



The Strongpoint
Scoop

September 2013

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

September Training Highlights

by Ryan Miller

We just wrapped up another awesome month of training in August that included our largest and most successful Summer Challenge, the 31 Heroes fundraiser WOD, seminars, and training camps. We had 18 individuals complete the Summer Challenge with Teri Adams taking first place overall, Spencer Draper in second, and Tony Pittman rounding out the top three. Spencer's brother, Christian, had the greatest improvement between the preliminary and final workout (40 repetitions!), Diane Aballa edged out three others with total points (232 out of 250 total points), and Tony demonstrating the greatest body composition improvement (lost 4 inches around the waist and hips and 4.4%). This was an especially lively and fun bunch to work with and we are excited to welcome many of them who have decided to continue training with Strongpoint in our regular CrossFit program!

We had a total of 26 individuals participate in the 31 Heroes workout and we raised over \$300 in support of the Snowball Express and Travis Manion Foundation, both of which are dedicated to aiding the families of the 31 US servicemen killed in action in Afghanistan on August 6th, 2011. The workout consisted of as many rounds and repetitions as possible in 31 minutes of eight thrusters, six rope climbs, 11 high box jumps, and a 400 meter run with a sandbag. The less hardcore had a partner while at least two completed the workout all on their own! As if the workout was not tough enough, the temperature was hovering in the low-mid 90s throughout. It was brutal!

The coaching staff dedicated two weekends to continuing education throughout the month. I spent the 10th and 11th out at CrossFit Total Control with Shane Sweatt for the CrossFit Powerlifting Trainer Course. The weekend was chock full of useful information on the implementation of powerlifting training methodology into CrossFit and I received a lot of good information that will shape our programming in the months to come. Coach Dan Halvorsen and I also attended the Outlaw Para Bellum Training Camp at Real Fitness Sarasota from the 23rd-25th where we learned about a range of topics including Olympic weightlifting, gymnastics skills, programming for competitive athletes, and event coaching. These seminars will undoubtedly improve the quality of our coaching and we are excited to share the information with the community!

Worth mentioning, we completed CrossFit Total and Baseline on the 31st of August. For those unfamiliar, we use these workouts 3-4 times a year as benchmarks to track and measure progress. For most that join Strongpoint, Baseline is the very first metabolic conditioning workout that they do so it serves as a reference point for where they started in their CrossFit journey. CrossFit Total is an objective measure of total body strength consisting of the total of three lifts: 1) back squat, 2) shoulder press, and 3) deadlift. The results that day really speak for themselves. We had **over 50 personal records** set shared among the 25 or so people that came in and completed one or both workouts! I think we are doing something right....

September is another jam-packed month. The monthly challenge this month is strict pull ups. Your mission, should you choose to accept it, is to complete 500 strict pull ups. Of course you may modify with a band based on your ability level. See the article later in this issue for more on this integral movement

September Training Highlights

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In this month's issue, Coach Jimmy Corbett explains the similarities that exist between forging elite fitness and elite warriors.

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We are on modified hours for Labor Day on the 2nd with classes at 9 and 10 am. We are then rolling into a 12-week back squat cycle beginning on the 3rd that will have us hitting back squats every Tuesday and Friday until the end of the November. One of the big takeaways from both seminars last month was that when your back squat goes up, so does everything else! So we are going to test it for ourselves and see what kind of results we can get. See the article later in this issue for more on technique and why the back squat is so important for your fitness. Hero WODs will shift to Saturdays for this period unless there is another special event that day. The first week will wrap up with a gymnastics clinic with Keith Martin, CrossFit AGG. Keith has a long background as gymnast and has even dabbled in some Parkour. He will focus on handstands, handstand walking, bar muscle ups, and other bar work. The clinic is only \$10 and will run from **11:00 am to 1:00 pm on Saturday the 7th**.

