



The Strongpoint
Scoop

December 2013

ELITE FITNESS IS OUR GOAL.

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December Training Highlights

by Ryan Miller

We had another action-packed month in November complete with challenges, competitions, and many successes for our members! To begin with, we wrapped up our 12 week Hatch Back Squat Cycle. During this cycle, our athletes completed 4-6 sets of back squats each Tuesday and Friday for the entire period. The results were impressive! We had over 25 members set new personal records on back squat and another twenty-plus do the same on their front squat the week after the cycle was over. We will be completing another CrossFit Total during classes on December 7th and I am anxious to see the impact of the cycle on the trio of lifts: Back Squat, Press, and Deadlift. We also had eight athletes complete the Toe to Bar Challenge. Parker Gilbert, Connie Garland, Steven Fuata, Ashley Butler, Justin Sallas, Mike Colligan, and Burton Christie achieved the Gold level (600 repetitions over the course of the month), and Ryan Sarnecky completed the Bronze level (400).

The competition scene brought us some additional success in November. Coaches Laura Davie and Jason Doll competed in the Florida Weightlifting Federation State Championships in Orlando on November 9th-10th with Laura earning another gold medal and Jason setting a new personal record in the snatch. Ian Petersen and Donald Floresca represented the gym at the Ancient City Throwdown in St. Augustine on the 9th of November with respective 7th and 1st place finishes in the Men's Modified Division. Donald ended up on the podium again the following week taking second place in the Fall Free for All in Jacksonville alongside some other dude from Strongpoint who took first in the Men's Rx Division. Additionally, Strongpoint had Amanda Larson finish 4th in the Ladies' Rx and Tayler Solt finishing 15th in the Ladies' Modified Division. We also had two teams compete in the Men's Division. Congratulations to Dan Shields, Parker Gilbert, Aaron Sheeks, Chi Kwong, Rhett Butler, and Ken Hall for putting on a great showing!

We have another exciting month of training in December. We will begin with our monthly challenge, Wall Balls! Your mission, should you choose to accept it, is to complete 750 Wall Ball shots throughout the course of the month. We will have three completion levels again this month: Gold = 750, Silver - 600 and Bronze = 500. Additionally, you can earn extra credit by scaling the weight up to 25 pounds for men or 20 pounds for women. Each rep will then count for one and one-quarter. So you get five reps for the price of four!!!

We will complete the 12 Days of CrossFit again this year. In this challenge, you will have the opportunity after each class to pull from two stockings. One stocking will be filled with numbers ranging from 10-50 and the other will have movements. So for instance, you may pull a 20 out of the first stocking and pull ups out of the second. You then have to do 20 pull ups to get credit for that day. Each day that you complete the stocking draw will enter you to win a holiday prize package. The more times you play, the more opportunities you have to win! You **may not**, however, participate for credit more than once a day during the period.

December Training Highlights

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9. What do you want to accomplish with your training in the next year? *So many things! My main goal is to be able to do all WODs Rx. Of course this means being able to master things like handstand push ups, double unders and muscle ups. I would also really like to participate in a competition.*

Coach's Comments: Caitlin has quickly developed into one of the more dedicated members of the gym. She initially came to us with a relatively solid fitness baseline from her career in the Navy, but we have seen her overall strength and ability grow by leaps and bounds since joining in the late winter of this year! She is knocking out more and more workouts as prescribed with competitive scores and is quickly closing in on a 200# squat. After all, she's got to be strong to fend off those darn birds.... Additionally, Caitlin always has a positive attitude and seems to go out of her way to make new members feel welcome. It is for these reasons that we are proud to present Caitlin "Lil Hoov" Hoover as our Spotlight Athlete for December!

