



The Strongpoint
Scoop

March/April 2014

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

March/April Training Highlights

by Ryan Miller

We had a successful pair of months in February and March. Sara W. won her division and Women's Sinclair and Aaron Sheeks placed third at the Olympic Weightlifting meet at CrossFit Total Control on February 15th. Hunter, Fuata, Amanda C. (Acorn), Hiawatha, Burton and Cathy all completed the Spartan Sprint Race in Tampa the same weekend. Rachel B., Devon, and Liz all completed the Donna Half Marathon at Jax Beach the following weekend on the 23rd. Then the Back Corner Barbell Club turned around and opened March with a strong showing at the Iron Game Open on the 1st of March. Sara, Jason, and Laura each medaled in their divisions placing third, third, and first, respectively. Laura also earned the distinction of "Elite" by the Florida Weightlifting Association and graced the cover of 904 Fitness in February! We had numerous athletes complete the Gate River Run, Tour de Extreme Pain Half Marathon, and Savage Race. Congratulations to Cassie, MK, B-rad, Kyle K., Enza, Rachel G., Amanda C., Liz, Devon, Rachel B., Petey, Mike C. (Bad Mike), Dan S, Laura K., Jessica, Hiawatha, Fuata, Kevin, Denise, Brittany, Matt B., and anyone else I may have missed.

The CrossFit Open was the focus of the gym for the month of March. It was an awesome month of competition in which we saw numerous personal records set, several members get their first ever chest-to-bar pull up, and a whole lot of heart! We had a total of 35 register to compete with rookie Steve Blakley finishing the highest up on the leaderboard in the Men's 60+ division. Steve worked his way to a 4th place finish in the Southeast and a very impressive 72nd in the world, which qualifies him for the next stage of competition in the CrossFit Games. Please be sure to wish Steve luck and support him as he prepares for his next series of workouts. For those that participated, I recommend that you assess where you did well, where you struggled, and use that as fuel to drive your training in the next several months. Please contact Ryan if you would like some more help and guidance analyzing your performance, strengths, and capacities you may need to improve upon to fair better in the next Open season.

With the Open behind us, we are going to get back to a basic barbell focus for the next few months in attempt to develop overall strength. Please see the article on the Wendler 5/3/1 program later in the issue for more specific details on strength programming during the next quarter. We are setting it all up with a [CrossFit Total](#) and [Baseline](#) assessment from 8:00 am-12:00 pm on Saturday, April 5th. We turned our focus back to the monostructural pool for the monthly challenge in March. The challenge was to run or row 50,000 meters. While that may sound daunting, we had a total of 10 people complete it. Congratulations to Anthony, Cassie, Mike G., Cathy, Jill, Denise, Kevin, Rachel G., Niral and Allen. We will turn to ring work in April in an attempt to accumulate 750 points with Ring Push Ups counting for a single point, Ring Dips counting for two, and Muscle Ups counting for three points each.

Congratulations to our Spotlight Athletes Liz (February) and Rhett (March). They have both become mainstays in the community and go above and beyond, not only to improve themselves, but to make Strongpoint a better place for all of us! Please see their respective articles later in the issue for more specifics on their performances and contributions to the Strongpoint community.

March & April Training Highlights

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Guest author Jonson Yousefzadeh, DPT, CSCS, reviews information presented at the 5 Star PT Squat Clinic in March 2014.

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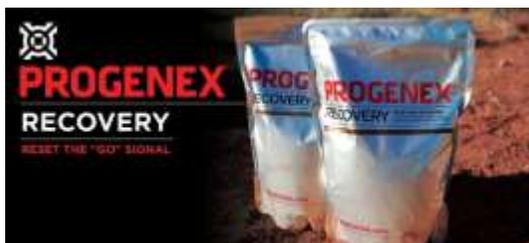
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ending posture in a movement such as the deep squat. Without being able to physically get into the start and end positions there is absolutely no way you can safely and effectively move through a full range of motion without wasted energy or compensatory movement.

Each person evaluated had a slightly different presentation and because of that his or her focus on what to address first may be slightly different. A good goal for each of you is to focus in for the next month addressing your primary limiting factor each and every day whether you get to the gym or not. Work on the right thing, long enough and consistently if you want to see results. If you are not sure what or how to go about doing this talk to your coaches and they can put you in touch with me, we will help. Put the work in and see how it improves the quality of your movement.

