



The Strongpoint Scoop

February 2015

ELITE FITNESS IS OUR GOAL.

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February Training Highlights

by Ryan Miller

We just completed the first month of 2015 and it was a busy month for Strongpoint. We christened three new coaches and welcomed aboard Michelle Penson, Heather Harrelson, and Liz Gard to the staff. All three are into their 4th week on the floor and are doing a tremendous job so far! I look forward to seeing them continue to contribute to in the future and working together to start Strongpoint Kids!

We wrapped up the Master's Functional Fitness League and put up some pretty impressive performances worldwide. Of our 7 participants, six finished in the top ten worldwide and four won their respective division in the South Region. Jill Heyse took 7th WW/4th South, Michelle Penson 10th WW/3rd South, Chris Brennan 3rd WW/1st South, Airon Perkins 4th WW/2nd South, Matt Thurber 15th WW/6th South, Mike Cummings 5th WW/1st South, and Steve Blakley 2nd WW/1st South.

Strongpoint sent two teams to the River City Rumble hosted by Steel Mill CrossFit at their Fleming Island location. The team of Laura Davie, Heather Harrelson, Aaron Sheeks, and Jason Doll finished 7th overall while Michelle Knight, Lauren Maynard, Steve Fuata, and Mike Colligan finished 22nd. The Bold City Beatdown was the next event on the competition slate with Heather Harrelson taking 2nd and Laura Davie 7th in the Rx Division and Michelle Knight finishing 5th in the Scaled Division. Congratulations to all our competitors. Great job ladies and gentlemen!

We started our first class of the [Strongpoint Boot Camp](#) on January 10th with a total of nine new members accepting the challenge. The program entails three in-class sessions each week, three at-home workouts each week, a Paleo nutrition prescription, and a different lifestyle category each week involving things like hydration, sleep, mobility, and nutrition challenges to implement. While it's going well, I am in the process of re-designing this program to a shorter time period and a lower price point. Look for additional information in the coming weeks and feel free to have interested individuals contact me for more information.

Fourteen members started the Lurong Living Resolution Challenge, which will carry us through late-February. Congratulations to Angie, Cathy, Chris, Connie, David, Erika, Heather, Janelle, Lauren M., Martin, Mike G., and Mike E. They are taking a big step towards dialing in their nutrition and life in the 163-166 hours they spend outside the gym each week!

Strongpoint just completed our first month of participation in the Sweat Angels program. Our January cause was to contribute money to provide winter coats for people in need. With over 250 check-ins throughout the month, our gym alone was able to provide 16+ coats to people in need! Our February cause is to support kids in need of glasses. All you have to do is check in on Facebook each time you visit the gym and each check-in counts toward our total and raises funds for kids in need!

We also had a total of 6 individuals complete the January monthly challenge, which required them to do 1,000 burpees. Congratulations to Enza, Fuata, Mike Cummings, Matt B., Michelle P. and Connie for completing all 1,000! Your challenge for February is 500 Chest-to-Bar Pull ups. Chest-to-Bar has appeared in every open, so this is the perfect opportunity to practice your technique in preparation.

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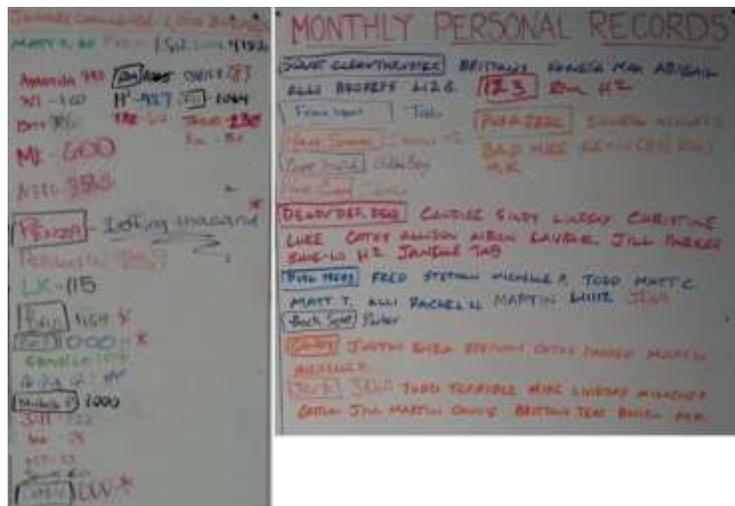


We welcomed aboard a handful of new members in January including Phil, Soren, Eddie, Eric, Lauren, and Myles. We had a total of nine join via the boot camp program. Welcome to Michelle C., Michelle T., Crystal, Lesley, Jaycie, Megan, Kristi, and welcome back to Maria and Jeremy! We also welcomed back Tevin, Brandon, and Chris P., who just returned from a long deployment over to Japan. Thanks to Chris for his service and to he and his family for their sacrifice.

