



The Strongpoint Scoop

January 2014

ELITE FITNESS IS OUR GOAL.

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January Training Highlights

by Ryan Miller

We just wrapped up another jam packed month in December complete with in-house challenges, competitions, and the holiday hustle. We completed the CrossFit Total and Baseline the first weekend of the month and saw a total of 44 new personal records on Back Squat, Press, Deadlift, Total, and Baseline! All that hard work throughout the fall definitely paid off. Coach Laura Davie competed at the American Open the same weekend where she finished 8th of 26 competitors from around the country. Laura went on the following weekend (12/14) to win her division and women's Sinclair at the Soul Open. Jason Doll and Cassie Peterinelli also both put up solid performances at Soul with Jason setting a new meet PR on Clean & Jerk and Cassie going a perfect six for six! We also sent a co-ed team to CrossFit Steel Mill on the 14th for their first anniversary competition. Congratulations again to Ashley Butler, Laura Kinsey, Taylor Troedson, Aaron Sheeks, Rhett Butler, and Danny Shields for their first place finish! Rhett turned around the following day and competed at the Jacksonville Jaguars Keep it Tight Challenge where he finished in the top 5 of 46 male competitors. Great job Rhett! We had a total of 12 athletes complete the Wall Ball Challenge in December with Hiawatha Tiller, Steven Fuata, Amanda Conner, Connie Garland, Ashley and Rhett Butler completing the full 750, Jill Heyse passing 600, and Denise and Kevin Perrigo, Mike Cummings, and Enza Lobusta hitting the 500 mark.

We have another packed month in January starting with back-to-back **Bring-a-Friend Days** on the 8th and 9th. Please invite a friend or family member join you for any class on either day to show them what Strongpoint CrossFit is all about and how to get into the best shape of their life in 2014. We will then roll directly into our **Back-in-the-Saddle Paleo Challenge** kicking off at 8:00 am on **January 11th**. This is a perfect opportunity to *cleanse* after all the holiday binge drinking and eating and to reset your habits for the rest of the year. The cost for participants will be \$30 and we will turn 50% of all proceeds back around for category and overall winners as cash prizes. We will be hosting **Heartland Rehab** on **Monday, January 13th and Wednesday, January 15th**. Heartland will have a therapist onsite each day from 5:00-8:00 pm to demonstrate some of their therapy capabilities that may help reduce pain, inflammation, and injury. On the competition front, Cassie is headed out to Colorado at the end of the month to compete at the Junior Nationals. Good luck Cassie! We all wish you the best. And finally, CrossFit Headquarters just released the 2014 Games Schedule and registration will open on January 15th with the first workout being released on Thursday, February 27th. Like the previous two seasons, there will be five Open workouts culminating in Workout 14.5 on Thursday, March 27th. And in other exciting news, Jacksonville will be hosting the Southeast Regionals this year. Mark your calendars for May 9-11 if you are interested in seeing the best CrossFitters in the Southeast throwdown right in our backyard!

On that note, we will continue our open prep through the month of January with a mini-squat cycle serving as the focus of our strength work with Olympic lifting sprinkled in. Our conditioning will turn even more toward CrossFit Open style workouts with an emphasis on the 14 movements most commonly seen in the Open. See the short article in our last newsletter for specifics on that. Our monthly challenge this month