We are going to run an in-house Paleo nutrition challenge from the **14th of September through the 12th of October**. We will have the kickoff at **8:00 am on the 14th** that will include a nutrition brief, initial measurement, photos, and a preliminary workout. Competitors will be graded in four areas: 1) Compliance (daily points), 2) body composition improvement, 3) workout improvement, and 4) overall standing. We can reach for some extra help from Robb Wolf's and Chris Kresser's organization, [PaleoLogix](#), for those that need some additional support with grocery lists, menus, and meal planning. Since we are keeping this in-house, we are going to be able to keep the costs down to about \$1/day and the four-week challenge is only going to be \$30 with half the "pot" going back into cash prizes for overall and individual category winners. We will run registration through Zen Planner and release more details as we approach the kickoff.

Coaches Cassie, Jason, and Laura are also headed to Savannah, GA on the 14th for the Fall Festival Olympic Weightlifting Competition. We wish them the best of luck and I am certain that they will represent us proudly!

Perhaps most exciting is what is happening on the 21st. I am working with one of our newest members, Angie Hicks, to put together a fundraiser competition for the First Coast Gymnastics boy's gymnastics team. The boys need some help from the community to pay for training and travel. This will be an in-house competition with four events, open and masters men's and women's divisions, modified and scaled. Expect to see a broad brush stroke of CrossFit movements including some bodyweight, Strongman, powerlifting, Olympic lifting, and just maybe a little running. We will kick this off at **8:00 on Saturday the 21st** and the cost is only \$15, which will all go to the team. Angie has been hard at work getting together prizes from Xtraining Equipment, Jacksonville Running Company, Epik Burger, 110%, and Jax Sports Nutrition. This is a perfect opportunity for those that are interested in competing to "get their feet wet" in the comfort of your own gym without the added stress of travel, an unfamiliar box, etc. This is going to be awesome!

We will wrap things up on the **28th** with our two-year anniversary party. It will consist of a workout, potluck, drinks, and some time with the community. We will publish more details as the date approaches.

I would like to thank Megan Chan, Jen Thibodeaux, Tiffany Mueller, Justin Sallas, Allen Cutman, Rhett and Ashley Butler,

Keri Long, and Maria Petow for referrals in August. Thanks also go out to Rhett and Jimmy Corbett for contributing articles this month. I would also like to welcome aboard Amanda Conner, Andy Chan, Allison Delavan, Gretell Whitney, Chris Miller, Cherish Long, and April Oakley to the community. And finally, we bid farewell to Bo Heyse, Kellen Creech, and Jimmy Stevens as they headed back to their respective schools in August and Coaches Jimmy and Amber Corbett, who executed Jimmy's orders to Combat Engineer School North Carolina. We will miss them and hopefully they can make it back in and see us on breaks when they are back in the area.

This is going to be another awesome month of CrossFit! Let's train safe, train hard, and get better in September! -rm

Forging Elite Fitness and Forging Elite Warriors

by Jimmy Corbett

What does increased work capacity over broad time and modal domains have to do with learning to become a provisional rifle platoon commander? Knowing what a provisional rifle platoon commander is would be a good start. Over the past six months I attended the United States Marine Corps' *Basic School*. The goal of this school is to give every Marine Officer the same basic training. No matter what job or MOS (military occupational specialty) Marine Officers are assigned, all are taught the same thing: to command and control a platoon of Marines and their associated weapon systems on the field of battle. How does CrossFit fit into all of this Marine talk? I believe there are many shared similarities between CrossFit and military training. Three of these similarities are the way we evaluate ourselves, the way both transcend the lines of work/gym and home life, as well as the mental toughness forged by both.

CrossFitters are constantly evaluating themselves. *Am I getting stronger? How much closer to getting a muscle up am I? Is my Fran time better than the first or last time I did it?* Every CrossFitter has asked these questions and millions of others just like it; every trip to the box is filled with at least one. The Basic School or TBS is no different. I was evaluated constantly, be it by written examination, physical tests, or the constant evaluation by my peers. The way I conducted myself and prepared for tests was all up to me. In the CrossFit world, save for the beloved partner and team WODs, we as individuals are all solely responsible for our performance; whiteboards record our names plus a weight, number of reps, or a time...**my score** - what I have done in the past to earn me this number next to my name. Publicly putting my name to a score on a daily basis took away the stress or potential stressor of being evaluated constantly at TBS.