We are starting our sixth month of Conjugate programming in February and continuing to lean into preparation for the CrossFit Open. We are hosting two seminars this month first with Brian Carroll's "Strength for a Lifetime" Seminar on **February 1st** and Coach Paul Villarreal's CPTS Gymnastics Seminar on the **21st**. Paul is the head coach of CrossFit Sovereignty, is a two-time Southeast Regional competitor, and is well known for his strength in bodyweight movements. Seats are still open for the CPTS Seminar. We are also sending a couple of teams across the street to CrossFit 904 for their annual Valentine's Day Massacre event on **February 14th**. And finally, the 2015 CrossFit Open will begin with the first Open announcement, 15.1, on **February 25th**. They will make one workout announcement each Thursday during the five week worldwide event. We're going to be running "Friday Night Lights" this year with workouts at 6:30 pm on Friday nights. This year's Open is going to be awesome!

January was a great start to 2015 for the gym and I'm looking forward to all of the events in the coming months. Now let's train hard, train safe, and get better in February!

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Spotlight Athletes: February 2015

by Laura Kinsey & Dan Shields

What made you decide to start CrossFit?

LK: Danny got into CF first, soon after he moved to Jax. I have always been a gym rat so when I would visit on the weekends or for breaks from grad school, I would come to the box with him. After a few visits I was hooked.

DS: I was getting bored with the normal routine at a conventional gym (Golds, Powerhouse, etc.) and fed up with not seeing any improvements. I reached a point where I was

just going through the motions and not trying anymore. I was in the gym just to "be in the gym" if that makes sense. I had a vague set of goals and lost some of my edge and drive I had while lifting at UF. I was attracted to the competitive aspect of CrossFit, more importantly it was something new and energizing to try.

What results have you seen or goals have you achieved?

LK: I have continued to make progress in my strength and cardio in general. I only feel like I am going to have a heart attack during some WODs rather than all of them!! I have been working hard on my squat form and finally have double unders down with only mild whip lash.

DS: My Olympic lifts for sure. I never snatched before CrossFit. I have lost some top end strength, but have gained more endurance.

What do you like best about the gym?

LK: I cannot say enough awesome things about the great sense of community and friendship that Danny and I have received from Strongpoint. You guys have made acclimating to Jacksonville easy with the great friends we have made at the gym.

DS: People. They are your competition and support group. I have made a lot of friends and without them I would not be Broreps.

What is your favorite exercise or WOD?

LK: Gee, I mean there are just so many fun movements to pick from... Shoulder to overhead is probably my favorite movement and I like TABATA WODs because I can set a goal for each round and challenge myself to maintain it.

DS: I like Elizabeth, Diane and Grace. I also enjoy the full length WODs like Filthy 50, 300, Fight Gone Bad and some of the Heroes.

What is your least favorite exercise or WOD?

LK: Skid marks on my chin from wall balls aren't pleasant and neither is the deep burn in my quads from all the front squats we did in last week's WOD.

DS: Thrusters and...Thrusters



What motivates you to show up day after day?

LK: Seeing friends and the friendly competition between our female wolf pack.

DS: Seeing what physical/mental goals I have accomplished and what weaknesses remain.

What negative thoughts hold you back from being your best?

LK: Occasionally I will get discouraged when I am the last to finish a WOD, but I just walk it off in the parking lot and tell myself that finishing is better than never starting.

DS: Confidence in my elbow, energy levels not going to be there after work, poor flexibility

What has been your most memorable moment at Strongpoint CrossFit?

LK: I love seeing our Strongpoint crew out supporting one another at local competitions. You can feel the love when we are all screaming for someone to go faster or get one more rep.

