



ELITE FITNESS IS OUR GOAL.

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May Training Highlights

by Ryan Miller

April was a great month for Strongpoint! After finishing the Open at the end of March, we started the month with a two-week testing phase where we dedicated time to testing max efforts on several lifts and retesting Baseline. We saw numerous personal records set on deadlift, shoulder press, back squat, front squat, clean, and snatch and rolled those new numbers right into our first Wendler cycle on April 14th. In fact, I am pretty sure that we PR'd the number of PR's in a single month in April! We will continue the Wendler program through two more cycles before moving into the next phase of training in an effort to improve overall strength. We also had three hard chargers complete the April ring challenge. Congratulations to Connie Garland, Mike Colligan, and Michelle Penson for putting in the extra work and accumulating all 750 points!

We hosted our first major competition, the Festivus Games, on April 19th. This event was open to beginner and intermediate men and women and we had a total of 76 competitors from 15 different gyms complete 4-5 grueling workouts throughout the day. Congratulations to Enza, Mike C., Hiawatha, Matt B., Fuata, Matt T., Liz, Amanda C., Jill, Connie, Mike G., and Arkil for participating and putting on a great showing! Our top finisher was none other than our Spotlight Athlete for this month, Mrs. Enza Lobusta, who took 5th place in the women's intermediate division. It was a blast to watch everyone perform so well and walk out of there with a bunch of new personal records on the clean! Thanks so much to all of our volunteers as well: Amanda L., Kevin, Aaron, Denise, Cathy, Ashley, Rhett, Parker, Melanie, Zach, Angie, Gordon, Joe, Adam, Laura D., Petey and our DJ, Jason. The event would absolutely not run as well as it did without all the hard work and dedication of all of our staff! [904 Fitness](#) was kind enough to cover the event for us and you can find pictures of the competitors [here](#).



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Hydration Matters

by Ryan Miller

Summer is right around the corner in Jax and much higher temperatures are sure to begin very soon. Sufficient hydration is imperative to successfully maintaining an aggressive training schedule throughout the summer months. Water is the largest component of the human body composing between 45-70% of the mass of a person's body. Not surprisingly, inadequate hydration can not only adversely affect performance in the gym, but can lead to a host of heat related illnesses like heat cramps, heat exhaustion, and heat stroke. According to the National Strength and Conditioning Association, sedentary women and men should consume 2.7 and 3.7 liters (90-125 ounces) of water per day, respectively. This total includes water ingested both in the liquid form and that ingested through foods. However, athletes may have significantly higher water requirements due to fluid loss during training especially in hot and humid climates. Sweat loss can significantly increase fluid requirements and continuous sweating during prolonged exercise may require as much as 1.9 quarts per hour. Since most of us really have no idea what a quart or a liter is, start with half your bodyweight in ounces each day and go from there. A 150 pound person should drink at least 75 ounces (not pounds) of water each day.

Water consumption alone is not enough for optimum performance. Athletes must consume electrolytes as well in order to ensure an adequate balance of water to electrolytes in the body. The major electrolytes lost in sweat are sodium chloride (salt) and potassium. Consumption of these electrolytes may take the form of additional salt added to food, pickles, citrus fruits, melons, strawberries, tomatoes, bananas, potatoes, sports drinks, and chocolate milk. If you're highly motivated, put a mixture of all of these foods in a blender with a bit of ice and then down the hatch!

The following schedule may be useful for pre-training, during training, and post-training fluid replacement:

- 1. Pre-session:** Consume 16 fluid ounces of cool water or sports drink within two hours prior to exercise.
- 2. During Session:** Drink continuously (6-8 fluid ounces every 15 minutes). The thirst mechanism does not adequately signal the body to drink more during intense activity. Athletes must be aware of this and drink continuously during training regardless of perceived thirst.
- 3. Post-session:** Ideal fluid replacement depends largely on the duration and intensity of exercise; however, athletes are well-served to refuel with a post-workout drink consisting of carbohydrate, protein, and electrolytes. Athletes should replenish a minimum of 1 pint (16 ounces) of water for every pound lost during exercise and weight should be returned to normal prior to beginning the next training session. The final step is to have a full meal consisting of a blend of carbohydrate, protein, and fat within two hours after exercise.