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 MyMobilityFix.com (launching soon)



Spotlight Athlete: March 2014

by Liz Gard

1. What made you decide to start CrossFit? I had heard about CrossFit for a couple of years. My cousin is a volleyball coach for Southern Wesleyan University and has her girls do CrossFit workouts. In April of 2013, I went for an on-ramp class at another local box, but did not feel like I belonged or was even remembering movements from one day to the next. I came across a Living Social deal in May and thought, it's now or never! I decided to start in June, as school would be ending and would be a perfect time to focus on myself. That first workout I thought I might die, yet I couldn't wait to come back. I knew I was hooked!

2. What results have you seen or goals have you achieved? Thanks to Ryan, I can no longer fit into most jeans, especially skinny jeans! But I could not be more proud of the strength in my legs. I grew up playing volleyball from the age of five and admired most of the Notre Dame volleyball team, their hamstrings, their calves, their overall strength. I am happy to



finally have the strength and physically fit body I had admired so many years ago.

3. What do you like best about the gym? I love the atmosphere and family of friends. No matter what day or time I am there someone is saying hello, congratulating me on an accomplishment, or encouraging me to push harder or dig deeper. You can't just walk into any gym and feel that kind of love and support, even from day one.

4. What is your favorite exercise or WOD? I love Saturday's when we do team or partner WODs especially if something is programmed that I think is the skill I will never be able to finish. I also like any WODs with handstand pushups, simply because the first time I didn't have the shoulder strength to do even one.

5. What is your least favorite exercise or WOD? Any WOD with burpees, wall balls, or running! Killer when they were all once programmed in the same WOD! Although they are not my favorite, I never skip those days as I know it will only make me better in the long run.

6. What motivates you to show up day after day? The people in our box and the experience each day. I know no matter what kind of day I had at work, I can walk in the box and my focus is immediately shifted to the strength skill or WOD for that day. Nothing else seems to matter at the point and just being there is a little daily therapy.

7. What negative thoughts hold you back from being your best? During summer challenge in June I would look at the WOD and think, there is no way! I would have a negative dialogue in my head on continuous playback. "You are too weak." "You will never be able to lift that weight." "You are not meant to be a runner." The list goes on and on. But I would finish and shock myself at my accomplishments. Then one day in August it clicked, I keep saying I can't but yet I overcome it each time! I trained myself to stop thinking that way and think no matter what it is, I CAN!

8. What has been your most memorable moment at Strongpoint CrossFit? Just this past week during 14.1 workout getting DU for the first time. It was also my February challenge to myself to get 10 unbroken, proud that I finished what I thought was never going to happen! Also the time Ryan was demonstrating wall balls and said he could throw it so high it was possible to do a burpee before having to catch it. So I dared him to do it! Needless to say that did not turn out well, but I got a good laugh out of it. The 5K Gone Bad was also a great experience and chance to get to know some awesome women at our box!

9. What has been your least favorite moment at Strongpoint CrossFit? I really can't say I have one. Maybe hitting the box during box jumps, but we all have to go through that rite of passage!

10. What's one thing that no one at the gym knows about you? I was born with a congenital birth defect which did not allow me to digest food properly. My mom fought for years, going to doctors and specialist throughout the state, to get answers and the help I needed. The condition I had was so rare, that it took five years to diagnose. The doctors had given my mom little to no hope that I was going to live more than a few months when I was at my worst. Due to the malnutrition

of not being able to digest food properly my heart and other major organs were beginning to be compromised. I was finally able to have surgery and make a full recovery after two weeks.

11. What is your favorite quote from Strongpoint CrossFit? For kettlebell swings, "Thumb up your butt, you're good" Isn't that how it goes?!

12. What do you want to accomplish with your training in the next year? I have yet to complete a WOD with tire flips, so that is one my list. Overall, I want to continue to build my endurance, strength, and become more lean. My diet is a big focus for me this year so far.

13. What advice would you give to someone who just started out? To not give up on yourself, the process, and our coaches. Keep coming back and getting plugged in with the people at our box because they want to see you succeed!

14. What advice would give to someone who was on the fence about starting? You never know until you try! Don't think you have to already be in the best shape of your life before you try CrossFit. Doing CrossFit **will** get you in the best shape of your life.

