



The Strongpoint Scoop

February 2014

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

February Training Highlights

by Ryan Miller

The first month of 2014 is already in the rear view. How is it going so far? Are you maintaining your New Year resolutions? Have you been sticking to your plan? Are you consistently and systematically addressing your movement goats and mobility bugaboos? If not, we still have 11 more months this year to get on track. Don't wait; start today!

So with that said, we had a successful kickoff to 2014. Cassie Peterinelli competed at the USA Weightlifting Junior Nationals where she went six for six and set new personal records for the Snatch, Clean & Jerk, and Total. We had a total of three people complete the monthly Chest-to-Bar Challenge. Congratulations to Connie (500/Gold Level) and Whitney Colburn and Mike Cummings (300/Bronze Level). We also had 10 initiate and compete in the Winter Paleo Challenge. It's a tight race and several have reported great results so far. Said one competitor, "Best I've felt in 20 years and I'm not bullsh*tting you!" We will wrap up with the finals on the 8th of February and award out \$150 cash money and some other swag to our top competitors!

The competition slate is pretty jam-packed throughout February and into March. CrossFit 904 is hosting the Valentines Massacre team competition on the 8th. They have Prescribed and Scaled Divisions to choose from and Josh, the owner, stated that this would be a great first competition for someone new to CrossFit. We have two events going on the 15th. I am headed down with several members of the gym to run the Spartan Race in Tampa. Good luck to Hunter, Hiawatha, Amanda Conner, Burton, and Cathy. Coach Laura is headed out to the beach with one of our newest members, Sara Willin, to the second CrossFit Total Control Olympic Weightlifting meet on the 15th as well. And finally, the first 2014 CrossFit Open Workout will be announced on the 27th. The Open is planned for five consecutive weeks with a different workout announced each week on Thursday night. Competitors will have until 8:00 pm on Monday to submit and have a score validated by a licensed affiliate or via video submission directly to CrossFit Headquarters. We have seen pretty dramatic growth during the first three years of worldwide open competition with 30,000 plus in 2011, over 60,000 in 2012, and then more than 130,000 in 2013. I would not be surprised to see over 200,000 participants this year as CrossFit HQ is now reporting more than 7,000,000 active CrossFitters worldwide! You can learn more about the open and register to compete at www.games.crossfit.com.

The CrossFit Open will take us through the end of March. We have two other events already on the Calendar in March with the Iron Game Classic Olympic Weightlifting meet in Miami on **March 1st** and the Ogar Strong Fundraiser at CrossFit Atlantic on the 8th. For those that do not know, Kevin Ogar is the competitor that broke vertebrae in his upper back during a competition in California in early January. All proceeds from the event will go to help him with his medical expenses. You can learn more and register to participate [here](#).

Our February Challenge is going to be a rather open-ended one that will allow you to choose your own adventure so to speak. This one is a bit different in nature.

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Rather than selecting a movement and specific repetition scheme to complete, participants are encouraged to write a goal on the white board and dedicate a little extra time each day to achieving it. It could be a volume goal (i.e. 500 pushups, 20 pull ups a day, 200 GHD sit ups, etc.), a max effort goal (135 pound snatch, 300 pound deadlift, bodyweight press, etc.) or a time goal on a benchmark WOD (sub 5 minute Fran, Diane, Elizabeth, etc.). Write your goal on the board, pick an accountability partner or coach, and then get to work!

We experienced a lot of growth in January. We welcomed aboard a total of 17 new members that included Dustin, Ilahe, Brittany, Matt B., Shawn, Jessica, Bernardo, Chris Patterson, Maria V., Elizabeth, Sarah P., Chris Price, Sebastian, Arshad, Krystal, Sara W., and Amanda K. Thank you to Rhett, Maria C., Tyler, Enza, and Chris B. for the referrals! Rhett, Maria C., Enza, and Tyler were each compensated \$20 toward their next month of membership and Chris B. was given a free month for referring in a hat trick (3 new members) all on his own! As a direct result of this, we are going to continue the referral rewards program indefinitely so we will continue to reward referrals from existing members with a \$20 credit toward membership or anything in the pro shop. We will help you along with back-to-back bring-a-friend days in February on the 12th and 13th. What better way to reward your sweetie than to bring them in to try CrossFit!