Warning Signs: Heat cramps are an early sign of dehydration and athletes should be aware of this as a sign that they need to replace fluids and electrolytes. Cramping of the toes, calves, hamstrings, and quadriceps are particularly prevalent. Cramps are an early warning sign of what may become a much

more serious heat-related illness and should be addressed immediately to avoid more serious damage.

Monitoring: The eyeball method is an easy and effective way to monitor hydration status. Simply observe the color of your urine. Light colored urine with a yellow tint indicates that you are adequately hydrated. Dark urine indicates the opposite and that you are at risk for a host of complications unless immediate action is taken to replenish fluids. Be aware that multi-vitamins and certain foods like beets may also make urine appear darker than normal. See the chart below for specific guidance pertaining to fluid replacement guidance based on urine color. Feel free to ask a coach if you have any questions. PS – the first person to tell me they read this gets a free FitAid.

AM I HYDRATED?

Urine Color Chart

1		
2		If your urine matches the colors 1, 2, or 3, you are properly hydrated.
3		Continue to consume fluids at the recommended amounts.
4		If your urine color is below the RED line, you are
5		DEHYDRATED and at risk for cramping and/or a heat illness!!
6		YOU NEED TO DRINK MORE WATER!
7		
8		

Spotlight Athlete: May 2014

by Enza Lobusta

1. What made you decide to start CrossFit? Though I never played sports, I've always been an active person. I tried many different exercise programs, but I was hitting a mental and physical plateau. I just didn't feel challenged or motivated and the typical gym experience was getting pretty boring. About a year ago, I was at a gym close to my work during my lunch break. I saw some guys doing some crazy stuff outside, jumping and throwing things, sweating like a fat man in cake shop and gasping like a fish out water. I was intrigued, so I asked what they were doing. They told me it was "CrossFit." "What's CrossFit?" Wanting to learn more, I found the underground community of fellow Beeliners that were already members at Strongpoint. Every time they talked about it, there was so much passion and excitement in their eyes. "Enza, you should come check it out." So I did, and I was

hooked. It was exactly what I had been looking for. I started in July 2013, only going once week. Clearly that was not enough for me, so starting in January of this year; I upgraded to unlimited, attending 5-6 classes a week.

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

Before CrossFit, my goals were always based on appearance. Like most women, I had struggled with my self-image for years. I was constantly on a "diet", would feel guilty about everything I ate, worked out at a standard gym incessantly (although inefficiently), and I was never happy. CrossFit changed my mentality when it came to my fitness goals. Now instead of focusing on bodyweight, I'm focus on what my body can do and how much weight it can move. So far, I've hit nearly half of my weightlifting goals for the year, and the funny part is, I feel better in my own skin than I ever have before...as an aftereffect, not a goal. I look at food as fuel, and am finally okay with this body not doing "skinny". "Fit" looks better on me anyway. ☺

3. What do you like best about the gym? Hands down, the people. It's an atmosphere where I can be myself and work my hardest, encouraged by others with a similar mindset.

4. What is your favorite exercise or WOD? Believe it or not, I love me some burpees and handstand pushups! I also like pulls ups and cleans and any WOD I can do Rx.

5. What is your least favorite exercise or WOD? THRUSTERS! And wall balls, although they are slowly growing on me. Can't forget snatches too. Need to work on technique.

6. What motivates you to show up day after day? Knowing I'm stronger, faster, better than I was yesterday. If I've had a bad day, I know I will leave Strongpoint feeling awesome, encouraged, and inspired. And of course getting to see my buddies and possibly hitting a new PR. But above all, seeing how my commitment to CrossFit inspires my 2 little girls to be strong and to believe in themselves...that, to me, is priceless.

7. What negative thoughts hold you back from being your best? Outside of Strongpoint, negative thoughts are everywhere. But when I'm at the box, those thoughts are gone. I will do my best, and that's all that matters. There's no "No way can I do that." It's "Let me try, and if I can't today, I can't wait to be able to do that one day."