DS: There are two: 1st Muscle up in old gym and writing my name in red crayon on the bathroom door. Complete muscle fatigue at RYB2, everyone around me screaming, collapsing from the pull up bar with only 2 reps left...only 2 LEFT! Then walking outside and the wind had blown over all Strongpoint tents and Ryan's supplements were scattered everywhere. Long story short, the team pushed me to a level I never experienced before. It was a good day

What has been your least favorite moment at Strongpoint CrossFit?

LK: Saying goodbye to Petey, one of the very first friends we made at the gym.

DS: CFG 14.5, 'nuff said

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

LK: For the sake of Valentine's Day, most people don't know that Danny was the only boy at my 7th grade birthday party...he chased me around the water park and the rest as they say, is history!

DS: Only 1 is true...

1. I am a rebel soldier from the future sent back in time to protect Sarah Connor from a Terminator T-800 model 101 cybernetic organism.

1. I have many leather bound books and my house smells of rich mahogany.

3. I had eyebrow ring and both ears pierced with slim shady hair in HS.

What is your favorite quote from Strongpoint CrossFit?

LK: Anything that LD's unmistakable voice screams across the gym.

DS: "Stretch, roll out... Do whatever you want, it's your nickel"

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

LK: I want to get ring dips and hand stand push ups Rx and refine my overhead squats.

DS: More flexibility and to improve with thrusters and OH squats

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

LK: The thing I cannot stress enough is to start with light weight and learn the correct form before you walk into your second class and throw Rx weight on the bar. We won't judge you for modifying a workout in order to do it correctly.

DS: Do not use the bars in the back corner in the squat racks. There are 2 sets of bands, one for stretching, one for lifting, remember this rule. Do not bite off more than you can chew; stay within your capabilities, maintain decent form and get a good pump. Just because others are at Rx does not mean you have to be.

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

LK: Give us more than just one visit before you rule out CF for your workout of choice. We are a friendly and eclectic bunch that occasionally like to mix silent meditation along with our max effort strength sessions 😊 Seriously though, Strongpoint is a great community and you could be the next addition to our family!

DS: "Now you're gonna have to go through hell. Worse than any nightmare you ever dreamed. But in the end, I know you'll be the one standing. You know what you have to do. Do it. Do it." -Tony "Duke" Evers (Rocky IV)

Coach's Comments: I still fondly remember my first interaction with Dan (a.k.a. Danny Broreps). He caught me out at lunch and it was loud so I told him I was at Panera and would call him back in a few minutes. The main reason I remember this is that he reminds me about this at least once a month... On a more serious note, Laura and Dan have been with Strongpoint since the "old gym" having joined during the late-winter of 2012. They are two of our longest standing members and have participated in numerous competitions and gym social events over the years. They have dramatically improved their fitness during that time, referred in several new members, and become a mainstay in our afternoon classes. Laura and Broreps have been a big part of the Strongpoint community for a long time and it is a pleasure to recognize them as our Spotlight Couple for 2015!



Ask Coach

by Ryan Miller

Q: Should I do the CrossFit Open this year.

A: Yes and here's why: 1) It will push you out of your comfort zone and give you a taste of competition in the comfort of your own gym. 2) It will bring focus to your training and nutrition for that five-week period (and before). 3) It will allow you to see how your current level of fitness stacks up to 150,000+ or so other people in the world. 4) It's fun. 5) It brings the entire community together. The Open is really about pushing yourself and we have people set a new PR every single year. Whether it's a max effort lift or your first Chest-to-Bar Pull Up, it pushes people to try a little more than they have in the past. It's a steeper learning curve when it really counts for something. That means that you get better faster when you're more focused. Several people have remarked to me in the past that they wished they had participated in the Open. I can only think of one that ever told me they regretted signing up. The scaled option in the 2015 Open really doesn't give anyone a good reason NOT to participate this year.

Q: How do you think I should get ready for the Open?