Being a Marine is more than a job, it's a way of life. Let's face it, CrossFit, if it hasn't already, will soon inject itself into most aspects of your life. One of the questions Coach Glassman poses in the [CrossFit Training Guide](#) is, "Can I enjoy optimal health without being an athlete?" To which he replies, "No." So the idea of being *fit* becomes a part of something bigger than just going to the box, Coach Glassman calls it *wellness*. If you are like me, since you started CrossFitting you have probably questioned most of your daily habits, to include but not limited to: eating, sleeping, walking, sitting at the

computer (as I straighten my posture), among others. As a coach, I felt obligated to encourage athletes to focus on these things as well; largely because it opened my eyes to the many things I did on a daily basis that affected me so greatly and I had not considered before. I believe the athletes want to perform better and being armed with this knowledge helps them out.

There is a quote which I read several times at TBS which went something to the effect of, *90% of all battles ever lost were lost because the leader believed he could no longer hold the position.* I think I butchered it a bit but the moral is still there. The leader “thought” he had lost the position, it had not yet been overrun. While it seems a far cry to compare this to the “1 more rep” concept, I believe the two are intertwined. The mental toughness required to push forward when everything else inside of you is saying to quit is forged by breaking down barriers. At least once at every class I have been a part of, whether coaching or participating in, I or someone else there has been inspired by someone else around them to stay on the bar, climb higher on the rope, get one more squat...one more rep.

Everyone I trained with at TBS reached their breaking point, sometimes we danced on these points for days or even a week at a time. Everyone had to go to a place mentally that allowed them or forced them to continue. And while everyone has their reasons for military service which are all honorable, I would argue that the **reasons** may lack the mental, physical, or emotional **feelings** evoked by CrossFit experiences. Most everyone has done “Murph” a complete beatdown of a workout that can take 60 or so minutes to complete; most have done “Fran” a short gasser that spikes everyone who knows what it means’ blood pressure upon hearing the name; most have struggled with the idea of getting in the car and going to the gym because of the way they feel that day or the way they are going to feel afterwards. All of these instances are potential breaking points for us that we regularly push through because that is what we do. We push beyond what we deem ourselves capable of, mentally, physically, emotionally, spiritually.

While I have spoken largely to the fact that CrossFit has helped motivate me for military training, the opposite has also been true. There were 26 people, including myself, at the [31 Heroes](#) workout last Saturday. The cause is a great one and one of many embraced by the CrossFit community. I know I pushed myself harder than I cared to because in the back of my mind remained the thought that these motivated United States service members sacrificed everything for their country. The same emotions are evoked regularly for our named workouts that represent heroes, be they military, fire, search and rescue, cops, etc., which Ryan so dutifully programs most Fridays. As CrossFit has helped me in my pursuit of a military career, the opposite remains true as well.

Forging elite fitness and forging elite warriors...may not be all that different.

NUTRITION ARTICLE

The Paleo Diet: So Easy a Caveman Could Do It

by Ryan Miller



The Paleo Diet has gained notoriety over the past few years or so being seen everywhere from health magazines to the Dr. Oz show. The general idea behind the Paleo diet is that while our genetics have not changed much since Paleolithic man roamed the earth, our diets have changed significantly. As such, many of the Neolithic foods that we eat cause a variety of health epidemics including obesity, heart disease, Type II diabetes, and many others.

So what exactly is the Paleo Diet? We can start with a quote from Greg Glassman’s work, [What is Fitness and Who is Fit?](#) Glassman’s definition of World Class Fitness in 100 Words begins “*Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar.*” The prescription starts with lean meats, which provides protein and essential amino acids for strong muscles, healthy bones, and immune system function. Vegetables provide a variety of vitamins, minerals and antioxidants that are essential to proper health and optimum body functioning. Nuts and seeds provide healthy fats that helps metabolize certain fat soluble vitamins and helps you feel full between meals. These are the staples of the Paleo Diet. As significant as the foods that you can eat is the expansive list of foods that should be avoided. Starchy carbs and grains such as bread and pasta, dairy products, and legumes are on the no-eat list. Processed foods, sugar, and alcohol should also be avoided. Follow this link to a short [video](#) that provides a great overview and explanation. And it’s kind of funny too!

