

WELCOME TO CROSSFIT DECO!

This presentation is designed to be a reference for you about your membership (PERKS!) as well a helpful guide for the movements and terms you will see each day in class. Remember, we always have a Strength and Skill portion and a WOD.



We are excited to have you as a part of the DeCO family!



SIGN UP FOR BEYOND THE WHITEBOARD FOR FREE! AN APP AVAILABLE ON YOUR PHONE OR COMPUTER!

KEEP TRACK OF YOUR WORKOUTS, CHECK YOUR PROGRESS, AND HELP YOURSELF LEARN THE MOVEMENT TERMS! YOU CAN ALSO SEE HOW OTHER ATHLETES PERFORM AND RECORD NOTES ABOUT YOUR WORKOUT.

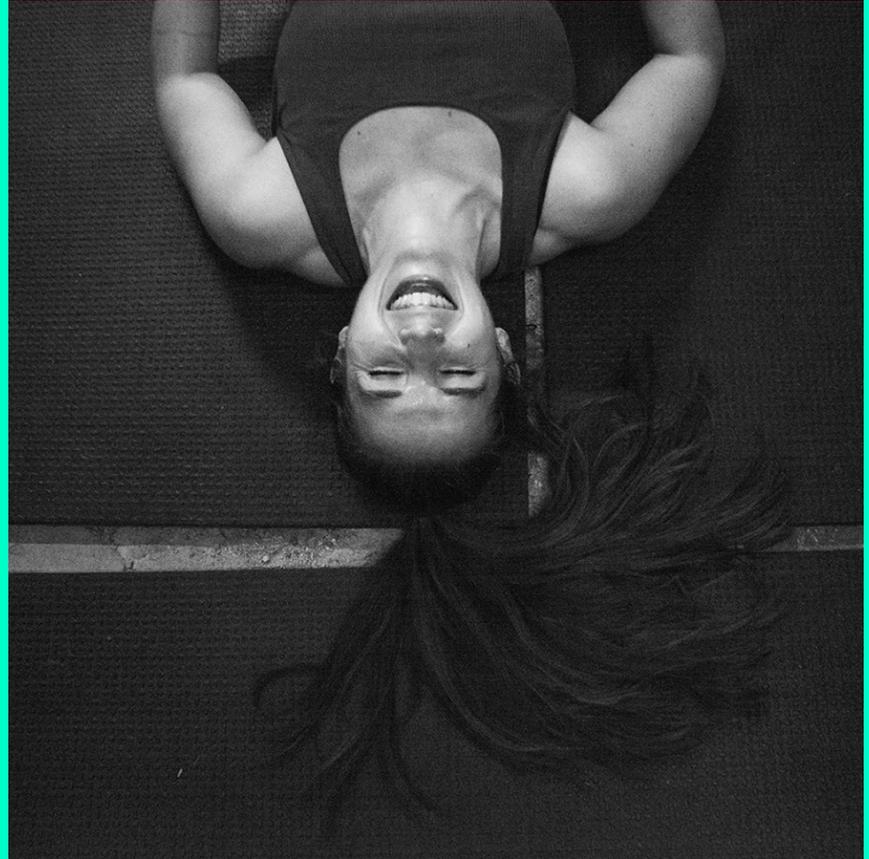
Click [here!](#)



PERKS

As a member, you have access to things other than just CrossFit classes!

DeCO Dollar\$: When you sign into class each day, you earn one DeCO Dollar that can be used toward a massage! Your dollars expire after three months and you can only earn one per day (if you take yoga and crossfit in the same day, you only get one dollar that day).



MASSAGE AND CHIROPRACTIC SERVICE

We have a private massage and consultation room at our gym for both massage and chiropractic services.



Massage: Carrie Bohlmann from Body Heal Thyself is available during business hours to sooth your aching muscles! We have a private treatment room and offer great rates to members:

\$62 for 60 minutes **OR** \$85 for 90 minutes

For more information or to schedule an appointment, click [here!](#) Remember, you can use your DeCO Dollars!

Chiropractor: With [Wells Beings Chiropractic](#), you receive members-only-rates for consultation and treatment.

PERKS

Run Club: This class is free to all members and non-members on Mondays at 5:30 p.m. and consists of 15 minutes of running/speed drills, then a 2-3 mile run ending at The Molecule Effect for \$4 drafts and Kombucha! We run in two different pace groups lead by Carla and Julie. Again, friends are free!