On that note, I would like to briefly recognize our "CrossFit Couples" that are members of Strongpoint. We are privileged to have Denise and Kevin Perrigo (our Co-Spotlight Athletes for February), Mallory and Craig Almond, Angela and Jeff Kobay, Connie and Mike Garland, Erika and Mike Eddins, Kelly and Jim Vannan, Enza and Bernardo Lobusta, Ashley and Rhett Butler, Rosalie Arcenal and Danny Perez, Chris Price and Sarah Parks, Michelle K. and Aaron Sheeks, Laura K. and Dan S., Ken Hall and Taylor Troedson, and our most recent couple to be married, Joe Russo and Heather Thibodeau, who met at the gym. Unfortunately they are leaving us for Hawaii this month. We will certainly all miss them as they have been mainstays in our community for over a year-and-a-half.

February and March are already shaping up to be big months. Now let's train hard, train safe, and get better in February!

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January 2014 Personal Records

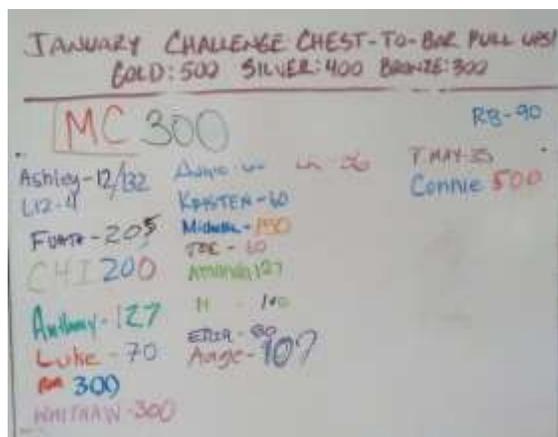
Soft Tissue Work? Why You Need It

by Rhett Butler, DC

Last month we had few physical therapists come to our box to perform soft tissue work called Astym on some of our athletes. Many people asked me what exactly it was so I decided to give you all some information on the procedure.

One of the secondary techniques I learned while in chiropractic school was another manual soft tissue technique known as Graston. At the time, I wasn't particularly interested in the technique because it was new and little was known about its results. As I have seen the results patients and athletes receive using this treatment, I beginning to realize how valuable this treatment is.

Whether you are talking about Astym, Gua Sha, or Graston, these techniques are very similar with slightly different protocols and tools. These modalities are essentially an instrument-assisted, soft tissue mobilization therapy. It is beneficial in breaking up fascial restrictions, scar tissue adhesions, and detecting areas of chronic inflammation and/or fibrosis. These conditions can limit range of motion, and in many instances cause pain, which prevents a person from functioning as they did before the injury. Graston and other modalities have been known to help conditions such as



January 2014 Monthly Challenge Results

cervical sprain/strain, tennis elbow and golfer's elbow, lumbar sprain/strain, rotator cuff tendinosis, and even Achilles tendinosis. This treatment has become a widely accepted treatment in many outpatient facilities and in sports performance, including CrossFit athletes.

