it was terrible when I was in really good shape after I started CrossFit. And I have a sneaking suspicion that it will be forever terrible. I don't have a least favorite movement. If I don't like it, it's usually because I'm not good at it. So I just work really hard to be more efficient at it.

**What workout is your nemesis? The one that destroys you yet you want to repeat it every so often because you know you can do better than last time.**

Other then Tillman, my nemesis workout would probably be Nancy or Helen. I chip away at my times usually, but I just don't run as much as I need to in order to be good at those workouts. I'm focused on my strength at the moment in order to be more competitive in the up coming competition season. Once the end of July rolls around, I'll start building my engine and running a lot more.

**You are currently a student and we often see you upstairs studying.****What are you studying for?**

My ultimate goal is physical therapy school. So I've been chipping away at my pre requisites for a fitness and wellness major at NAU.

**People at the gym have been overheard saying "fix me Jesse". How long have you been giving massages and how did you learn this skill?**

I went to The Mueller College of Holistic Studies right after graduating high school. It was the same school my dad went to. I worked as a massage therapist for a few years after that. But a clientele is hard to maintain so I ended up working regular jobs. I just started massaging again about a year and a half ago.

**What are your goals as an athlete?**

My ultimate goal is to be more competitive. And right now, that means getting stronger. I'm focusing on strength for another few months then I'll go heavy on the metcon in order to prepare for the Furious Fundraiser in October.

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

In the gym it would have to be Ryland. That guy constantly humbles me. Next would have to be Rich Froning. He's so efficient in his movement and that's why he's so good. So I try to emulate that in my training. Matt Chan is not only an awesome athlete, but an awesome person and role model as well.

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

The best advice I can give is from my own experience. If you're struggling with a movement or a skill, keep working on it until you no longer struggle with it. Keep doing it everyday regardless of how frustrated you get. Eventually, your body will figure it out. I learned double unders, toes to bar, ring dips, snatches, and muscle ups out of nothing but determination to not suck at those movements any more. I've gone through every learning curve everybody else is going through. I'm just ridiculously determined to defeat those movements. Try to focus on how far you've come as an athlete. Don't compare yourself to other athletes, instead let them motivate you. I remember my first free Saturday; I could barely do overhead squats with the yellow bar. Last week I got a PR of 255 lbs. Anything is possible if you work hard for it.



## Microwave Coffee Cake in a Mug

By [PaleOMG](#)

Prep time: 3 mins Cook time: 3 mins Total time: 6 mins

Serves: 1

### Ingredients

#### For the cake

- 1 tablespoon grass fed butter, melted -I used Kerrygold butter (you could coconut oil as well)
- 1 heaping tablespoon coconut sugar
- 1 tablespoon applesauce
- 1 teaspoon vanilla extract
- 1 egg, whisked
- 2 tablespoons almond flour/meal
- 1 tablespoon coconut flour
- ¼ teaspoon cinnamon
- pinch of salt

#### For the topping

- 2 tablespoons grass fed butter, at room temperature or slightly cold
- 1 tablespoon almond flour/meal
- 1 tablespoon coconut sugar
- ¼ teaspoon cinnamon

#### For the whipped cream

- 1 (7 ounce) can of full fat coconut milk, stored in fridge overnight (I used Thai kitchen)
- ½ teaspoon maple syrup

### Instructions

- Mix all cake ingredients in a mug and mix well.
- Place all topping ingredients in a bowl and use your hands to pinch the ingredients together.
- Add topping ingredients on top of cake ingredients. Place in microwave and cook for 3 minutes. Let sit to slightly cool.
- While the cake is cooking, place the solid cream that has hardened at the top of the can in a bowl and whisk together with maple syrup.
- Top cake with whipped cream. Eat up. Amazing. Truly amazing

## Lingua Fran-ca

By Mark Warkentin

Throughout history, people of different mother tongues have communicated via lingua francas, or “bridge languages” that developed to allow commerce and trade.

In the Renaissance Era, Lingua Franca was used for trade and diplomacy in the Mediterranean. In the fitness renaissance we are currently experiencing, we’ve developed terms that can be understood whether you’re doing CrossFit in Paris, France, or Paris, Texas.

I am more correctly librarian than originator of these terms. Credit really goes to the people who invented the terms, as well as those athletes who created a glaring need for them.

**A guy like that (n):** A person at another affiliate whose odd but not uncommon behavior mirrors that of the weird guy at your gym.

“Why’s dude taping his hands for a 5K run?” “No idea. He always does that kind of stuff.” “We have a guy like that.”

**Anti-kip (n):** An affliction in which pull-ups or ring dips actually require more strength when a mistimed kip is added to the movement.

“Whoa, back off for a sec. You’ve got anti-kip. You might as well just do them strict till we sort this out.”

**Backchannel (v):** To contact members of another affiliate to find out a rival’s unposted Open score.

“Fucker still hasn’t posted his 13.4 score. I’m going to backchannel and dig it up.”