Coach's Comments: *Liz came from a very humble beginning in CrossFit.... I distinctly remember that she missed the Summer Challenge Kickoff and then was late to her first class the next week. Her comment above about negative self-talk makes complete sense in hindsight. She did not seem to have a lot of confidence in her ability initially, but stuck with it and we have seen marked improvements in all facets of her fitness and most importantly, her attitude and confidence since that time. She participated on a team during 5K Gone Bad, just ran her first half marathon (The Donna), and immediately turned around and registered for the CrossFit Open. This is a person that would not run 400m without an inhaler 9 months ago and, oh by the way, she ran that half marathon (her first ever) on CrossFit alone! She has also participated and seen results in each of our last three nutrition challenges. Liz is a prime example of CrossFit empowering someone to do more than they ever thought possible. It is for these reasons that she was an easy choice for our March Spotlight Athlete!*

Spotlight Athlete: April 2014

by Rhett Butler

I joined Strongpoint to help me train for a Tough Mudder. My initial perception of CrossFit was that it was too extreme and hard on the body. After a few weeks I realized it wasn't anything like I thought, just a different way to condition in a competitive atmosphere. That was a little over a year ago and I'm probably in the best shape I've ever been thanks to CrossFit. I have also created a lot of friendships. Maybe it's because we've suffered through multiple WODs together.

1. What made you decide to start CrossFit? I started because I signed up for a Tough Mudder and I thought CrossFit would be a great way to train for it.

2. What results have you seen or goals have you achieved? Incredible gains in endurance and strength.

3. What do you like best about the gym? The community is great. Everyone is encouraging to others and rarely leave until everyone is finished with the WOD.

4. What is your favorite exercise or WOD? WODs that are in the 10min. - 25min. range.

5. What is your least favorite exercise or WOD? If you know me at all, you know I will never do pistols Rx.

6. What motivates you to show up day after day? The competitive aspect of it and seeing yourself get better whether it be from a PR or secretly comparing yourself to someone else in the gym.

7. What negative thoughts hold you back from being your best? I try not to think negatively. There's no reason to.

8. What has been your most memorable moment at Strongpoint CrossFit? Has to be my first muscle up, it took me about a year to get. I worked with "the ring thing" for a while. As I became more and more comfortable with the false grip, I would add weight on a vest. Eventually, the false grip became second nature and I was able to get a muscle up. It felt really good to get on top of those rings.

9. What has been your least favorite moment at Strongpoint CrossFit? I did the Filthy 50 the first week I joined. That was beyond miserable.

10. What's one thing that no one at the gym knows about you? I'm one of the most strategic and competitive people I know, It may be because I grew up with all brothers but I hate to lose more than I'll ever enjoy winning. But I like to think I'm realistic in my expectations to win.

11. What is your favorite quote from Strongpoint CrossFit? You get some pretty good ones on bring-a-friend day. My friend told me he was going to go home and pee blood after tabata.



12. What do you want to accomplish with your training in the next year? Snatch 225lbs, Clean 280lbs.

13. What advice would you give to someone who just started out? Nothing is easy starting out, but when you find yourself bent over with your hands on your knees, realize you're going to make yourself better when you keep going.

14. What advice would you give to someone who was on the fence about starting? No one likes change. Change is inevitable though. Commit to changing the way you workout for 1 month and you'll find you have your own answers to all these questions.

Coach's Comments: *"Dr." Rhett started in January of 2013 as an already reasonably fit individual. He started slowly creeping up the leaderboard within the first few months of joining the gym and is now routinely toward the top of the gym on any given workout. While he*

had just joined Strongpoint, he jumped right into the 2013 CrossFit Open and performed well. This served as good experience for the 2014 Open when Rhett finished in the top five men on each workout including a gym high on 14.2. His work ethic is perhaps his greatest attribute. Rhett routinely attends open gym sessions to work on skills and improve his weaknesses. Beyond that, he referred in his wife, Ashley, who has become an awesome member in her own right and the two of them have referred in three other current and former members. Rhett has contributed a pair of articles to the gym newsletter and was generous enough to provide free adjustments as prizes for the winners of the 5K Gone Bad competition the gym hosted in December. Additionally, he can be seen around the gym on a regular basis providing health advice, Chiropractic adjustments and soft tissue work for many of the other members. He has been a pleasure to coach and we look forward to continuing to work with him in the future!