Yoga: This class is on Tuesdays at 5:45 (with Jamil) and Thursdays at 5:45 (with Jess). If you struggle with some of the positions with the barbell, flexibility and mobility, or general soreness, do your body a favor and come to yoga. Our Thursday class requires 24-hour in advance sign-up on mindbody.



Olympic Lifting: We also have an OLY class on MTW (at 6:30 p.m.) and F (at 5:30 p.m.) that focuses on building strength in the Olympic lifts (snatch, squat, clean and jerk). You need to have at least **six months** of CrossFit experience before joining OLY. This class occurs in 8-week cycles.



PERKS: THERE'S MORE! ☀️

Open Gym: Every Sunday from 12pm-2pm. This is a time for you to come in and work on what you want to work on. You can also make up workouts from the week that you missed. If you want to get a one rep max or work on some movements, this is the time to come in and do them!



Amenities: DeCO has a full shower and towel service in each of our bathrooms. Don't let work or your evening plans keep you from coming to the gym! We also have basic supplies available (soap, shampoo, etc).

☀️ PERKS! COMMUNITY DISCOUNTS! ☀️

As a member of Crossfit DeCO,
you'll also receive:

- 10% off any purchase at **The Molecule Effect**
- Discount on the "paleo pack" from **Locavore Delivery**
- 10% off membership at **The mama'hood**



Wall ball



Thrusters



Cleans



Deadlift

ROW



Jerk

Press



MOVEMENTS AND TERMS!

SOME OF THE MOST COMMON YOU WILL SEE:

WOD: WORKOUT OF THE DAY



EMOM: EVERY MINUTE ON THE MINUTE

AMRAP: AS MANY ROUNDS/REPS AS POSSIBLE

RFI: ROUNDS FOR TIME

TABATA: WORK FOR 20 SECS, REST FOR 10 SECS, FOR FOUR MINUTES

COMPLEX: A SERIES OF MOVEMENTS

AND THERE ARE MORE! BE PATIENT WITH YOURSELF-YOU'LL LEARN THEM ALL IN TIME!

Pull Up

Box jump

Squats

Run



Push up

Rope climb

Kettlebell swing

Burpee

Handstand



Shoulder to Overhead

Sit up



Lunge

Snatch



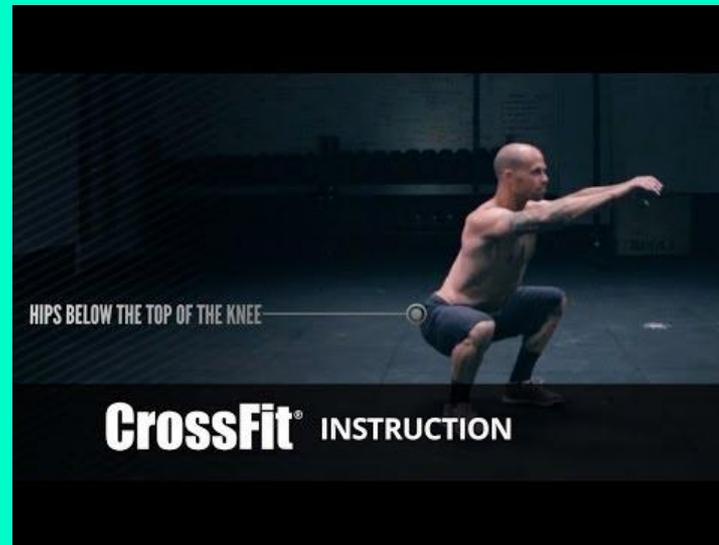
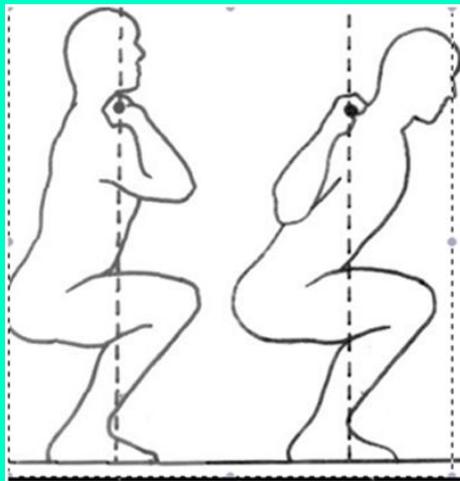
IN THE NEXT SECTION,
CLICK ON THE IMAGES
TO SEE A SHORT VIDEO
OF THE MOVEMENT!