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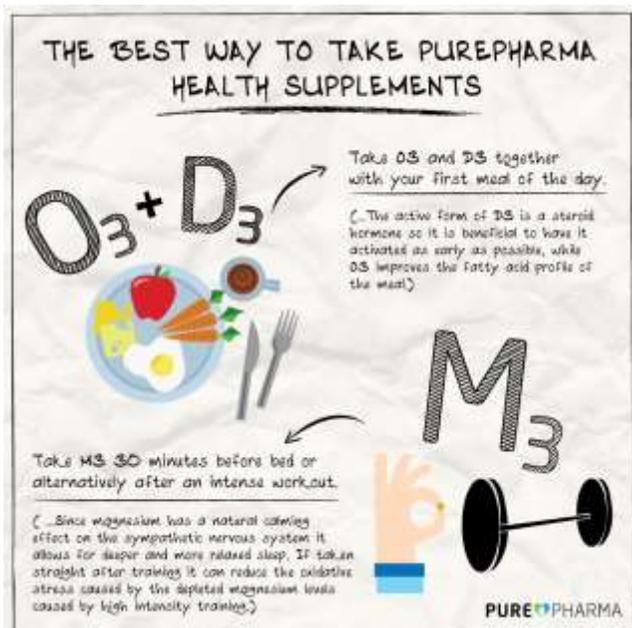
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will be Chest-to-Bar Pull Ups, which is a movement that has appeared in every Open since 2011. We will have three completion levels again this month with Gold (500 repetitions), Silver (400), and Bronze (300). As always, modified reps count as long as you are working at your ability level. This is the last push to sharpen that spear before the Open!

We welcomed aboard Kyle Justice, Swati Mehta, Airon Perkins, and welcomed back Andrea Mancheno, Adam Wilson, and Tiffany Mueller in December. We also welcomed Michael Devine, Matt Anderson, Jimmy Stevens, and Cameron Paley for extended visits between semesters or deployment cycles. Hopefully we will see them again in the summer. I would like to thank everyone who brought in a dish and/or hung out for the community holiday party on the 21st. That was a fairly brutal 12 Days workout this year, but despite that, I think that a good time was had by all who participated! I would also like to thank Dr. Dave Edenfield, DC, and Dr. Jonson Yousefzadeh, DPT, for their article contributions this month. They are both experts in their respective fields and are excited to work with athletes from our community. 2014 is going to be another great year for Strongpoint and I am excited about the community we have built and the possibilities ahead. We have a great team! Now let's train hard, train safe, and get better in January!

-rm



Respect Your Tissues

"Muscles Are Responding, But Tissues Are Failing"

by Jonson Yousefzadeh, DPT, CSCS

It is important to recognize that the body is made up of a variety of different tissues... each is designed differently, both structurally and in its material components... and if you remember from high school anatomy; 'structure is related to function'. So keeping that in mind, it shouldn't surprise you

for me to say that different tissues serve different purposes. To keep it simple, let's just say that they are designed to withstand different forces like compression, tension and so on.

Now not to make it too complicated but each tissue in your body has a different half-life... which means they turn over at different rates. Every tissue in your body is constantly being remodeled and replaced by new tissue. Now whether it regenerates as healthy tissue or degenerative, arthritic tissue is based on what sorts of stress it undergoes on a daily basis. When things are stressed properly (aka good movement mechanics), they respond by getting stronger, healthier and more durable (yay!). The flip side is that when they are stressed inappropriately (aka poor mechanics), we are left with degeneration and injury (think tendonitis).

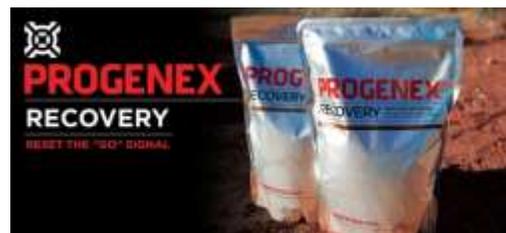
Now let's bring this back around to the quote we started with. It is a fact that our ligaments and tendons regenerate much more slowly than muscle tissue. Just trust me on that. So when we move poorly, we stress our tissues inappropriately leading to degeneration. Because our muscles adapt so quickly they are 'responding' by getting stronger even though we are potentially stressing our ligaments and tendons. This is why so many individuals new to CrossFit see quick gains in muscle mass, cardio, and dropping body fat but 6-9 months later they are coming down with a variety of issues like Achilles Tendonitis, Tennis/Golf Elbow or Plantar Fasciitis.

