



The Strongpoint Scoop

October 2013

ELITE FITNESS IS OUR GOAL.

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October Training Highlights

by Ryan Miller

September was another highly successful month of training at Strongpoint! We started our Fall Paleo Challenge and completed our first in-house multi-event competition. We have a total of 26 participants in the Paleo Challenge and are currently sitting at the halfway point. Some of the usual suspects are sitting atop the leaderboard, but some new up-and-comers are challenging for the overall point lead. And then some fell off the wagon... You win some, you lose some!

We had a very successful in-house competition in support of the First Coast Boys' Gymnastics Team on the 21st. We had a total of 22 competitors competing in Mens' and Womens' prescribed, modified, and masters'. Congratulations to our winners: Erika (Womens' Masters'), Burton (Mens' Masters'), Tiffany M. (Ladies' Modified), Hunter (Mens' Modified), Amanda L. (Ladies' Prescribed), and Rhett (Mens' Prescribed). And congratulations to everyone who came out and competed that day. We saw numerous personal records on the deadlift and I think everyone that participated would agree that they pushed themselves to another level that day. Thanks again to Angie H. for coming up with the original idea and for putting all of the fantastic prizes together. We helped raise over \$500 for the team!

We had three competitors from the Strongpoint Back Corner Barbell Club (SBCBC) head up to Savannah for the Fall Festival. Cassie won a Silver medal in her division and went six for six while Jason and Laura brought back gold in their respective divisions. Jason was also recognized as the Male Lifter with the Most Rugged Beard.* And finally, we had 9 participants complete the September Strict Pull Up Challenge. Congratulations to Donald, Connie, Cathy, Parker, Burton, Fuata, Rhett, and Colligan for completing all five hundred!

We have another exciting month in October. Our monthly challenge for this month is a definite goat for many, the much dreaded double under. Your challenge, should you choose to accept it, is to complete 2,000 double unders throughout the course of the month. That's an average of about 65 per day. For those that do not have double unders yet, I still recommend that you dedicate a little time to training them every day. You just may find that you get better throughout the course of the month if you work on them more than the one time a week that they pop up in a workout of the day.

We have a few events scheduled for weekends this month. We will wrap up the Paleo Challenge with the finals at 8:00 am on the **12th**. We will complete final measurements and run the preliminary WOD again to see who has improved the most. And after that... CASH PRIZES! Cassie, JDoll, and Laura will be headed down to Orlando to represent the SBCBC at the Southeast Open the same weekend. Let's see if they can keep that medal streak alive and bring back some more hardware!

We will host back-to-back Bring a Friend Days on the **16th** and **17th**. You may bring up to two guests to any of the five WODs on those days. Bring a friend and show them what Strongpoint is all about!

October Training Highlights

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We are hosting a fundraiser WOD on **October 19th** called *Lift Up Luke*. *Lift Up Luke* will unite CrossFitters and Athletes around the world to support Autism awareness. *Lift Up Luke* is a charitable "competition of cause" with a heavy emphasis on "cause." *Lift Up Luke* specifically seeks to raise \$50,000 for the Autism Tree Project Foundation to support early diagnosis and treatment of Autism, as well as parent education. *Lift Up Luke* is not for Luke specifically, but rather, for the "Lukes" of the World: Those individuals and families out there who struggle daily to deal with Autism. The workout is a five minute AMRAP of 4 Power Cleans, 24 Double Unders, and 10 Pull Ups. You can learn more details and register to participate at Strongpoint at <https://strongpointcrossfitliftupluke.eventbrite.com/>. Donations are completely voluntary and classes will be open to all members that day.

We are doing a second fundraiser on **October 26th**, the much acclaimed *Barbells for Boobs* fundraiser. The mission of *Barbells for Boobs* is to save lives through the early detection of breast cancer, regardless of one's age, gender, or ability to pay. *Barbells for Boobs* is a non-profit organization that provides funding to pay for breast cancer detection services as a last resort for thousands of people who do not qualify for assistance elsewhere. Their aim is to help anyone that needs it, anywhere, whether they are male or female, no matter what their age or situation in life. You will have option on this event since there are two options available to us as an affiliate. We will run Option 1: Grace (30 Clean and Jerks at 135# for men and 95# for women) at 9:00 am and Option 2: Helen Meets Grace (Three rounds for time of 400m run, 21 Kettlebell Swings at 55# for men and 35# for women, 12 pull ups followed immediately by Grace with a 15 minute time cap) at 10:00 am. You can learn more and register to participate on the Strongpoint CrossFit team at <http://www.barbellsforboobs.org/>. Donations are completely voluntary and classes will be open to all members that day.