☀️ SQUATS! ☀️

Air Squat (all other squats follow the same points as the air squat)

Front

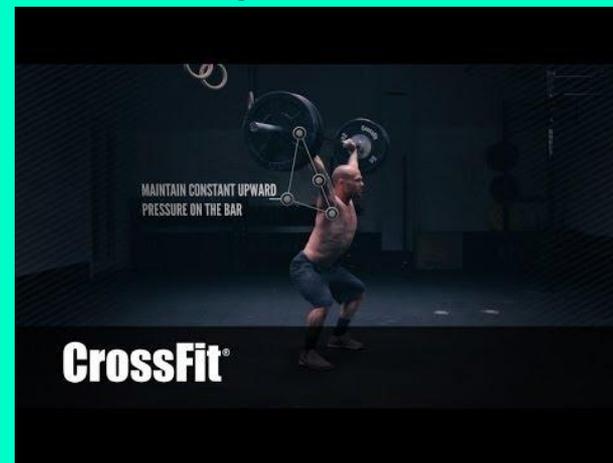
Back



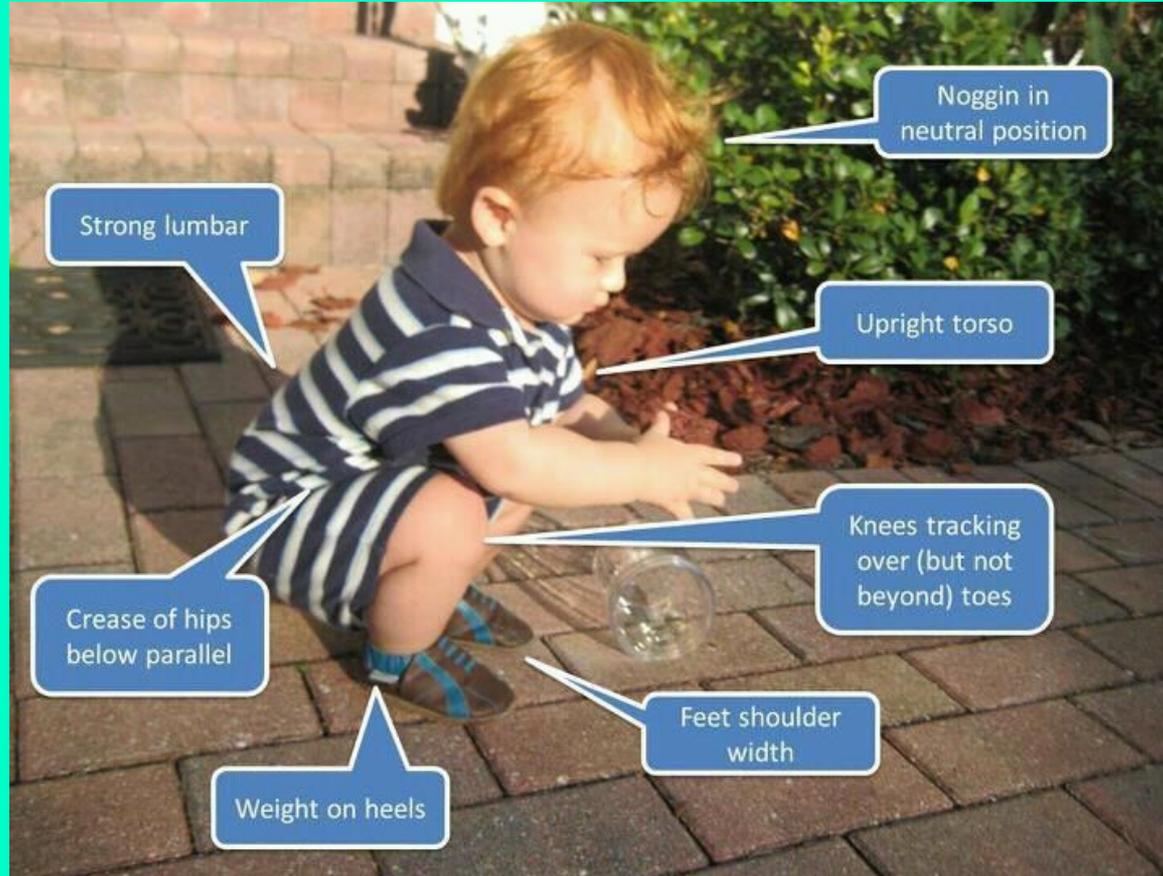
Click image to see a video!