The takeaway is to always respect how your body feels and progress based on quality movement and mechanics, not just by how much weight you can move. Good quality movement stresses your body in a good way and your tissues grow more durable. Poor quality movement stresses your tissues negatively, leading to degeneration, pain and injury. So be a good mover!

Jonson Yousefzadeh DPT, CSCS

jonsonyousefzadeh@gmail.com

MyMobilityFix.com (launching soon)



Spotlight Athlete

by Mike Eddins

I have worked out in a gym at one time or another almost my whole adult life. I have always considered myself a fairly good athlete. I first came into contact with CrossFit through work about five years ago. Some guys at one of my stations had hired a "coach" to help them improve their fitness. They asked me to come by one day and join them. From what I can remember of the workout, it was here it is, now go do it. There was very minimal instruction. It involved some overhead work (that I had never done before) and running. Needless to say my form sucked, and I was lifting too much weight. Injury resulted. Result- CrossFit sucks!!! Last year my best friend started down in Safety Harbor. He began to tell me how much fun he was having and how motivating CrossFit was. Recalling my previous experience, it was hard to believe. The other intriguing aspect that he explained to me was the sense of community. He told me that even though it was highly competitive, everyone was supportive of one another when it came to completing the workouts. I started doing some clumsy research online to see what I could find and try and adapt it to my regular routine. I wasn't a big fan of instructor lead group fitness. I had seen them at the gym, and I didn't fit the suburban housewife mold. I tried to decipher some WODs that I found online and still didn't see the point. In early summer I had decided that I needed to do something because I absolutely hated going to the gym, and my fitness was suffering because of it. It was blind luck that I came across Strongpoint. I looked up CrossFit on Google Maps, and saw the Strongpoint was close by. I came by the box and no one was there so I called to see when gym hours were and so forth. It still took me a few weeks after I talked to Ryan to set up my initial evaluation. Judgment Day - I remember coming in for the first time and thinking Wow! I was so excited! I remember after we finished doing my intro Ryan asked, "Did you know your shorts are on backwards?" What can I say, classic! The rest as they say is history.

What I have found has changed my life. I have a renewed sense of purpose when it comes to fitness. I have had to learn to pace myself during the week so I can recover and not have to miss classes due to injury. I have met a great group of people that all share in the mutual excitement for their health and fitness. CrossFit has provided a mutual playing ground for my wife and I to work out together. I have learned how my nutrition directly affects my ability to perform. It has improved my performance both at work and in the recreational sports that I play. I would have never thought I would be in the best shape I have ever been in and still making gains on a daily basis at 43 years old! If you had told me a year ago that I could go for an hour straight and perform over 300 movements, I would have told you that you were crazy. Now I'm a believer!

1. What made you decide to start CrossFit? I needed a change. I was tired of the same old gym routine.

2. What results have you seen or goals have you achieved? Best shape of my life and still improving

3. What do you like best about the gym? The people and our specific program



4. What is your favorite exercise or WOD? Olympic lifts

5. What is your least favorite exercise or WOD? TTB and burpees

6. What motivates you to show up day after day? Seeing the results and having fun while I'm doing it, and your pleasant disposition

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

about not being able to complete a workout

8. What has been your most memorable moment at Strongpoint CrossFit? When I jumped on a 30" box. I never thought I could do it.

9. What has been your least favorite moment at Strongpoint CrossFit? When I hit myself in the head with the bar during a workout (95 lbs I think).

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

11. What is your favorite quote from Strongpoint CrossFit? I'm the coach now you shut up. :)

12. What do you want to accomplish with your training in the next year? Better nutrition and improved body comp, RX the named

13. What advice would you give to someone who just started out? Take it slow, it's easy to get ahead of yourself, speed will come with improved form and technique

14. What advice would give to someone who was on the fence about starting? burn the fence and get your ass moving.

Coach's Comments: Simply put, Mike is a workhorse! He came into the gym with a good athletic base, but we have seen marked improvements in his strength, conditioning, and general athleticism since he started due primarily to his consistency and effort. He participated in the fall Paleo Challenge where he finished near the top of the group and turned around with a second place finish in the Master's Division at our In-house throwdown in September! He also referred in his wife, Erika, who has become a great part of the community and we hope that she is able to rejoin us very soon. It is for these reasons that Mike was selected as our Spotlight Athlete for January and we look forward to continuing to work with both Mike and Erika in 2014!