**Blackout king (n):** A trainer who participates in a class and coaches the session immediately afterward, potentially resulting in a 10-minute period of complete incoherence.

“What’s the warm-up?”

“Let’s just row for a while till the blackout king starts making sense again.”

**Bleeder (n):** An athlete who’s almost guaranteed to tear his or her hands during a pull-up workout no matter how many precautions are taken.

“Why are you wearing rubber gloves?” “It’s Cindy and we’ve got a few bleeders in the class.”

**Chalk monster (n):** An athlete who frequently has chalk on his or her face.

“Hey, chalk monster, I can still see some skin.”

**Clothespin/rubber wedge (v):** To let a band slide off your foot and into your crotch during assisted pull-ups. Dropping off the bar turns a clothespin into a rubber wedge.

“Can someone help Justin? He’s clothespinned himself. Oh wait. Now it’s a rubber wedge. Get the camera.”

**Corner 30 (n):** Stopping to rest as soon as you are around the corner and out of the coach’s line of site.

“Your last lap time was terrible. Did you take a corner 30?”

“Totally.”

**Fake (n):** During a hard met-con, aggressively gripping a barbell with no intention of picking it up for another 20 seconds or until after an unnecessary trip to the chalk bucket.

“I thought you were going to pick it up and finish under 4 minutes.”

“Yeah, I hit you with a fake there.”

**Foreign loot (n):** The gear you got at the CrossFit Games that no one else has at home.

“You have the neon-yellow gymnastics grips with camo trim? OMG!”

“Yep. It’s foreign loot. I almost had to sneak it across the border.”

**Gameboy (n):** Someone who spends more time analyzing previous times on the whiteboard than warming up.

“We’ll start the WOD whenever John is done playing gameboy at the whiteboard.”

**Gandalf (n):** An older member who is far more powerful than he or she seems.

“I thought I had that one, and then fucking Gandalf comes out of nowhere with 30 unbroken snatches.”

**Gazelle (v):** To attempt a workout with little to no warm-up. “You need a few minutes?” “Nah. I’ll just get my shoes on and gazelle this thing.”

**Hydrate (v):** To slowly and purposefully replace depleted electrolytes in the third minute of a five-minute met-con.

“I would have PR’d if I didn’t stop to hydrate.”

“You mean rest?”

“Uh, yeah.”

**Jackhammer (v):** To take a med-ball to the face while performing wall-ball two-for-ones.

“How long was I out for?”

“About a minute. You jackhammered yourself but good. I can see lace marks on your face.”

**Juggernaut (n):** An athlete who utterly obliterates the best score on the whiteboard by more than 2 minutes or more than 50 lb.

“The best clean of the day is 245?”

“Except for the juggernaut who came in and put up 315 without a warm-up.”

**Kimbo Slice (n):** An athlete who specializes in particularly brutal workouts but suffers when things get technical.

“Who did the most burpees in 4 minutes?” “Kimbo Slice over there did, like, 300.” “How’d he do on the max snatch afterward?” “Just the bar.”

**Lunch-pail (v):** To keep a bucket nearby after eating a large meal directly before a conditioning workout.

“What’s with the bucket?”

“I’m lunch-pailing this one. I had four burgers ‘cuz I thought it was squat day.”

**Make-up reps (n):** The reps you tack on to the end of a WOD after you feel guilty for a few sketchy ones you shouldn’t have counted during the workout.

“What was your Helen time?”

“It was 9:58, and then 5 extra pull-ups.”

“So 10:15?”

“I ... guess so.”

**Plan B (n):** Everything that happens after your strategy to “just go unbroken” fails miserably.

“Dude. It’s time for Plan B. Just put the kettlebell down for a minute before you puke again.”

**PR stakeout (n):** Friending someone on Facebook for the sole purpose of stalking his PRs before a competition.

“How do you know John Smith’s best 3RM deadlift?”

“I’m on a PR stakeout on his Facebook page.”

**Quantum Leap programming (n):** Programming secretly copied from another gym—but only after a period of time has elapsed so it’s harder to notice.

“I feel like I’ve seen this workout before.”

“Yeah, I think it’s a Quantum Leap to CrossFit New England in September.”

**Rain Man (n):** An athlete who displays impressive memory and math skills even deep in a conditioning workout.

“What the hell round are we in?”

“We’re in Round 12, and if you maintain your current pace, you’ll finish at 35:43, give or take 10 seconds.”

“Thanks, Rain Man.”

**Schadenfriend (n):** Someone who intentionally slows down in a tandem workout to make a partner suffer more.

“Dude, what took you so long on the pull-ups?”

“I was a schadenfriend to give Karl more time to enjoy his burpees.”

**Shin (v):** To draw blood from the lower leg during barbell pulling movements.

“It looks like a slaughterhouse in here.” “Yeah. Six dudes shinned themselves during Grace.”

**Shifty (n):** Looking at someone’s C2 monitor either surreptitiously or blatantly. Also a frequent behavior at urinals.

“Why did you slow down at the end?” “I pulled a shifty and knew I was ahead.”