8. What has been your most memorable moment at Strongpoint CrossFit? So far, the most memorable moment for me was the finalist round (surprise WOD #5) during the Festivus Games just a few weeks ago. It was my first competition, and I never imagined myself getting to the final round, much less being the only athlete representing Strongpoint. The pressure was on, I was exhausted and nervous, and I hadn't prepared a strategy for doing 30 back squats, 30 deadlifts, and 30 thrusters at 65 lbs. with a ton of people watching me. The one and only Laura Davie coached me right before it started, and after the back squats and deadlifts were done, thrusters almost got the best of me. The crowd was cheering, and just when I thought I had given up completely, I heard LD's voice carrying over the chaos and saw the faces of my friends believing in me. I couldn't give up. I kept focus, pushed through the pain, pushed through the exhaustion, the doubt, the fear...I was in a mental zone I had

never been in before. When it was over, I cried. Yes, I cried. Because I did it. I didn't place, I didn't win. But that day, I sure as hell was a winner.

9. What has been your least favorite moment at Strongpoint CrossFit? Probably when I fell from the pull up rig mid-rip. That hurt...really, really bad...

10. What's one thing that no one at the gym knows about you? I'm an open book, so there's not much people don't know about me. I guess one thing that typically catches people off guard is when I tell them I crochet. Yes...I crochet. Like a BAMF.

11. What is your favorite quote from Strongpoint CrossFit? None of them are appropriate enough to publish...

12. What do you want to accomplish with your training in the next year? I want to continue to push myself and try new things. I want to focus on all my weaknesses and technique issues and increase my cardiovascular endurance. Eventually, I want to be able to do all WODs Rx and compete in that division in a competition at some point next year.

13. What advice would you give to someone who just started out? Check your pride at the door. Focus on you. Encourage others. Don't give up.

14. What advice would give to someone who was on the fence about starting? I would tell them to let go of any preconceptions about CrossFit and allow themselves to make up their own mind about it. Who knows...it might be exactly what they were searching for.



Coach's Comments: Enza came into the gym as a reasonably fit individual, but had not previously been exposed to many of the barbell movements or some of the more "exotic" things we do in CrossFit like rope climbs, ring work, and handstand pushups. Her strategy seemed simple enough – listen to the coaches and work her butt off! Oddly enough, that strategy has worked out pretty well for her and the staff has seen marked improvements in all facets of Enza's fitness. Her confidence continued to grow throughout the spring as she successfully completed the Gate River Run, CrossFit Open, and finished 5th in her first-ever CrossFit competition at the Festivus Games. She can regularly be seen around the gym encouraging the other members and working on advanced skills. Additionally, and probably most importantly, she also brought jazz hand burpees to Strongpoint CrossFit. Enza has been an absolute pleasure to work with and we look forward to seeing her continue to progress in the future!

Rhabdomyolysis: What you need to know today!

by Ryan Miller

Rhabdomyolysis is an injury that occurs when muscles are worked to the point of breakdown or crushed (compartment syndrome) with the subsequent release of muscle contents into the bloodstream. This rapid breakdown has the potential to overwhelm the kidneys and cause permanent damage. If left untreated, it may even lead to death. Rhabdomyolysis may be due to a crushing injury as in a car accident or simply to extreme physical exertion. The prevalence of rhabdomyolysis in athletes is fairly low at less than .01% and only affects about 26,000 people per year nationwide (904 Fitness (Issue 23), April 2014).

The link of rhabdomyolysis to CrossFit exists primarily due to a few factors; 1) a couple of bad cases that caught some media attention, 2) CrossFit's effort to teach trainers about risk and avoidance in Level 1 Seminars, and 3) the lighthearted, albeit less than tasteful, picture of "Uncle Rhabdo" that some consider an unofficial CrossFit mascot (The Box Magazine). Rhabdomyolysis is not necessarily a problem of CrossFit alone as the risk exists anytime muscles are pushed past the point of exhaustion as in a long-distance run or crushed by a devastating hit in football. I even saw a couple of cases while on active duty in the Marines due in part to hypernatremia and extreme physical exhaustion.

After 31 months in business, Strongpoint did not have a single case of Rhabdomyolysis and I was feeling pretty good about that after [CrossFit's Dirty Little Secret](#) was published in Health and Fitness in September of 2013. Having been involved with CrossFit for the last six years and coaching at two separate gyms for the better part of that, these articles pop up periodically and alarm everyone that reads them. Several members had sent me that article to get my thoughts. My response was the same, "Of course it's always a risk, but we have not seen a case of that here in XX months of business. It's rare and it is typically caused from someone overdoing it - trying to go too hard too fast."