So what benefits can you expect from adopting the Paleo diet? New York Times bestselling author and Paleo aficionado Robb Wolf’s website (www.robbwolf.com) lists several. There is a wide variety of health benefits ranging from stabilizing blood sugar and weight loss to optimizing athletic performance. It can also contribute to help balance energy levels throughout the day, better sleep quality, clear skin, and reduced systemic inflammation. The Paleo Diet may also reduce the risk of Type II diabetes, cardiovascular disease, and autoimmune disease.

Our Paleo Challenge will last 30 days, which while significant, is a relatively short period of time to make some changes that will have such a significant benefit on your overall health and fitness. Thirty days, however, is a significant enough period of time to clean your system and help start feeling a difference. For those that want additional support, Paleologix offers the [Paleologix Total Transformation \(PT2\)](#) for \$47 that provides 90 days of ongoing support. It is delivered in a three-part system of workbooks, meal plan generator comprised of over 700

recipes, and an online tracking feature to track your progress. This will help you personalize your challenge to your own tastes and provide ongoing support past the first 30 days to make the changes permanent. They also offer a full-line of supplement support to help expand detox capability, optimize digestion, and supercharge fat burning. You may decide to carry on past the first 30 days and complete the entire PT2 prior to the holidays. Paleologix is running two promotions right now. You can get a 30 day free trial of the Personal Paleo Launchpad and/or half off PT2 with purchase of the supplements. You can learn more about Paleologix PT2 and set up your program [here](#).

Spotlight Athlete

by Jeanne Sapp

I was doing a lot of running during lunch and had a gym membership doing Zumba (yes Zumba) and spin class and was not seeing any results. I wanted to lose the excess weight and get toned. I knew I had to do something different, but did not know where to start. I saw an ad in Living Social for Strongpoint CrossFit. I never heard of CrossFit before so I did a little research and emailed Ryan for more information. I am quiet and shy so I was hesitant and did not want to try it alone. I mentioned it to my friend Liz and she stated that she heard about it before and also wanted to try it. I also mentioned it to Adrienne Romero who was already a member at Strongpoint CrossFit and she invited me to Bring-a-Friend Day. I was nervous and very intimidated especially when I was told I had to carry my partner down the street on my back or over my shoulders. I can't remember the other workout but I knew my whole body was going to be sore. Even with being sore, I knew this was something I would continue to do. August 26, 2013 was my 1 year anniversary with Strongpoint CrossFit and I still look forward to workouts. I have lost all of my excess weight (I am at my high school weight!), went from a size 8 to size 4, toned all around (I actually have muscles LOL), my running (and I dislike running and am very slow) went from 12 minute miles to 10 minute miles, I am stronger (deadlift at 183 - who knew I was able to do this???) and have learned to eat right (via Whole Life Challenge nutrition challenge). As for the future, I want to continue to improve my fitness and

health, do the things I have not been able to do like double unders and hand stand pushups, and maybe do a competition or two!

- 1. What is your favorite WOD?** *"Back squat, front squat, and push press."*
- 2. What is your least favorite WOD?** *"Double unders, RUNNING, and the Snatch."*
- 3. What motivates you to show up and perform day-after-day?** *"My overall results. I have lost over 20 lbs. and am very well-toned. I love it when I hit a PR - it means I am getting stronger. Knowing that I am more fit today and less stressed at 43 than when I was 23."*
- 4. What negative thoughts hold you back from being your best?** *"That I can't do it! That I am too old or not strong enough."*
- 5. What has been your most memorable moment at Strongpoint CrossFit?** *"Finally climbing the ropes. It took me 8 months but I think I was afraid once I got up there, how was I going to get down?!"*
- 6. What has been your least favorite moment at Strongpoint CrossFit?** *"I have to say I do not have a least favorite moment. I enjoy every single Strongpoint CrossFit session (awesome coaches and great CrossFitters)."*
- 7. What is your favorite quote from Strongpoint CrossFit?** *"I have no strength left"-Jeanne. I know it's my quote but it's my favorite because that's how I feel every day when I do CrossFit, which is an awesome feeling!"*
- 8. What do you want to accomplish with your training in the next year?** *"More PR's, double unders and hand stand pushups."*