I began performing soft-tissue work on patients in my office and have seen awesome results. Soft tissue mobilization therapy has been known to decrease treatment time and reduce a patient's need to NSAID medication. For those of you out there who have not tried it, I would strongly recommend it; I am finding it to be more and more valuable in my practice



Spotlight Athletes

by Denise & Kevin Perrigo

I (Denise) had been a "runner" for a while and Kevin would run with me as much as his schedule would allow. We were both looking for something different. I had run 3 marathons between 2009 -2012 so by the end of December 2012, I felt "done" with long distance running – I realized I wasn't ENJOYING running anymore. Kevin ran several half marathons with me and realized (after 2 knee surgeries!) that maybe long distance running wasn't the best thing for him either and he really needed to improve his overall fitness. We have a Nautilus set at home that we would use biweekly but we still felt like we needed some motivation and a different challenge. We really believe physical fitness should be something you enjoy and makes you feel good so when we started to dread it and not look forward to it, we knew it was time for a change! We found Strongpoint through a member friend. (We bid on a 1 month trial at a benefit/charity event in December 2013 and "won" it – must have been telling us something!) We started Strongpoint in January 2013 and immediately were hooked. We loved the "community" aspect, the coaches, and how everyone encourages everyone to succeed at their own level and pace. We love the constant challenge and how we



are sore in different muscle areas everyday (this is a good sign!) The coaches are always instructive and encouraging people to do their best. We love how other members encourage each other and are happy when other succeed and do their best.

1. What made you decide to start CrossFit?

D: I needed a change! I wanted something that would challenge me but that I would also enjoy.

K: After surgery on both knees and knowing my lack of overall strength and fitness was a factor, I knew I needed to do something that would capture my attention and provide results...CrossFit has definitely done that.

2. What results have you seen or goals have you achieved?

D: I obviously feel "stronger" overall than with just running! I am motivated when I am capable of doing things that I didn't think I would be able to do.

K: I have seen a big transformation in my physique and feel like an athlete again.

3. What do you like best about the gym?

D: Every day I don't know what workout to expect. Some WODs I am awesome at (!) – others – I suck! But, I can realize my strengths and weaknesses which help me understand what I need to work on!

K: I love the challenge that every day brings. No workout is the same and they all change me to bring my very best. The competition aspect really motivates me. Also...the coaching. Best group of motivators I have ever been around! (Thanks, Ryan, LD, Petey, Devon, Mike, Cassie, Ian, Amanda, and Andrew)

4. What is your favorite exercise or WOD?

D: Running, slam balls, box jumps, kettlebell swings, wall balls – anything that is lower weight – higher reps!

K: Filthy Fifty; 12 Days of Christmas, or most any WOD that kicks my butt for 30 minutes+. Wall Balls, Kettle Bell Swings and Thrusters are also a favorite...real full body workout!

5. What is your least favorite exercise or WOD?

D: Pull ups, handstand pushups....Anything with high weight, low reps! I need to continue to work on upper body strength!

K: Overhead Squat, Burpees, and Double-unders. Suck at first two...can't do the last.

6. What motivates you to show up day after day?

D: I love that every day I go, my muscles are sore the next day! I love feeling sore muscles – it means I worked them! My goal is to Rx most if not all workouts eventually!

K: Competing, pushing myself to be better than yesterday, and feeling stronger and healthier every day.

7. What negative thoughts hold you back from being your best?

D: When I feel like I can't lift the "heavy" weights...

K: Feeling like I don't have the right mechanics learned and that keeps me from pushing myself to my potential.

8. What has been your most memorable moment at Strongpoint CrossFit?

D: When I was able to do a WOD that had 3 rounds of 3 rope climbs and I did it Rx! Anytime I can do Rx I feel proud!

K: The second time I completed my baseline after my intro and I went from a 7:45 (and throwing up on the way home) to under five minutes. More than a 2:30 improvement in 6 months...great feeling!

9. What has been your least favorite moment at Strongpoint CrossFit?

D: When I feel like I could have done better but I didn't. Regretting that I didn't try a heavier weight; or anytime I doubted myself and didn't try Rx.

K: Any time I feel like I could have pushed myself harder...and trying to get damn Double-Unders!

10. What's one thing that no one at the gym knows about you?

D: I never worked out – at all – anything – until sometime in my mid 20s ☹

K: I am a former golf pro (and caddied for Arnold Palmer) with 4 kids – two are in college – one in high school, and one in Kindergarten! It's important to prioritize fitness as a role model for your kids!