CrossFit & Chiro

by Dr. Dave Edenfield

CrossFit is the sport discipline that is designed to train the body to function optimally. Chiropractic is the medical discipline that is designed to optimize the functioning of the spinal column along with its interrelated nerves, muscles, and soft tissues. Together these two disciplines can revolutionize the way in which people approach fitness.

Not Just for Jocks

Athletes know the value of daily workouts as well as how to maximize their use of various forms of fitness equipment. Many non-athletes sign up for gyms and other physical fitness programs. Unlike athletes, most of these people have limited experience with workout routines and equipment. As a result, the dropout rate for people who enroll in gyms and other fitness membership programs is high.

According to theexaminer.com – “Of the 50.2 million people who belong to a health club in the U.S., about 62% visited fewer than 100 times a year, according to data compiled in January 2011 by the International Health, Racquet & Sportsclub Association (IHRSA), a Boston-based trade group that represents nearly 9,000 clubs. Last January, approximately 30% of total gym members were new; this suggests that initial strong attendance is followed by health club truancy and cancelled memberships. Research has found that these dropouts often come in with unrealistic expectations and get discouraged because they do not know how to use the equipment or just get bored.”

What makes CrossFit unique is that workouts are completely supervised. Add to this the fact that it isn't centered exclusively on the use of weight training and other forms of workout equipment. In CrossFit, your body is the workout equipment. A typical session starts with a warm up followed by highly focused skill sessions that are usually last only a few minutes. The remainder of the class is dedicated to a number of other routines that are designed to work out various parts of the body. This philosophy not only keeps participants from becoming bored, but it also works out the entire body in as little as 30 minutes.

“You've done more in 10 to 25 minutes in CrossFit than three hours in the gym doing circuits. I've done that. It's nothing like this,” said Jason Umberger, deputy chief of police, Swatara Township.
(http://www.pennlive.com/bodyandmind/index.ssf/2011/01/a_typical_Cross_Fit_workout.html)

No Pain No Gain

Just like seasoned athletes, CrossFit training doesn't come without a certain amount of soreness as an after effect. Especially to those new to the training regimen, your muscles will feel it on the following day. This is where chiropractic care comes in. When it comes to taking the hurt away without resorting to pain killers nothing beats chiropractic. Offering everything from manual adjustments to massage, ultrasound, laser treatment and other deep tissue treatments, chiropractic

is used and recommended by a number of top athletes including Michael Jordan and Tiger Woods.

Face it; hard workouts put a number of stresses on the body. Checking in with your chiropractor after a workout will not only help you overcome any aches or pains, but it will also ensure that your spine is properly aligned, your frame is balanced and your nerves are better able to communicate. This means quicker recovery times between workouts and better overall results.

You Are what You Eat

Another benefit of both CrossFit and chiro is that both disciplines stress nutrition. When it comes to maintaining peak fitness, diet plays a big part. While CrossFit is an excellent way to lose fat and tone muscles, it also requires proper nutrition to maximize results and increase muscle mass. Food such as leafy greens, garden vegetables, nuts and seeds, along with lean meats and fish are good. Starchy foods and sugars, including bread, rice, candy, potatoes, sodas and candy should be kept to a minimum. Vitamins and other nutrients are also vital to peak performance. Both your trainer and your chiropractor can help you answer any nutrition-related questions.

If you are looking to improve your health, shed pounds and improve your muscle tone and cardiovascular condition, CrossFit and chiropractic fit together like two peas in a pod. If you are thinking about starting a workout or CrossFit program, consult your chiropractor today. Your body will thank you.