And finally, you are highly encouraged to wear a costume for workouts on the **31st**. Perhaps we should have a costume contest to make it interesting and provide a little incentive for the best-dressed that day.....

Welcome aboard to all of our new members that joined in September: Jordan, David, Tiffany B., Andy, Felicia, Gigi, Mark, Eric, Weslie, Tyler, Stephanie, Carey, Steve, and Ryan S. Thank you to Fuata, Michelle K., Meghan, Rachel B, and Melanie for referring in a friend!

The schedule is already packed for November as well with 5K Gone Bad on the 2nd, the Florida Weightlifting State Championships on the 9th, Fall Free for All on the 16th, a Gymnastics Seminar with Coach Hollis Heatherly (First Coast Gymnastics) on the 23rd, and another rendition of the annual Holiday Challenge between Thanksgiving and New Years. Stand by for more details on November events throughout the month. Now let's train safe, train hard, and get better in October!

**Unofficial award bestowed by me after unanimous vote by committee of one.*

-rm

Spotlight Athletes

by Steven Fuata & Stephen Hunter

Steven Fuata

So my buddy Stephen Hunter had mentioned sometime around August or September of 2012 that we should try CrossFit. I was your typical narrow minded, "back and bi's", "Chest and Tri's" kinda guy and thought that CrossFit was crazy and pointless without even giving it a thought. About 6 months or so went by and I came across a YouTube clip of some random guy doing a team WOD and it just looked like a lot of fun. *Painfully fun of course*. I had been looking for a way to add some intensity to our workout and this definitely seemed to fit the bill. I brought it up to Hunter and of course he slammed me telling me that he brought that up before and I turned my nose up etc. So after we established that he was right, we started learning how to do some of the CrossFit workouts and movements via YouTube. It went well until we started working towards some of the more complex movements and getting to heavier weights that were NOT made to be dropped from overhead.... Needless to say, injuries were coming our way, and in fact did happen while I was attempting and overhead squat. Nothing major, but it was enough to get me to put aside my "I can do anything" mentality and seek out some instruction. So Hunter found two boxes near work. I stopped by the first one and it was a nice gym and everyone seemed pretty cool. Then I drove across the street to Strongpoint and I meet Laura Davie. Let me tell you about first impressions!! She had me so jacked and ready to workout in the first 5 minutes of talking to her that I was sold when I found out she was a trainer there. I hung out for about 20 minutes and watched the WOD and called Hunter when I left. I believe we had our initial class the next day and we both signed up at the end of the class. BEST DECISION EVER!!!



1. What is your favorite WOD? All of them...
2. What is your least favorite WOD? All of them... It is a love hate kind of relationship.. Love to hate them..

3. What motivates you to show up and perform day-after-day? The fact that I am getting stronger and in better shape every day. Not to mention the support that I have at home with my wife and kids. They are so happy that I have taken control of my health. Stephen Hunter for sure. He has been my workout partner since September 2012 when we started this journey.

4. What negative thoughts hold you back from being your best? Nothing. I don't have any negative thoughts towards anything at CrossFit or anything that has to do with hitting my goals. Each WOD is difficult and there are some skills that I am not as efficient as I would like to be, but I am constantly moving towards being the best that I can at everything.

5. What has been your most memorable moment at Strongpoint CrossFit? Haha... Every single day is a memorable day. I learn something new every day that I can apply immediately and see immediate results. It makes me Happy Happy Happy.