11. What is your favorite quote from Strongpoint CrossFit?

D: I remember reading something about a can of biscuits that popped open – I never want to feel like that!

K: "Get that up in the scrotchular region..." LD

12. What do you want to accomplish with your training in the next year?

D: I would love to do every workout Rx even if my time is slow!

K: Continue to improve continually and set PR's every chance I get. Getting a Muscle-up is must!

13. What advice would you give to someone who just started out?

D: Don't give up – modify it for YOU – you have your strengths and weaknesses – embrace your strengths but continue to work on your weaknesses!

K: Stick with it and keep challenging yourself. Mod when you have to but stick with it and never let the WOD win!

14. What advice would give to someone who was on the fence about starting?

D: It is empowering to feel strong! Strong is the new skinny girls!

K: Give it a real chance and it will change your life

Coach's Comments: Denise and Kevin just hit their one-year anniversary and they have become mainstays in our evening classes. They have easily become two of our most consistent members and the coaching staff has seen dramatic improvement in the strength and overall fitness level in that year. Kevin also immediately referred in a co-worker, Jeff Watters, who just hit his first year and I think CrossFit has been a life-changing experience for all three! Beyond training, the Perrigos also organized a community event in the fall that took us off-site for a round of golf and everyone that attended had a great time. It is for these reasons that Perrigos were an easy choice for our February Co-Spotlight Athletes!



Post Workout Cool Down

by Ryan Miller

I am frequently asked about cooling down after a workout. It has been a while, but in fact, a new member recently asked me why we did not do an organized cool down as part of the class. Let me address that first by saying that we already try to fit 10# of "stuff" in a 5# hat in an hour class with warm up, mobility, strength or skill work, and then a conditioning workout. Ultimately something would have to go if we were to add in an organized cool down. Personally, I feel that the cool down is basic enough that it does not need a trainer to oversee it. I am, however, in favor of a cool down period and the aim of this article is to explain a bit about why the cool down is important and to provide some guidance on how to properly cool down after a workout. There is more to it than screaming "TIME" and plopping on the floor in the prone position in front of a fan!

To begin, we undergo several physiological changes when we train. We obviously feel our heart beating faster, but this has a few different effects on our systems. Our blood pressure and stroke volume rise and blood is shifted away from our organs and pushed to the skin to help our body lose heat. This increased blood pressure forces water from the blood vessels into surrounding tissue, which can decrease blood plasma volume by 10-20%. The cool down period provides a more gradual restoration of our normal, baseline physiological levels than simply getting in the car and driving home post-workout.

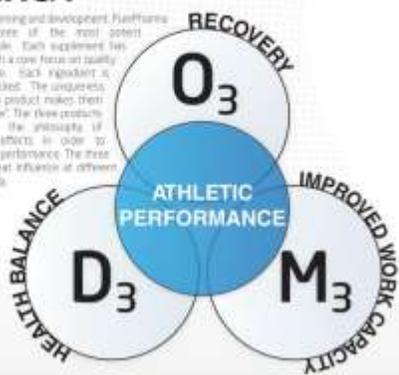
So that's a little on why we should cool down. As far as the how, I recommend starting with some light monostructural (cardiovascular) activity to gradually bring the heart rate down. Spend as little as 3-5 minutes rowing, walking, jumping rope, or riding one of the Airdynes. The cool down period is also a relatively good time to do some light gymnastics work (i.e. pull ups, handstand work, or ring dips) to perfect technique and work through more complete ranges of motion than one can perform "cold." The added benefit of doing a little extra work post-workout is that you are already in a fatigued state as you will typically find yourself during regular conditioning work. Any

gymnastics or monostructural work should be done at a light pace, not like you are rushing out the gate on a Benchmark Girl! Remember that the aim of this period is to bring the heart rate down, not raise it. Following that, spend a little time with your favorite smashing utensil doing some self-myofascial release. This is another good excuse to get on a foam roller, lacrosse ball, or peanut. Specific target areas may include the calves, quadriceps, adductors, ITB, upper and lower back. You can close it all out with some static stretching, band work, or a Stretch-Out-Strap for any of the same areas.