Coach's Comments: *Jeanne just hit her first year with us and her results have been truly exceptional! She is a perfect example of how clean eating, hard exercise, and carving out three hours a week to dedicate to your health can change your life. Jeanne initially struggled with her mobility, did not have a lot of strength, and looked like she was suffering during every workout. Her perseverance has paid off and the coaching staff has seen great improvements in all facets of her fitness. Perhaps most importantly, she clearly feels more confident about herself and in her abilities. She has since brought both of her children, Sydnei and Carson, into the gym and Sydnei's boyfriend, Andrey, is a mainstay during our evening classes. It's become a family affair! Jeanne has a great attitude, is very coachable, and it has been rewarding to work with her. We look forward to seeing her get those new PRs in the future!*



Chiro's Corner

by Rhett Butler, DC

As a chiropractor in Jacksonville, specializing in balancing the musculoskeletal system, I've started seeing quite a few patients come into my office from CrossFit injuries.

Like many athletes, CrossFitters have developed outstanding training programs for themselves. They are willing to train weaknesses and devote time to skill work. They are exceptional workhorses, taking on large training volumes. In my opinion, however, these remarkable routines are missing an integral part. The part I'm talking about, of course, is treatment or care of a CrossFitter's body, which **it seems to take the extremes of a catastrophic injury to get these folks to see a chiropractor, physical therapist, etc.**

CrossFit is the sport of fitness. It is built and programmed around variance, functional movements, and intensity. CrossFit trains the body to function optimally as a unit and efficiency is king. This means the nervous system must be performing flawlessly so the muscles respond properly. Your body is a complex integrated system of beauty that instinctively repairs or adapts itself. When one area of your body becomes injured or shuts down, everything in your body compensates for that injury. Not to mention, these breakdowns make the body less efficient.

Great athletes take care of their bodies. If you want longevity in your sport and to perform at your optimal level, you have got to take care of your body. This means you need chiropractic care, soft tissue care, and sleep on top of training and nutrition. **Jerry Rice**, for example, credits chiropractic care for keeping him in the game with the 49ers from 1985-2000. **Tiger Woods, Aaron Rogers** and **Michael Jordan** all utilize chiropractic care before and after a performance.

Athletes are the greatest compensators. For example, when a person's pecs muscle becomes too tight, this will rotate the whole shoulder complex internally and shut down the activation of the scapula along the rib cage. In turn, the rotator cuff muscles, which are designed for specificity, will increase their work output along with the traps and other associated neck muscles. An athlete will keep performing until something breaks down or he/she feels pain.

Yes, exercise is taking care of your body, but you also need to address the muscles, nerves, and joints that are used during movements. You need to take care of the machine that keeps you moving. **When your body is not balanced and/or muscles are not firing correctly, this predisposes you to not only a poor performance but injury as well.**

Think about your car. You get the oil changed and tires rotated regularly. Why would you not do the same for your body also? **For athletes that are injury free, I recommend chiropractic once a month, a massage, staying on top of their hydration, and sleep often for recovery.** Massage helps to normalize the intramuscular gradient by decreasing inflammation and swelling. Muscle work can also help to maintain range of motion. Hydration is key both before and after a workout. Sleep is the optimal environment for growth hormones to do their jobs.