6. What has been your least favorite moment at Strongpoint CrossFit? There was one WOD that I was not able to finish because I hurt my shoulder. I actually can't remember the workout, but I remember being so pissed off when I was driving home that I wasn't able to finish the WOD that I completely forgot that my shoulder was killing me until I tried to move my arm. That can probably work as my most memorable moment as well. That was the moment that I realized that CrossFit was most definitely my kind of workout.

7. What is your favorite quote from Strongpoint CrossFit? "PICK UP THE F*^KING BAR HUNTER!!!!"
unknown speaker Hahahaa. That one or, "Thumb up the butt and you're good".. hahaa.. still makes me laugh.

8. What do you want to accomplish with your training in the next year? My goal is to hit a goal weight of 225 or 13 to 15% body fat. I have made HUGE strides since I have started at Strongpoint and I can't wait to see what the next few months bring.

Stephen Hunter

As a kid, I swam, played baseball and football. I joined the USAF as a Security Specialist (Cop/Security/Infantry) after high school and stayed very active. After I got out of the military, I tried to stay active, but until I started working with my brother doing construction I couldn't get back into shape. That lasted for several years and then I started following one of my passions, technology (computer and web development). So now let's go back to September 2012. I am sitting next to



Steven "Fuata" at Beeline (we were both Project Leads in the Project Office) and I said to him, "We need to go workout". That is how it all started. Fuata told me a few months after that day; "You know, my wife has been trying for 2 years to get me to go join a gym and start working out. TWO YEARS! And here you ask me once and I say okay like it isn't nothing." We laughed pretty good over that one. By the way, Fuata's sister is my best friend and I just love their entire family. So, Fuata and I have been working out almost every day (Mon - Sat) since Sept 2012. I went from 212lbs to where I am now at 172 lbs. I stay between 170 and 175 lbs. I eat really healthy 80% of the time and the rest of the time I cheat. My cheats are breads and dairy. I love it when people see me at work that haven't seen me in a while and are shocked at how I look. They always say, "How did you do it?" Like there is a secret about weight loss LOL. It is super simple, take in less calories than you burn in a day. Of course you want to ensure you have enough calories to keep yourself healthy in your daily activities (work, working out and such). I simply tell them to eat real food. Eat 80% or more of the good stuff and if you have to cheat, keep it to a minimum. So how did Fuata and I find Strongpoint? In steps, it started with Golden Boy Parker, my other buddy. Parker lives around the corner from me and is such a great friend. He started working at Beeline and kept telling us about CrossFit. Fuata and I were doing another style workout on our own over at the YMCA. Parker kept at us and BOY do I know why he did. I do the same darn thing now to others LOL. Fuata and I decided to start doing CrossFit WOD's over at the YMCA so we wouldn't fall on the floor after the warmup. We were mainly focusing on lifting weights and only doing small amounts of cardio two times a week, so NOTHING like a CrossFit WOD. The rest is history, we followed Parker over to Strongpoint and I know when I speak for Fuata when I say that we have enjoyed the experience, the gym, the coaches, ALL OF YOU and yes even Mr. Ryan Miller. SQUIRRELS!!!

Thank you to Ryan and all the coaches at Strongpoint. I have come very far in a short period of time that I have been doing CrossFit and I owe that to you guys/gals.

Keep me REAL
Keep me HONEST
Keep me MOVING

1. What is your favorite WOD? I love the ladies, so I will choose TWO: Grace and Elizabeth

2. What is your least favorite WOD? Fuata and I started doing CrossFit WOD's at the YMCA to get ready before we joined Strongpoint. We attempted Murph one morning and it took Fuata and I over an hour to finish it.

3. What motivates you to show up and perform day-after-day? Feeling the way I do and looking the way I do. I let myself get lost in lazy days and eating crap. I woke up and won't ever go back to that lifestyle. I love and enjoy my life today. I will say that having someone that is a great friend (Fuata) to motivate me on those days that I am feeling drained, helps a lot. We get

each other pumped up for the day's WOD while at work. We are known as "those guys that do CrossFit" or the "CrossFitters".

4. What negative thoughts hold you back from being your best? I do not want to get hurt and miss out on what I enjoy doing (being fit), so I at times finding myself scaling back on certain workouts. I think I still have to find my breaking point on some movements. You know, where you are just on the edge, but still balanced.