There's also:

- **Front Squat**
- **Back Squat**
- **Overhead (OH) Squat**



Food for thought: watch a baby! They have perfect squats!



☀️ Pull-ups! ☀️

☀️ **Strict** (we can also do these with bands as seen in the photo below)



Click image to see a video!

☀️ Modifications for Pull ups: ☀️



☀️ **Jumping pull ups**

☀️ **Ring rows**



Pull-up Progression (the “Fancy” Pull-ups)

 **Kipping Pull-up** : This one takes a while for some of us. This is the one with a swing!



 **Butterfly Pull-up**: This is REALLY tough and definitely takes time to learn.

☀️ Toes to Bar ☀️



☀️ These can be **strict** or with a **kip** (above).



☀️ **Modifications:**
Knees to Elbows (K2E) or
Hanging Knee Raises
(shown above)

Overhead (OH) and Pressing Movements

Strict Press



Push Press (dip-drive)



Pushups

Modifications: on the knees, with the band around chest, off the wall or off a box.



☀️ OH and Pressing: Jerks ☀️

☀️ **Push Jerk** (dip-drive-dip):

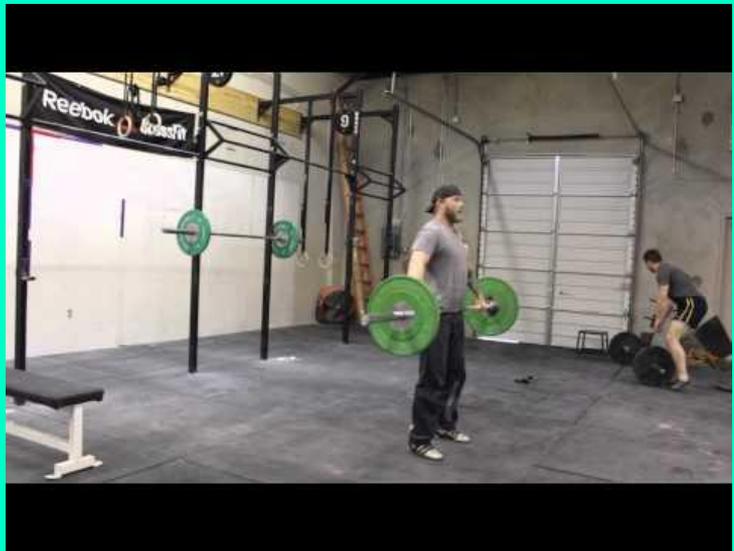


☀️ **Split jerk** (dip-drive-split):