That changed in the month of April when we found ourselves with two serious cases inside of one month. I define serious as an instance requiring medical attention, which in both of our cases involved hospitalization. In light of this, I'm compelled to share some thoughts on how we can avoid similar cases in the future.

Movements that have a pronounced eccentric component present a greater risk than other movements. Pull ups, kettlebell swings, and glute-ham sit ups are a few. In both of the cases in our gym, pull ups were in the workout or series of workouts that led to the condition. It is absolutely vital that you simply move on if you reach the point of muscular failure with any of these movements.

Use enough weight that it is challenging enough to demand some breaks. Continuous movement with very low weight puts you at an elevated risk (for instance, 150 wall balls unbroken with a 6# ball in 4:30 vs. 150 wall balls with a 14# ball and some breaks in 9:00). That said, do not be afraid to take

breaks especially if you are new to CrossFit or have had some time off from training for any reason. Always stay a few reps short of failure and if you hit failure at any point, do not hesitate to move onto the next exercise or skip that movement altogether for the remainder of the workout.

Individuals that were active in CrossFit at one point and then took a break are particularly susceptible to rhabdomyolysis. Say a person with a year-plus of CrossFit and a very good time on the benchmark workout *Angie* (100 pull ups, 100 pushups, 100 sit ups, 100 squats for time) takes six months off from training. They return after the break, look up at the board, and think, "I still got it!" They push their muscles to the point of failure in an effort to do what they could do before. Mentally they think, "Go harder," but their muscles simply are no longer conditioned to push that hard. This individual is at a severe risk of developing a case of rhabdo.

Individuals that are already in good shape by anyone else's standards are also at a particularly high risk of developing rhabdo for a couple of reasons. One is ego.... Despite being new to CrossFit, someone with a very good aerobic base (think marathon runner or triathlete) may think they should be able to keep up with some of the veteran CrossFitters in the class. While their endurance is very well-developed, their muscles are probably not accustomed to the specific demands of CrossFit. Tactical athletes like military, police, and fire may be at an elevated risk as well because they may have the mental ability to push harder than their body should actually go.

Ensure that you are taking sufficient breaks between workouts. There is only one Rich Froning and his training volume would put most of us mere mortals in the hospital! Beginners should start with a day on followed by one or two days off to recover. As the body adapts to the regimen and begins to recover more quickly between workouts, move to two days on and one day off. From there, a regimen of three days on and one day off is what CrossFit HQ publishes. The lynchpin of CrossFit is intensity. You simply cannot have intensity without recovery!

Consider all of your training volume as just that: training volume. Maybe you are only doing CrossFit three days a week, but training for a marathon or triathlon outside of the gym. Gym programming is largely developed for people that are doing CrossFit as their primary sport. If you are running three days a week, swimming two days a week, cycling two days a week, and doing a CrossFit WOD three days a week, it is more than likely entirely too much volume and you are probably not recovering between sessions. That is, of course, unless you have the good fortune of having a team of trainers and coaches, a nutritionist, a massage therapist, a chiropractor, and a physical therapist that all communicate and are dedicated to helping you train and recover perfectly. That is not the case for anyone I know and most of us have additional stressors in our lives like work, family, car payments, mortgages, etc.

Above all, know your limits. While the competitive aspect of CrossFit gets us to push a little harder than we might on our own and can generate amazing results, sometimes your body has simply had enough. Know when to say when without

beating yourself up about it. **Backing off is a sign of wisdom, not weakness.**

Factors that may elevate the risk of Rhabdomyolysis

- Dehydration.
- [Hypernatremia](#).
- Excessive alcohol use.
- Pushing muscles to/past point of failure.
- Inappropriate rest/recovery between workouts.
- Not scaling workouts to your ability level.

Symptoms of Rhabdomyolysis

- Pain disproportionate to the perceived level of work.
- Muscle aches, pains, and weakness.
- Bruising and/or swelling of affected parts.
- General feeling of illness.
- Decreased urine.
- Very dark urine (think Coca Cola).