Post workout is a perfect time to pay a little extra attention to particular problem areas you may come across in your training. Some of the most common ones that we see in the gym are tight hips, hamstrings, quadriceps, ankles, and shoulders. You will probably find that you are able to explore new ranges following a workout when the muscles are warm than you can prior to the workout during our standard mobility work. There are several stretching posters on the wall of the gym and we have the full series of Dr. Kelly Starrett's Mobility WOD posters on the wall in the hallway. All said and done, you can complete a proper cool down in about 10-15 minutes immediately after class is finished. If all else fails and you still are not sure what to do, ask your coach. We are always happy to share our knowledge and experience with our members!

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Mobility Mindset

"Doing the Right Thing, Long Enough, Consistently"

by Jonson Yousefzadeh, DPT, CSCS

This article was inspired by your coach, Ryan Miller, and the work we have been putting in as of late to try and improve positioning and mobility in some of his lifts. As we chatted more and more about the systematic approach we were taking and the mindset behind it, it became clear that we all have limitations in mobility and movement that become much more apparent as we grow in CrossFit, but few of us have any idea how to go about improving these shortcomings. The goal of this article is to lay out a plan and will be followed



in the future with more in depth articles to address particular lifts and movements. We may even do some in house clinics so keep your eyes peeled.

MINDSET

The first and most important thing to understand is your motives... we may all be in the gym for different reasons, but what ultimately is most important is what you take away and how it affects your life now and in the future. The basic strength and conditioning movements we train are correlates for the basics of life; our squat is how we get things off the floor, our dead lift is how we pick up a box, our pull up is how we climb a tree.... this is the essence of 'functional training'. So in order to refine our bodies and make them as durable as possible, we need to have clean, efficient and healthy movement. Hence, the importance of working on mobility, positioning and quality movement in order to achieve our goals of increased health, durability and yes... performance.

A point I would like to harp on is that to truly make a difference with our mobility work... we need to focus. We need to be lasers, not flood lights. If you don't get what I mean, think about the effect sun beating down on a leaf has... practically none, but when I use a magnifying glass and the sun rays become more direct and focused, like a laser, they quickly burn a hole through the leaf. We need to take this same approach to our mobility work in order to make a lasting difference. Our bodies respond to what we do most of the time... if we sit a lot or slouch a lot, this becomes our default position and our tissues adapt. So if we really want to create change, we need to *DO THE RIGHT THINGS, LONG ENOUGH, CONSISTENTLY.*

MOBILITY SCREEN

What are the "RIGHT THINGS"... well that's different for everyone. We all have unique bodies, and throughout our lives have no doubt beaten them up in different ways. As a physical therapy professional, I utilize the Functional Movement Screen to evaluate the fundamental movement patterns of an athlete. You can always look up a professional like myself that can do this for you, but if nothing else, have your coach look at how you squat or press with a trained eye. For me, this is a systematic way of uncovering and highlighting the weaknesses and gaps in someone's movement and mobility. What this gives me is a list of movement patterns that aren't quite up to snuff.... from there I need to prioritize what I'll address because remember, I want to be a laser not a floodlight.

PRIORITIZE

So as I go through my findings from the Functional Movement Screen... I prioritize based on what will create the most change in terms of mobility and decreasing risk of injury. Research shows that asymmetries increase our risk of injury 2-2.5x, so I prioritize these findings first and then consider what is most limited in terms of range of motion second.

What I mean by asymmetry is that one ankle is stiff and the other isn't, or that I can lunge great on 1 leg, but I get off balance on the other... any significant difference in mobility or movement quality from R to L is an asymmetry. I tell people all

the time, if you have two stiff hips you are slow, but if you only have one stiff hip, you are an injury waiting to happen. Let's clean up the asymmetries first and then go on to the next most limited area.