Foam Rolling

by Ryan Miller

It seems simple enough.... Get on a foam roller and roll. But what are we actually trying to accomplish when we roll around on this cylindrical piece of high-density foam? We typically incorporate foam rolling and other forms of self-myofascial release into our warm up as a form of soft tissue therapy. Grab a rubber band if you have one nearby or just use your imagination on this next part. It may help to visualize our soft tissue as a rubber band. Take a rubber band in your hand and stretch it out. The band has many of the same characteristics as soft tissue. It has some strength and elasticity to it. If you stretch it, it snaps back into its original shape. Think of this "snap" as stored energy. Now tie it in a knot. Think of this knot as an "adhesion" or knot in the muscle. If you stretch it out again, you will notice that it has lost some of that elasticity and strength and thus cannot transfer energy as effectively. Adhesions in the soft tissue of the body are very similar in that they increase muscle density and limit the optimum flexibility and strength of the affected tissues. We are not just subject to this effect from training either. The body undergoes hundreds of micro-traumas each day that contribute to this condition and thus less than optimal performance. Compound this over years of living and training and it should be simple to see why we get tighter and weaker over time.

We should have a few specific objectives in mind when we approach soft tissue work as we would with any other form of therapy. It helps to relax contracted muscles, improves circulation, stimulates the stretch reflex in muscles, increases flexibility, and helps to break up or smooth out adhesions prior to a training session. This serves to enable better range of motion and helps to warm up the body. The benefits post-workout include loosening up tissues that tightened up during training as well as starting and speeding up the recovery process.

The biggest mistakes most people make when foam rolling are going too fast, always rolling in the same direction, and avoiding uncomfortable areas. To address these, start by slowing your roll. Work a couple of inches of area at a time paying specific attention to areas that may be more sensitive. Keep in mind that tissues run in different directions

throughout the body. That is why rolling the same direction all of the time is less effective. Consider rolling over each area up and down as well as side-to-side to create some cross-friction and provide a different stimulus to the tissues. Focus your attention where it is uncomfortable, not simply where it feels good. Areas that are tender need a little more attention than the areas that feel relatively normal. While it may be uncomfortable at first, the sensitivity and tenderness will subside as tissue quality improves.

We have addressed rolling prior to and following workouts, but members often ask if they can roll more than we do in class. The answer is absolutely! I recommend that individuals keep one or more tools in their home and spend a little time on soft tissue work each day rather than simply doing it before and after each workout. Options include the foam roller, PVC pipe, a lacrosse ball, baseball, or softball, the "Stick" or an "Axuator" massage stick, Trigger Point gear, or just about anything else you can tolerate grinding around on. These tools have different shapes and density levels that will allow you to address a wide variety of body parts and sensitivity levels. The benefits may surprise you over time and will include better flexibility and range of motion, less pain, and improved performance.

For more information on self-myofascial release and instructional videos, go to [The FoxFit Website](#). Get \$2 off a FoxFit foam roller and/or \$3 off a FoxFit Axuator if you see Ryan and say, "Ryan, you magnificent bastard, ... I read your article." And the first one to tell me where that quote originated gets \$10 Jax Running Company bucks. 3, 2, 1 Go!



Wendler 5/3/1

by Ryan Miller

With the Open season behind us, we are going to move forward into a cycle designed to build our overall strength capacity with the Wendler 5/3/1 Program. This begs the question, "What's a Wendler," but the more appropriate question to start with is "Who is Wendler." [Jim Wendler](#) was a three-time letter winner in football at the University of Arizona before turning to the sport of Powerlifting after college. He is one of the few men on the planet with a 1,000 pound squat in competition, which puts him into very elite company. Put that together that with a 675 pound bench press, 700 pound deadlift, and you have someone who knows a thing or two about how to get strong! Wendler went onto the strength and conditioning program at the University of Kentucky after college before moving on to the world-renowned Westside Barbell in Columbus, Ohio. After achieving his goals in Powerlifting and suffering from some training burnout, Wendler set out to simplify and streamline barbell training as

much as possible. What he developed was the 5/3/1 training method. As it turns out, the 5/3/1 method is a fairly simplistic and systematic way to develop strength within the confines of a regular CrossFit class structure. I have personally experimented with it in the past with success and Donald Floresca has been making steady gains over the last few months with Wendler's 5/3/1 method.