What to do if you have symptoms of Rhabdomyolysis

- Go to the doctor. Early detection will prevent the onset of a more serious case.
- Drink plenty of water (see *Hydration Matters* in this newsletter), but don't overdo it!
- Take in adequate electrolytes (sodium, potassium, calcium, magnesium).
- Avoid heat therapy (heating pad, hot tub, sauna) if you are experiencing symptoms as it may exacerbate the release of muscle contents into the blood.

References and further reading:

[Killer Workouts](#)

[CrossFit Induced Rhabdo](#)

My Personal Experience with Rhabdo

by Candice Simmons

Who ever thought that drinking too much water and exercising too hard could put you in the hospital?

I have always taken measures to be as healthy as I could possibly be. Water has always been my beverage of choice and as a matter of fact I am sort of obsessed with water. I have a bottle with me all the time. I am constantly refilling it and I actually get anxiety if I don't have access to water. It is my addiction and I always thought it was a healthy addiction. I mean, it's much worse to be addicted to gambling or smoking or drugs or porn, right? I have come to realize that anything you are addicted to can be harmful.

In the past few months I have been feeling dehydrated during my workouts even though I am drinking huge amounts of water. I have been toying with the idea that I may possibly drink a little too much water. Instead of limiting my water intake, I started adding coconut water to the mix. I knew that I may be flushing myself of too many electrolytes during a workout because I would get headaches that would last all day after a morning workout, so I thought the coconut water would help to balance my electrolytes.

Have you ever heard of Hyponatremia? This is an electrolyte disturbance that is a result of proportional excess of water relative to the salt levels in your blood. I read about this a couple of months ago when my head felt like it was going to explode after a workout. I immediately ate a spoonful of salt and had my levels checked the next day. They were normal, so I decided not to worry. Had my sodium and potassium levels been checked following a vigorous workout, I feel they would have been depleted.

I travel a lot for work. I was out of CrossFit for 2-1/2 weeks. Last week, trying to catch up I worked out on Wednesday and Thursday. Both days were pretty heavy arm workouts. Thursday morning I had 2 large cups of coffee, a large bottle of water and coconut water. (Coach) Angie even took a picture of me doing Thrusters next to my supply of liquids. The workout was 50 pull-ups, run, 21 Thrusters, run, 21 Thrusters, run, 50 more pull-ups. I knew that I was struggling with the pull-ups so on my first round I scaled back to 42 reps. On my second round I scaled back to 35 reps. My muscles felt spent, but it wasn't the first time I felt spent during a WOD and I was actually proud of myself for not trying to overdo it.

I was sore on Friday, normal sore. Saturday morning I woke up and couldn't easily straighten my arms all the way, so I grabbed a band to stretch them and thought I would even out my pain by doing some squats. Saturday evening my brother saw me, and he was like, "Whoa! Your arms are huge, what did you do?" Sunday at our family Easter Festivities everyone in my family noticed my swollen arms and they were all worried I had torn my muscles or injured myself.

My mom got on her iPad that evening and researched swollen arms and CrossFit. She found an article on Rhabdomyolysis. Rhabdo is a condition where damaged muscle tissue breaks down rapidly and is released into the bloodstream. They measure this by checking CK levels in the blood. Typically CK is around 100. When Rhabdomyolysis occurs, CK levels increase to at least triple the usual levels. Rhabdo is usually onset because someone isn't hydrated enough; however it can also onset with over hydration. One of the symptoms is unusual swelling. Well, I didn't have elbows. My arms were so swollen that they felt like they were going to burst. I couldn't even think about straightening them. Other typical symptoms of Rhabdo are: Brown Pee (a result of harmful muscle protein that cannot be filtered by your kidneys), weakness, pain, nausea and vomiting. It can lead to kidney failure and even death.

I called the doctor first thing Monday morning and insisted they see me right away. My pee was clear. I had no pain, no weakness, no nausea. I felt fine aside from my arms being swollen like hot dogs. The Dr. agreed to do a blood test even though she recommended I go home and watch the swelling and if it was worse the next day, to come back. I plead that she check my CK levels and if she can, please get the results today. I assure her that the swelling is much worse than it was the day before. I tell her that it may not be Rhabdo, but I have never experienced swelling like this before. I make her read the article that I found and show her pictures of other people who's arms look just like mine. She assures me that it isn't Rhabdo, but that she will try to get the results stat for my peace of mind.