MOVEMENT OF THE MONTH: BACK SQUAT

The Back Squat: King of the Lifts

by Ryan Miller

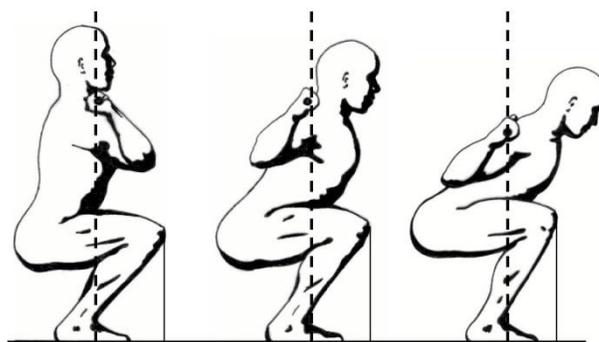


Figure 2-31. Bar position ultimately determines back angle, as seen in this comparison of the front squat, the high-bar squat, and the low-bar squat. Note that the bar remains balanced over the mid-foot in each case, and this requires that the back angle accommodate the bar position. This is the primary factor in the differences in technique between the three styles of squatting.

Image from: http://startingstrength.wikia.com/wiki/FAQ:The_Lifts

The back squat is often referred to as the king of the lifts, but why? The back squat uses all of the primary lower body muscle groups as well as the muscles of the core for stabilization. It trains hip extension under load, which has direct application to running, jumping, pushing, and pulling. According to Coach Mark Rippetoe, CSCS and BAMF, in his book *Starting Strength*, "There is simply no other exercise, and certainly no machine, that produces the level of central nervous system activity, improved balance and coordination, skeletal loading and bone density enhancement, muscular stimulation and growth, connective tissue stress and strength, psychological demand and toughness, and overall systemic conditioning than the correctly performed full squat." For most, it is their second largest lift (behind the deadlift), which provides greater skeletal loading and a more dramatic hormonal response. However, the squat can be trained at near maximum percentages more frequently than the deadlift due to less total weight moved and less time under tension. Former US Olympic Weightlifting Team Coach Harvey Newton is famously quoted as saying, "Success on the platform begins in the squat rack." You would be hard pressed to find a much better exercise for developing functional fitness and athletic potential.

Our focus on the back squat for the next few months is rooted in the simple notion that across the course of multiple Powerlifting, Olympic weightlifting, and CrossFit seminars, one key concept has come up again and again. That is that when one's back squat goes up, so does everything else. We need to look no further than Coach Rippetoe's quote above to figure out why.

Techniques and implementation varies across coaches. There are two primary methods of back squatting and you may find one more beneficial than the other depending upon your goals. The High Bar Back Squat (HBBS) bears a closer resemblance to the front squat, overhead squat, thrusters, wall balls, snatch, and clean. In the HBBS, the bar rests high on the back across the trapezius muscles in accordance with the picture on the far left of the diagram. You will notice that

the angles of the back, hips, and knees are very similar to the front squat in the middle of the diagram. The HBBS and front squat tend to be more anterior chain-dominant movements and they each rely on a good bit of quadriceps strength, hip flexibility, and ankle mobility to be able to perform correctly. This movement tends to be favored by Olympic weightlifters.

The Low Bar Back Squat (LBBS), provides a slightly different technique for the movement and thus a different stimulus. In the LBBS, the bar rests lower on the back across the shoulder blades, closer to the center of gravity. In this position, the focus is on sitting the hips back, a more dramatic forward lean of the torso, and this position recruits more from the posterior chain (hamstrings and glutes). This movement is common among powerlifters as many feel that it has a more direct application to the deadlift due to similar geometry of the hips, knees, and ankles.

There are, however, several consistencies between the two lifts. Each one assumes about a shoulder width stance. In each case, the hips must drop below parallel and the bar must stay over the middle of the foot throughout the lift. Both movements rely on hip drive generated from driving through the heels to extend the hips against the load. And each movement primarily stimulates the hip extensors of the lower body, relies on the core for stabilization, and uses a stretch reflex to rebound from the bottom position.