☀️ Snatch (wide grip) ☀️

Power Snatch (below) from the ground

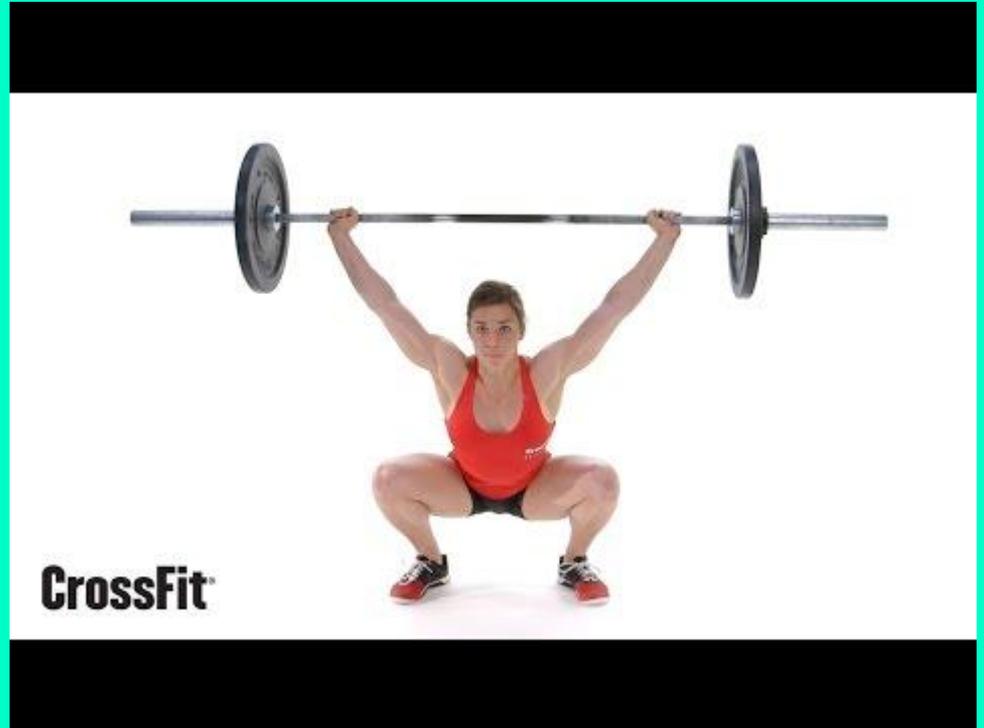


There's also: High Hang Power Snatch (from the hips) and Hang Power Snatch (from the knees)

"Power" refers to a landing position: in a quarter squat (above parallel) with our feet under our shoulders.

☀ Snatch (continued) ☀

Power Snatch + Overhead
squat = **Squat Snatch**

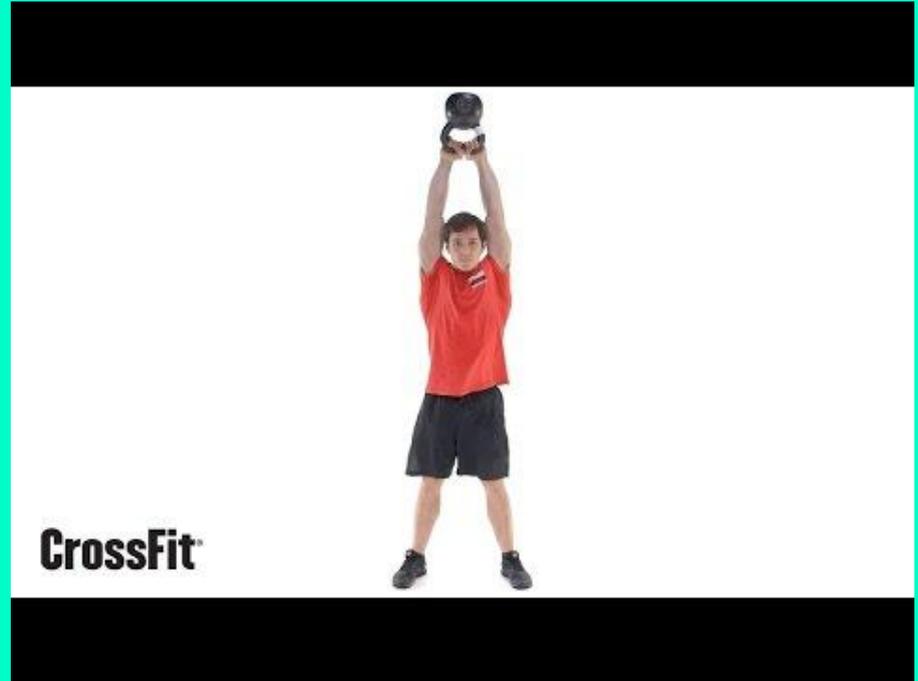


Kettlebell (KB) swings

 **American KB swing**

 **Russian KB swing**

- All aspects of this are the same as the American swing, except the bell only travels to eye level (not overhead).



Cleans!

High hang POWER clean (from the hip)

Hang POWER clean (from the knee)

POWER clean (from the ground)

Squat Clean (from the ground)



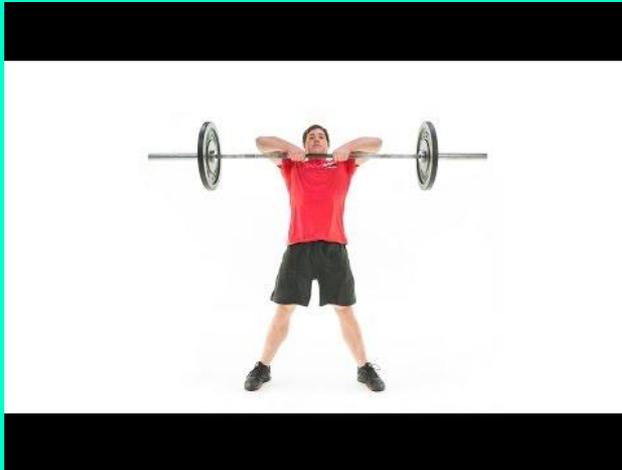
THE POWER CLEAN



Power is a landing position: in a quarter squat (above parallel) with our feet under our shoulders.