5. What has been your most memorable moment at Strongpoint CrossFit? I would say my first competition and how it made me feel overall. I would say that getting my first Ring Muscle Up is a very close second.

6. What has been your least favorite moment at Strongpoint CrossFit? When the gymnastic class got cancelled. I had looked forward to it for two weeks and was stoked. I totally understand that life happens and I just hope that it is offered again soon.

7. What is your favorite quote from Strongpoint CrossFit? "PICK THE BAR UP <insert name>!" <- Laura, haha

8. What do you want to accomplish with your training in the next year? I want to go get a Level 1 Cert after I can complete any lift/movement RX. I want to lose the little fat I have left. I want to build muscle and become soooo much stronger (I know, more PROTEIN and that is the plan). I want to be able to have the energy and strength to CRUSH 80% of the WOD's RX. I want to get more people involved in bettering their lives with fitness.

Coach's comments: *CrossFit isn't for everybody. Some people try it and don't really like it. Others try it and it piques their interest for a period before losing interest and moving onto something else. Some love it and immediately realize this is exactly what they have been looking for in a fitness program. Hunter and Fuata, as they are affectionately known by their community, definitely fall into the "This is what I have been looking for" camp! It was immediately apparent that they were into it. While I don't remember exactly what their first workout was, I definitely do remember thinking, "These guys are perfect." They followed up with me after their first class and asked what the next step was and after a trial month, asked for the longest membership term possible! They have become an integral part of the community since then encouraging other members, participating in gym functions, and referring in friends and family members. The coaches have seen their strength, skill, and confidence grow and watched their waistlines shrink! Fuata and Hunter have been an absolute pleasure to coach and we are excited to continue helping them on their paths to elite fitness in the coming year!*



Common CrossFit Abbreviations

Ever wonder what the heck all the jargon is during the WOD brief? Here's a list of common abbreviations and terms to help you navigate through the classes:

AMRAP: As many rounds/reps as possible

AMSU: AbMat Sit Up

AS: Air Squat

BB: Barbell

BP: Bench Press

BS: Back Squat

CFT: CrossFit Total, best effort on Back Squat, Shoulder Press, and Deadlift

CLN: Clean

C&J: Clean and Jerk

DL: Deadlift

Dubs: Double Unders

EMOM: Every Minute on the Minute

EOMOM: Every Other Minute on the Minute

FS: Front Squat

GHR/D: Glute Ham Raise/Developer

GPP: General Physical Preparedness

Hang: Indicates a starting position on the Snatch or Clean with the bar off the floor

HBPU: Hand Break Push Up

HSPU: Handstand Push Up

KB: Kettlebell

KTE: Knees to Elbows

MetCon: Metabolic Conditioning

M: Modified form of a workout from what is written on the white board (i.e. less weight, band, etc.)

MU: Muscle Up

OHS: Overhead Squat

PC: Power Clean

Pood: archaic form of Russian weight measurement. 1 pood = 35#

Power (Snatch/Clean): Indicates finishing position of a partial squat on the Squat, Clean, or Jerk

PP: Push Press

PR: Personal Record

PU: Pull Up or Push Up

Rep: Repetition. One performance of one exercise.

Rx: As prescribed (as written on the white board)

SN: Snatch

SP: Shoulder or Military Press

RM: Rep Max (as in 1 repetition max, the maximum amount of weight you can do for given rep scheme)

Set: A specified number of repetitions for and exercise/exercises

SDHP or SDLHP: Sumo Deadlift High Pull

SQ: Squat

TGU: Turkish Get Up

T2B or TTB: Toes to Bar

WOD: Workout of the Day

MOVEMENT OF THE MONTH: DOUBLE UNDERS

Double Unders

by Ryan Miller

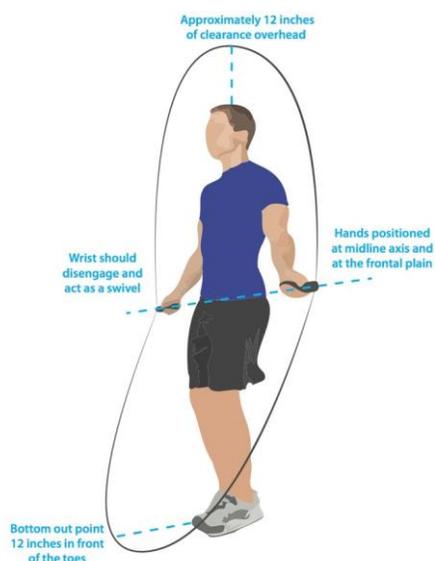


Image from: <http://www.wodtalk.com/featured-post/double-unders-are-as-easy-as-air-squats-really.html>