Did you know that in the 16 CrossFit Open workouts since 2011, there have been a total of only 14 different movements? Master these 14 and you will be one step ahead come competition season:

1. Double Unders
2. Chest-to-Bar Pull Ups
3. Toes-to-Bar
4. Handbreak Push Ups
5. Muscle Ups (ring)
6. Box Jumps
7. Burpees (including Bar Facing variant)
8. Snatch (including Power variant)
9. Clean (including Power variant)
10. Thruster
11. Overhead Squat
12. Wall Ball
13. Deadlift
14. Shoulder to Overhead (Push Press, Push Jerk, or Split Jerk)

MOVEMENT OF THE MONTH



We often throw the term posterior chain around the gym, but seldom does the Posterior Chain Floss mobilization lead into much of a discussion about what the posterior chain actually is or why it is important for athletic development. The posterior (rear) chain consists of the gluteal muscles, hamstrings, and calves and is most commonly associated with strength, power, and athleticism. The muscles of the posterior chain are the primary drivers in sprinting and jumping and play

an important role in any activity that involves hip flexion or extension, which is nearly everything that we do in CrossFit.

The purpose of this article is to introduce and provide some instruction on two pieces of equipment that contribute directly to posterior chain development and seldom, if ever, get used during regular classes, 1) The Reverse Hyperextension and 2) The Glute-Ham Raise. While we do so many movements that should sufficiently work the posterior chain (various squats, deadlift, cleans, snatches, kettlebell swings, etc.), many of us have a pronounced strength deficit between the posterior and anterior chains that causes the anterior chain (specifically the quadriceps) to contribute too much to many of these lifts. Some additional focus on movements that isolate the posterior chain can rectify the strength imbalance and make us better suited to the demands of our sport.

The Reverse Hyperextension (Hyper) provides a potent stimulus centered on glute and back extensor activation in a horizontal plane. Reverse Hypers have the added benefit of providing some traction, flexion and extension for the lumbar region of the lower back as well as helping to circulate spinal fluid and blood throughout the area. The exercise is completed by lying face down on the bench and hooking your feet through the strap. You then take a small jump to get your hips in contact with the platform. At this point, your feet will be dangling above the ground, which will leave you free to extend the hips by squeezing the glutes to raise the weight. From there, you control the weight to the bottom position and allow your feet to swing under the bench. You can learn more and see a technique demonstration here: <http://www.youtube.com/watch?v=7MthYct8yxQ>. In terms of programming, you can start with 3-4 sets of 10-15 repetitions at a relatively light weight twice a week, preferably on a squat or deadlift day. Reverse Hypers may be used as a warm up, cool down, or both. You may also break your Reverse Hyper work into one heavy day to build strength and one light day to aid in restoration and recovery each week.

The Glute Ham Bench is useful for much more than sit ups! Specific to the posterior chain, we will focus on the Glute Ham Raise. This movement is completed by moving the toe plate close to the large foam pad at the front to block the knee off. You should place the knee in a position that allows it to drop in front of the pad. Once the feet and knees are in position, you will drop the chest toward the floor until reaching a pike position. From there, you simultaneously flex the muscles of the hamstrings and calves to curl your body toward the toe plate. You can learn more and see a technique demonstration here: <http://www.youtube.com/watch?v=z15C9UZUbps>. This movement is very useful for isolating the muscles of the hamstring and can help balance strength between the quadriceps and hamstring muscle groups. If it's your first time attempting this exercise, I would suggest grabbing a partner to stand in front of you and spot you through any sticking points. As you grow stronger, you will no longer need a partner and, in fact, may actually begin using weights or bands for additional resistance. Similar to sets and reps prescribed with the Reverse Hyper, you can add Glute Ham Raises in to develop strength or aid in restoration and recovery. I would advise someone new to the movement to start slow though. It is extremely demanding!



DECEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Aaron Sheeks	6	7
8 	9 Start of the 	10	11	12 Adam Wilson	13 Joe Copeland	14 Last day to donate to Toys for Tots 
15 Keep it Tight Challenge at Everbank Field 	16	17	18	19 Mike Cummings	20	21 Holiday WODs (9:00 & 10:00am) & Holiday Party 
22 Erika Eddins	23 Modified Holiday Hours Melanie Jacobs Chris Miller	24 NO CLASSES Gym Closed William Coyle	25 Merry Christmas! Gym Closed 	26 Modified Holiday Hours	27 Modified Holiday Hours	28 Tammy Capps
29 Community WOD at Reebok Outlet (St. Augustine) 	30	31 	January 1, 2014 NO CLASSES Gym Closed			