☀️ Deadlifts (DL) ☀️

- ☀️ **Regular Deadlift (right):**
- ☀️ **Sumo Deadlift (with a high pull, shown below)**



This video (right) shows us the difference between a clean pull (**clean deadlift**) and a regular deadlift.

The difference with these lifts is how you are positioned at the start.



 **Rowing:** there's a rhythm to this → extend the legs, open the hip, pull with the arms (not all of the joints open and close at the same time)



Other common movements

☀️ Wall balls



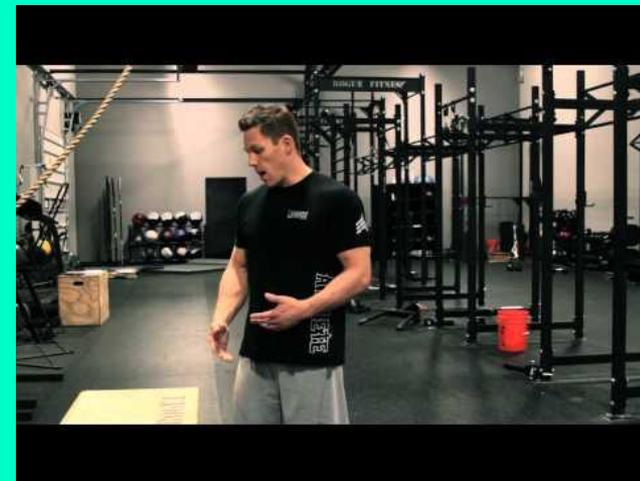
☀️ Double Unders:



☀️ Muscle ups



☀️ Box Jumps:



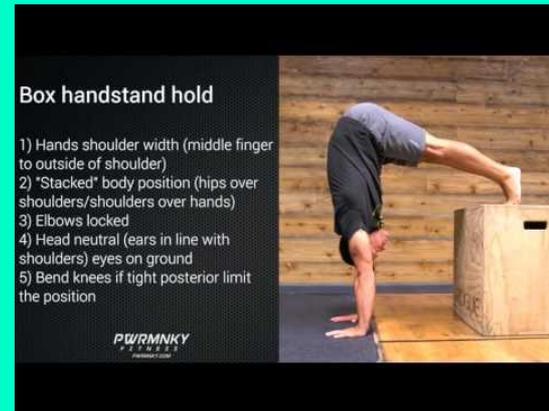
☀️ Handstands/Headstands ☀️

☀️ **Tripod/headstand**

☀️ **Kick up/elbow lock**

Modifications: Piked

handstand, handstand on the box/bench (to the right), wall walk



☀️ Handstand pushups ☀️

☀️ **Strict**

☀️ **Kipping:** bring the knees to the chest and aggressively extend the legs into the air.





**When in doubt,
remember your coaches
and your fellow athletes
are here to support you—
confused about a
movement? Not sure
where to sign in? Just
ask!**



☀️ Resources ☀️

Website: <http://www.crossfitdeco.com/>

- Stay up to date with class schedule, events, competitions, special events, etc.

Beyond the Whiteboard: <https://beyondthewhiteboard.com/>

- A WOD tracking app that allows you to log your workouts and share them with other members from the gym. Sign up here: https://beyondthewhiteboard.com/signup?gym_invite=3aeb1d47-e2b3-4020-bdad-

Crossfit Journal: <http://journal.crossfit.com/>

- A great Crossfit Resource. Search a movement or topic, such as nutrition, for helpful articles!

Facebook: <https://www.facebook.com/CrossFitDeCO/?fref=ts>

- Check the facebook page for the WOD (workout of the day) and updates. We encourage our members to be active on social media and hashtag CrossfitDeCO!

Mindbody: <https://clients.mindbodyonline.com/launch>

- Sign up for office hours, Thursday yoga, and other classes to keep track of your DeCO dollars. Remember, they expire after three months!