Some things are developed through instruction and training and some things through practice. Double unders definitely fall into the latter category. It seems pretty simple, right? It's like a single under, but you jump higher and flip your wrists twice instead of once. Unfortunately if it were that easy, it would not be one of the most commonly modified movements in the gym and a goat for so many of our members! You want to start with your single under or standard jump rope technique. Your posture should be erect with shoulders back, legs together, and weight on the balls of your feet. The movement of the rope should be the result of flicking with the wrists as opposed to big circles with the arms. You should have one turn of the rope per jump as opposed to adding a second jump per turn (a.k.a. bunny hopping). Once you can maintain posture and attain a rhythm while stringing together single unders properly, then it's time to move onto the double under.

It is shocking for many that in transitioning from the single to the double under, *nothing changes in the posture*. At least, nothing should change! You still stand erect, shoulders back, legs together, and weight on the balls of the feet. What does change is the rhythm. Instead of one flick of the wrists per jump, you add a second flick of the wrist per jump and jump a little higher than the standard single under jump.

There are a few progressions that I have personally found effective for teaching the double under. The first one is *The Air Rope* and this one is done without a jump rope. You just practice getting the rhythm of the double under without a rope. It's a little more explosive of a jump at the ankles and calves followed immediately by two quick flicks of the wrist. Practice that drill going back and forth between a rope and no rope.

Get the timing down without a rope and then try it with a rope a few times to see if you can carry it over.

The second drill is to hit one, two, or three single unders followed by a double under. Once you have the rhythm of the single under, practice two quick flicks of the wrist immediately after an explosive jump. You can start with three single unders to one double under, then two to one, then one to one before moving on.

And finally, attempt continuous double unders. There are several common errors with this movement that seem to come up again and again. The first is that many seem to think that they need to continuously flick the wrists to keep the rope moving. Remember, it's JUMP – FLICK – FLICK. The wrists turn twice immediately after the jump. The feet hit the floor again and it's the 'ol rinse and repeat: JUMP – FLICK – FLICK, JUMP – FLICK – FLICK, JUMP – FLICK – FLICK. The other errors pertain primarily to posture and I have given each a name: 1) The Rocky Balboa (bringing the knees to waist height in an effort to create more space for the rope), 2) The Donkey Kick (bringing the heels to the butt in an attempt to create space), 3) The Body Builder (squeezing every muscle in your body in an attempt to... I don't really know what this is an attempt to do but sometimes people that look calm and collected on singles look like they are about to bust at the seams on doubles). In any case, the errors listed above will prove a lot more taxing than an already formidable cardiovascular stimulus. Don't make it any harder than it needs to be.

So unfortunately, there does not seem to be a secret move, progression, or technique to get the double under. If I had to sum it up into three pieces of advice, I would suggest 1) Practice, 2) Practice, and 3) Practice. If my rambling, incoherent explanation made absolutely no sense, you can also check out the tutorials listed with our friends at CrossRope here:

http://www.youtube.com/channel/UCAZ5ThF_3v-uighvOblA2Nw. And as far as your practice, this month's double under challenge is a great place to start!



UPCOMING EVENTS

- October 12:** Paleo Challenge Finals (8:00 am)
- October 12:** Southeast Open (Orlando)
- October 16 & 17:** Bring-A-Friend Days
- October 19:** Lift Up Luke
- October 26:** Barbells for Boobs Fundraiser
- October 31:** Halloween – Wear your best costume!



Competitors, judges, & spectators from our in-house competition for the boys' team from First Coast Gymnastics.



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