So which do you use? That depends on what you are going for. If you are looking for direct application to CrossFit and Olympic Weightlifting, you may consider primarily using the HBBS method due to the similarities between that lift and so many other movements. Coach Rudy Nielsen of Outlaw CrossFit and The Outlaw Way has a simple statement that sums this up nicely, “*Everything is everything.*” Basically, you should strive to make your movements as similar as possible to effectively cross train each. I would encourage you to try both and see what works better for your maximum attempts. I generally recommend a HBBS for CrossFitters because of the direct applicability to so many other movements. However, if you are focused more on posterior chain development or have some mobility issues at the hips and/or ankles, the LBBS may be a better movement for you. You may find it beneficial to train both movements on different days in order to reap the specific benefits of each.

In either case, you can maximize this 12-week squat cycle by carving out the time to join us on Tuesdays and Fridays for some heavy squats. I recommend that you direct your efforts outside the gym during this period to increasing the flexibility and range of motion in your hips and ankles. We will retest those squats again at the end of the program and see how far we have come. This is our first gym-wide attempt at a program like this and I am excited to see the results!

References:

Rippetoe, Mark and Kilgore, Lon. (2009). *Starting Strength*, 2nd Edition. Aasgaard Company.
http://startingstrength.wikia.com/wiki/FAQ:The_Lifts

PURE PHARMA



BONUS MOVEMENT OF THE MONTH: PULL UPS

Pull Ups: Because you never know when you may find yourself hanging on a ledge...

by Ryan Miller

I have found over the course of around 200 introductions that most of the adults in our population lack the basic upper body strength to complete more than a few, if any, pull ups. This is, without a doubt, the most frequent deficiency that I note during these introductions. I feel that if you improve your ability to do strict pull ups, that it will maximize your ability to do kipping pull ups, muscle ups, and any other exercise that requires the muscles of the upper back and arms like the deadlift, clean, and snatch. It also has direct application to pressing movements as the muscles of the upper and middle back (trapezius, latissimus dorsi, and rhomboids) serve as stabilizers during pressing movements as well.

Most of you know that I spent just a little time in the Marine Corps. During this period, the strict or “dead hang” pull up was our exercise of choice for developing upper body strength. On the surface, the strict pull up is a very simple movement. The technique involves establishing a grip on the bar (thumbs around or false), establishing a hollow body position (point your toes, squeeze your butt, tighten your abs), lowering to full extension, and then pulling your chin over the bar with no assistance from the hips and core. Your shoulders must be active and your core should remain braced and neutral throughout the movement. In other words, you should not lose core stability or strain your neck back in order to pull your chin over the bar. There should be very little rocking or swinging and no flexion and extension at the hips during a set. The movement is performed in a controlled vs. an explosive manner like the kipping pull up.

If you would like a pull up program to do on your own, check out the [Recon Ron](#) program. I did this program throughout college and improved my strict pull ups from seven to 19 over the course of a single semester of work. It works! Other options include hitting 3-5 max sets after a WOD (2-3 minute breaks), picking a number to do every minute on the minute (EMOM) for a specified number of minutes, the infamous “Death by” workout performing one the first minute, two the second minute, three the third.... There are many other programs available online and I can provide additional assistance if you need help finding one. Improve your strict pull ups and it’s going to make all of your other pulling and pressing movements that much better!



UPCOMING EVENTS

September 7: Gymnastics Clinic (11:00-1:00pm) at Strongpoint CF

September 14: Paleo Nutrition Challenge Kickoff (8:00am)

September 14 – October 12: Paleo Nutrition Challenge

September 14: Fall Festival Olympic Weightlifting Competition (Savannah, GA)

September 21: Fundraiser Competition – come out and compete at our in-box competition. This competition is to raise funds for the First Coast Gymnastics boy's gymnastics team. See September Training Highlights for more details!

September 28: Two-Year Anniversary Party

AUGUST CHALLENGE FINISHERS

Congratulations to all those who finished the August Challenge of 600 ring pushups: Justin, Chi, Dan S., Burton, Cathy, Fuata, Aaron, Joe R., Mike Colligan, Greg, and Melanie.

STRONGPOINT CROSSFIT SUMMER CHALLENGE

The “Strongpoint CrossFit Summer Challenge” ended this month with our August finishers. Congratulations to all of those who took part in the challenge!



August Summer Challenge Finishers



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