Dr. Dave Edenfield and Dr. Steven Warfield are part of the team of doctors and therapists at <http://chiropractor-jacksonville-fl.com> and <http://endyourpain.org> who are dedicated to helping you and your family lead healthier, happier and pain-free lives

MOVEMENT OF THE MONTH: CHEST TO BAR PULL UPS



The Chest-to-Bar (CTB, C2B) Pull Up is a fairly self-explanatory movement. It's like a regular chin-over-bar pull up, only you have to make physical contact with the chest on the bar. The typical movement standard requires the athlete to touch somewhere between the nipple line and clavicle. The CTB pull up also provides a somewhat more demanding metabolic stimulus and is a great transitional movement to the more complex skills of bar and ring muscle ups.

On the surface, the CTB pull up is performed in much the same way as a standard pull up. The set up may be done with a thumbless or thumb-over grip depending on the relative comfort of the athlete (both grips have advantages and disadvantages). One difference is that the athlete may elect to take a slightly wider grip in order to allow the shoulders and chest to fit between the hands. The hollow and arch is virtually the same as any other kipping bar movement (pull ups, toes-to-bar, knees to elbow, muscle ups) with a tight, open arch at the bottom followed by a closed hollow and extension of the hips (kip) toward the bar. Where it differs is in the actual kip due to the requirement to make physical contact with the chest on the bar. It requires a somewhat more aggressive kip in order to move the body higher than a standard pull up. This then raises the metabolic demand of the movement. The athlete should kip high enough that he or she is able to then transition from a vertical to a horizontal pull into the side of the bar facing the athlete. The athlete should focus on getting the chest to the appropriate height and then pulling toward the bar as if trying to tuck the elbows behind the back (squeezing into the bar). A common error is to attempt to contact the bottom of the bar, which typically results in an overarched and weakened position in the cervical and thoracic spine. Additionally, it is important to push back off the bar after making contact and reassuming that arched body position at the bottom. After that movement pattern is learned, it's a simple matter of rinsing and repeating! Hollow – Arch – Pull (up) – Pull (in) Push (away) – Hollow – Arch – Pull (up) – Pull (in) – Push (away)

The CTB pull up can be scaled in exactly the same manner as regular pull ups. I recommend that athletes scale with a banded CTB rather than modifying with a regular pull up due to the differences between the movements highlighted above. For monthly challenge purposes, modified repetitions count as long as you are working at your ability level. We have seen CTB pull ups in CrossFit Open Workouts 11.6 and 12.5 (7-minute AMRAP of 3 Thrusters, 3 CTB, 6 Thrusters, 6 CTB, 9/9, 12/12, 15/15...) and 13.5 (4-minute AMRAP of 15 Thrusters, 15 CTB with additional 4-minute periods awarded for successful completion of 90 reps or three rounds in the 4-minute period). If I were a betting man, I would bet the house that we will see CTB again during the 2014 Open. And when we do, we'll be ready!



Image from: <http://crossfiteastbay.com/blog/tag/challenge/>



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



JANUARY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year! NO CLASSES	2	3	4
5 "Ninja" Brown	6	7	8 Bring-a-Friend Day	9 Bring-a-Friend Day	10	11 Paleo Challenge Prelims (8am) @ SPCF – See Training Highlights for more info. JDoll
12	13 Heartland Demo (5-8pm) @SPCF – See Training Highlights for more info.	14	15 Heartland Demo (5-8pm) @SPCF – See Training Highlights for more info. Denise Perrigo	16	17 WODapalooza (South FL)	18 WODapalooza (South FL)
19	20 Martin Luther King, Jr. Day	21 Curtis O'Neil	22	23	24 Staff Planning Day – Modified Morning Hours! Chris Petow & Donna Mills	25 Captain Meano, Jimmy Corbett, & Luke Losik
26	27 Ivan Gonzalez & Laura Davie	28 Kurt Hawthorne	29 Steve Fuata	30 USAW Junior Nationals (CO)	31 USAW Junior Nationals (CO)	Feb. 1 USAW Junior Nationals (CO)