What is "LONG ENOUGH", the short answer is to work on your specific mobility issue with the right techniques until you see change. Don't expect to clean it up all in one session either, put in work for at least 2 minutes at a time to create change and for a total of 10 or more minutes a day.

PUTTING IN WORK AT THE GYM

When in the gym, utilize whatever mobility work your coach puts up on the whiteboard but don't be afraid to add to it. Whatever we prioritized as the focus of your mobility work should be included in to whatever warm up/mobility was already prescribed for the day. If you are able, I would also revisit mobility and positioning work in between sets of any strength work you may have that day. Treating it almost like a super set. Once the workout is done, don't go from beating your body to a pulp and then walk out the door. I know we are all strapped for time, but put a couple minutes into mobility work and/or foam rolling after your workout. This is the best time to create change because your tissues are warm, pliable and getting a lot of the lactic acid and waste product flushed out will help you to be less stiff and sore the next couple days.

PUTTING IN WORK AT HOME AND THE OFFICE

Mobility work is not just for the gym. If you truly want to create change, you need to be focused like a laser on your biggest limitation and put in the time at home and work. I have had thousands of patients and everyone has their stories about how being too busy, not in the right environment or not having the tools doesn't allow them to work on these things outside of the gym. Don't make excuses; with a little creativity and help from someone experienced, you can easily work in your 10+ minutes/day of focused mobility work. And NO, set up time to go get your foam roller out of the closet doesn't count; we only count time under tension.

I'd much rather you spend 2-5 minutes 5x a day than knock it all out in one marathon session. So your mindset should be create change, go on with your day, come back in 1-2 hrs. and do it again. It is all about "CONSISTENTLY" working to change the quality of your tissues and habitual postures. Remember, your body will adapt to what you do most of the time, so working for a few minutes will help you be looser and move better for about an hour, then you come back to it and repeat, repeat, repeat rather than working in one session at 7 am and then going back to being stiff the rest of your day.

WHAT'S NEXT

Our bodies are a lot like onions, as soon as we peel back one layer, we find something else we can work on. Don't let this discourage you; this is the whole point of why we train, to constantly be improving ourselves. As we change things in our body, our body begins to function differently; this means new stresses to adapt to, for instance getting deeper into that squat.

We have stressed keeping your efforts focused in like a laser on your weakest link... it is advisable that once you have created some noticeable change and/or about 6 weeks has passed, you re-evaluate or get re-screened. This allows you to see how the changes you've created have impacted your quality of movement in a variety of positions and also gives you an opportunity to see if the noted area is still your weakest link... maybe something else is now and you should shift your focus towards it.

Remember to DO THE RIGHT THINGS, LONG ENOUGH, CONSISTENTLY and if you need help going through a movement screen or putting together a plan for yourself, then please reach out.

Jonson Yousefzadeh DPT, CSCS
jonsonyousefzadeh@gmail.com
 MyMobilityFix.com (launching soon)



Strongpoint CrossFit
6695 Colray Court, Unit 303
Jacksonville, FL 32258
Phone: 904.654.3383



FEBRUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Chris Price
2	3	4	5 Rosalie Arcenal	6 Steve Blakley	7 Greg Nelson	8 Winter Paleo Challenge Finals (8am) Valentines Massacre Team Competition (CrossFit 904)
9	10	11 Mark Villanueva	12 Bring-a-Friend Day Caitlin Hoover & Ashley Butler	13 Bring-a-Friend Day	14 Jim Vannan	15 Spartan Race (Tampa) Olympic Weightlifting Meet (Total Control)
16	17 Presidents' Day	18	19	20	21 Airon Perkins	22 Tyler George
23	24	25	26	27 CrossFit Open 14.1 Announced Michelle Knight & Sebastian VanDyck	28	