**Simple leopard (n):** A breed of athletes who believe their mobility is the only aspect of fitness limiting their performance.

“Behold the simple leopard flossing his quads in hopes of breaking his squat PR by 150 lb. today.”

Cont. on pg 5

*"Be more concerned with your character than your reputation,.. because your character is what you really are,.. while your reputation is merely what others think you are. "*

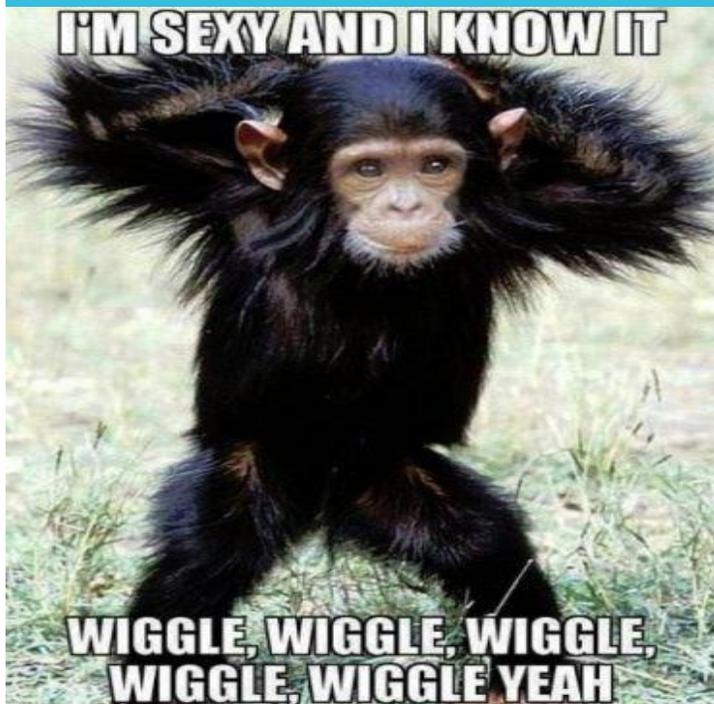
**Fun Facts**

Even though hand sanitizer kills 99.9% of germs, only .1% of germs actually make us sick.

A lack of sleep leads to sugar cravings

There are more than 1,000 chemicals in a single cup of coffee. Of these on 26 have been tested and half caused cancer in rats.

A 12-year-old's science project showed that fast food ice was dirtier than toilet water.



*Ligua Fran-ca cont.*

**Sniper (n):** An Internet user who feels the need to point out form errors in any lift greater than his or her own PR.

"Who's this Craig Jones asshole talking about early arm bend on your 250 snatch?"

"I checked his Open profile. Sniper snatches 115."

**Stalker (n):** An athlete who stays two reps behind another with the sole goal of beating that athlete by one rep via a last-second sprint to the finish.

"He's a stalker. Try taking 3 minutes on your first round of Cindy and see what he does."

**Taking it as it comes (v):** To have no plan for a workout. "What's your strategy?" "I'm just taking it as it comes." "Good luck with that."

**Threat analysis (n):** Only cheering for athletes who have no chance of beating you.

"Why don't you cheer for Ken?"

"Threat analysis reveals he might beat my time. Go, Carl!"

**T-rex (v):** To lose the false grip and stall in the muscle-up with the hands and rings directly in front of the shoulders, removing all possibility of completing the rep.

"Dude, you're T-rexing it all to fuck. Come down and try again."

**Uppercut (n):** Taking a barbell to the chin during a thruster, press, push press or jerk.

"Why's he bleeding?" "Took an uppercut on the push presses."

**Upselling (v):** Avoiding direct competition with a rival by altering the workout in some way.

"Who won the Elizabeth showdown?"

"No idea. Sean had the best time, but Chris upsold it and did squat cleans at 145."

**Victor's rights (n):** The right to cheer for someone in a workout, but only after you know he or she won't beat your time.

"Why is that girl suddenly cheering so loudly?"

"She's got victor's rights."

**Video immunity (n):** An elite level of CrossFit where you never have to post a video of your PR because other people do it for you.

"Did you see Froning's Fran all over Facebook?"

"It was everywhere. Dude has total video immunity."

**Viking (n):** An athlete who doesn't care which heat he or she goes in and will probably put up the best time regardless.

"You're going to volunteer to go first?" "Yep. Come at me, bro." "Good luck, Viking."

**Walrus (n):** A male wearing compression tights without having the decency to put shorts overtop.

"Where's your deadlift bar?"

"Behind the walrus."

"Whoa. That's rough."

**Warm-up warrior (n):** An athlete who considers it essential to "win" the warm-up.

"Warm-up warrior just set a PR in the 600-meter warm-up jog. He's vomiting outside."

**Water works (n):** A group of athletes most likely to need a pee break directly before the WOD.

"Are we really starting in a minute?"

"No. I just said that for the water works. You've actually got 3 minutes."

**About the Author**

Mike Warkentin is the managing editor of the CrossFit Journal and the founder of [CrossFit 204](#).