How it works: The program is comprised of four core lifts (A. Back Squat, B. Bench Press, C. Deadlift, and D. Shoulder Press). You proceed through the cycle dedicating one day to each lift. We will be implementing the three-day per week program in order to facilitate Olympic lifting and other complex skill development necessary for success in CrossFit. So an individual cycle will look like:

Week 1: ABC
 Week 2: DAB
 Week 3: CDA
 Week 4: BCD
 Week 5: ABCD (deload week)

Each movement will be performed four times in a single cycle broken down into the following waves:

Wave 1: Warm up, 75% x 5, 80% x 5, 85% x 5+*
 Wave 2: Warm up, 80% x 3, 85% x 3, 90% x 3+*
 Wave 3: Warm up, 75% x 5, 85% x 3, 95% x 1+*
 Wave 4: Deload wave – 60% x 5, 65% x 5, 70% x 5

You begin the first cycle at 90% of your 1 Rep Max and add five pounds to upper body movements and 10 pounds to lower body movements for each subsequent cycle. The last number in each wave with the plus (5+)* indicates that you will complete at least the specified number of repetitions plus as many additional repetitions as you can before reaching or stopping short of mechanical failure. This ensures steady progress throughout the program. However, do not get too hung up on the percentages. We will post a spreadsheet on the Member's Page on Facebook, which will allow you to simply plug-and-chug similar to what the gym did with the Hatch Squat Cycle last fall. Those that are not on the Member Page can email Ryan directly for a copy.

FAQ (or questions I imagine people might have)

Q. Why the heck are we doing the same few lifts? I come to CrossFit because I like variety....

A. *Simply put, strength is the base of success in CrossFit and, more importantly, health and fitness. Get stronger in these four core lifts and it will improve every other facet of your fitness to include your performance on WODs. We will continue to get constantly varied, functional movement at a high intensity via our conditioning workouts. The Wendler cycle will simply fit into the strength component of our regular classes.*

Q: Why are we benching? That doesn't seem very functional.... I mean, it's not like I'm going to ever going to have to press a fallen tree off myself....

A: *There is not a much more effective way to load and stimulate your upper body than with the bench press. Get stronger on the bench and I have a gut feeling that your press, push press, and jerk will all go up and you just might find pushups, dips, and handstand pushups are easier too.*

Q: What about assistance work. I went to that website and it said that there is extra stuff you're supposed to do.

A: *We will get the majority of our assistance work done via our conditioning workouts. For instance, we will complete some type of pushing movements on press days and some squatting or pulling movements on squat and deadlift days. Keep in mind that we have to try to fit this into an hour-long class period. You may elect to add in some additional assistance work like weighted dips, good mornings, rows, and weighted pull ups before or after class if you wish. The average participant in our program will continue to get great results without additional assistance work outside of class simply by focusing on the basics.*

Q: How do I track my progress and know if I am making improvements?

A: *You will test your projected max each week on the final set. You can calculate your projected max by taking the weight completed x number of repetitions x .03333 + the weight completed. For example, say you squatted 200 pounds 8 times on your first squat workout. The equation would be $200 \times 8 \times .0333 + 200$, which would equal a projected max of 253 pounds. This allows us to get an estimated max every week without taking the time to work to a true 1 rep max each week. Essentially you will be chasing a new projected max each time you approach each lift.*

Q: How long are we going to do this?

A: *We will retest our core lifts after three cycles during the next quarter.*

Q: When do I test my max lifts?

A: *You're in luck! We are doing CrossFit Total on Saturday, April 5th. You can add in bench on that day or hit it another time. Try to get it done sometime before Monday, April 14th when we start the first cycle if you cannot come in on the 5th. Otherwise, use your most recent max and we can make adjustments to the numbers if it seems too difficult or easy for you.*



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APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 30	March 31	1 Jen Sureda	2 Rachel Wilson Stephen McMullen	3 Michelle Penson	4	5 Baseline & CrossFit Total Assessment 8am – 12pm
6	7	8 Adrienne Santos	9 Bring-a-Friend Day Jeff Koby	10 Bring-a-Friend Day	11	12
13	14	15 Jennifer Thibodeau	16	17	18	19 FESTIVUS GAMED 9am @Strongpoint NO CLASSES/OPEN GYM
20	21	22 Cathy Miller	23	24	25	26 Manion Fundraiser WOD
27	28	29	30	May 1 Jeanne Sapp Travis Long Kyle Kelley	May 2 Mallory Almond	May 3