My doctor referred me to a sports medicine Dr. to get his opinion. He agrees that the swelling is unusual, but couldn't be Rhabdo because Rhabdo is associated with Brown urine. He tells me I probably bruised my muscles, but that he will be interested to see what the CK levels are.

At 4:30pm the same day I get a call from my doctor she says that I should stay calm and drive myself to the ER. My CK levels were at 27K. It's Rhabdo. They check my CK levels at the ER and they are up to 37,880. They hook me up to fluids and by the next morning my levels were decreasing and hopefully they are continuing to decrease. When I left the hospital on Wednesday they were down to 11K.

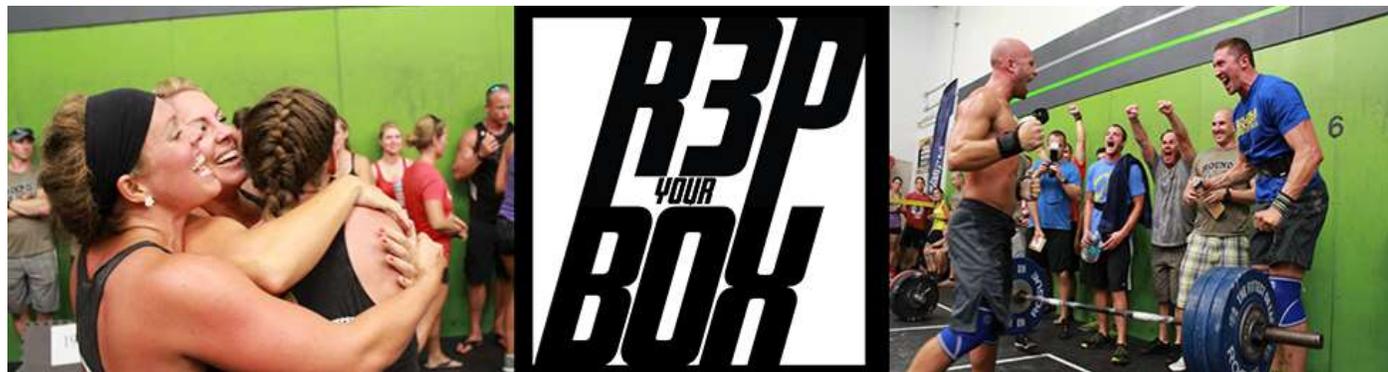
The kidney doctor. said that I had no damage to my kidneys and that they really couldn't even trace anything in my urine because it was so diluted. He also tells me that I shouldn't be that diluted. He asks if I have heard the story of how a radio station had this water drinking contest and a woman died. He says, "That's a true story." I believe the reason I didn't have any of the other symptoms is because I was over hydrated.

I am not sure exactly why this happened. Unfortunately, I can't prove that I had hyponatremia and that's what caused the onset of Rhabdo. However, I can share what happened to me so that if the same thing happens to you, you can also act fast and save your life.

Xo,
Candice



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MAY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 27	April 28	April 29	April 30	1 Jeanne Sapp Travis Long Kyle Kelley	2	3 Mallory Almond
4 Pearl Marodis	5 Brittany Perry	6 Hiawatha Tiller	7 Yoga Class Begins! 7:30 pm	8 Bring-a-Friend Day	9 CF South East Regionals 	10 CF South East Regionals Josh Linsner
11 CF South East Regionals	12 Flex Foods Vendor Night Reggie Hughes	13	14 Yoga 7:30 pm	15	16	17 Bring-a-Friend Day
18	19 110% CLINIC 4:00-7:30 Petey	20	21 JAX RUNNING CO. TRIGGER POINT CLINIC 4:00-7:30 Yoga 7:30 pm	22 Mike Eddins	23 Mike Garland Candice Simmons	24 WEIGHTLIFTING CLINIC WITH JOEY LIPPO 11:00-2:00
25	26 Memorial Day Murph Holiday Hours	27 Laura Kinsey	28 Yoga 7:30 pm	29	30 Justin Sallas	31 REP YOUR BOX 3