A: Keep showing up. Our regular programming will get your prepared well enough to tackle most Open workouts. We are going to continue repeating several of the previous Open workouts in the coming month. If you know you have specific weak points that need some work, spend a little extra time addressing them leading up to the Open. CrossFit HQ has programmed 15 movements into previous opens (Snatch, Clean, Deadlift, Shoulder-to-Overhead, Overhead Squat, Wall Ball, Thruster, Box Jump, Toes-to-Bar, Chest-to-Bar Pull Ups, Muscle Ups, Burpees, Hand Release Push Ups, Double Unders, and Rowing). If you're currently lacking capacity in one or more of those movements, then spend a little extra time working on them before the Open.

Q: Why do we have to jump at the top of a burpee?

A: We get a lot of questions about the burpee... 1) The burpee was developed by a Ph.D. in Physiology named Ronald H. Burpee (no kidding) in the 1930's as way to test and measure fitness. The test was adopted by the US military during WW II as a very simple, quick way to test agility, coordination, and strength. The test required the subject to drop to the ground into a prone position, stand back up, and jump and gave a good indication of the subjects ability to drop to the ground and return to a standing position as in dropping to fire a weapon and then getting back to the feet quickly. My only assumption as to why there is a jump at the end is that it requires less space and instruction than doing actual "fire and movement" where the subject would be required to drop, stand up, sprint a few steps forward, rinse, and repeat. My best guess is that the jump was added to save space. 2) The competition standard in the sport of CrossFit requires a jump. We typically practice to cater to the demands of the sport. 3) The jump adds a plyometric element of to the movement, which contributes to the development of greater power and speed. If that doesn't satisfy you and you still don't like the jump, then by all means take it out of the movement. Just do whatever you want.

Q: Just why in the hell do we snatch so much? I thought this was functional fitness and I feel like I'm never going to have to do this in life...

A: Let's go back to the 10 General Physical Skills. The CrossFit program strives to develop athletes in 10 ways: 1) Cardio-respiratory Endurance, 2) Stamina, 3) **Strength**, 4) **Flexibility**, 5) **Power**, 6) **Speed**, 7) **Coordination**, 8) **Agility**, 9) **Balance**, 10) **Accuracy**. Pretty much anyone would agree that the snatch develops athletes in each of the

skills highlighted in red. When programmed correctly in higher repetitions through a metabolic conditioning workout, the snatch can develop the athlete in Cardio-respiratory Endurance and Stamina specific to power endurance as well. While the specific movement pattern of the snatch may not appear useful in daily life, the adaptations derived from it are certainly useful for day-to-day living. Additionally, the snatch, clean, and jerk are unique in their ability to elicit a greater hormonal response through the engagement of so many muscle groups at one time. Simply put, there is not a single movement in the entire CrossFit arsenal that develops as many favorable adaptations at one time as the snatch. And finally, the CrossFit Open is coming up. The snatch is one of the 15 common movements used in previous workouts and it is one of the very few of those 15 that has appeared in every Open since 2011. Look around the gym sometime... Do you think it's a great coincidence that the athletes that tend to spend a little more time on their Olympic lifting also have a tendency to be toward the top of the board on other strength movements and conditioning workouts? I think not...



11 Quick Tips to Improve Your Recovery

by Ryan Miller

People often ask how to feel less sore after and between workouts. Here are eleven simple tactics that you can use to fight soreness and inflammation and get back in the game sooner.

1. Eat a well-balanced, low inflammation diet: There is ample research to support the idea that certain foods lead to systemic inflammation in the body. The CrossFit prescription calls for, "lean meats, vegetables, some fruit, little starch, and no dairy" as grains and dairy products have been shown to increase systemic inflammation. Additionally, you need to ensure that you are taking in sufficient protein and amino acids to replenish the muscles that you break down in the gym.

2. Implement post-workout nutrition: Post-workout nutrition should replenish glycogen, decrease muscle breakdown, and increase muscle synthesis. A good post workout drink will provide some carbohydrate to restore glycogen, protein and amino acids to aid in muscle synthesis and decrease muscle breakdown. Try to ingest a post-workout drink within 30-45 minutes of finishing your last rep of a workout and then eat a full meal within two hours to help further reduce muscle breakdown.

3. Sleep 7-8 hours (or more) a night in a pitch black room: Chronic sleep deprivation leads to a whole host of health problems. In this context, sleep is your body's opportunity to rebuild and repair the muscle fibers that you tear down in the gym. Additionally, sufficient sleep can improve focus

throughout the day; improve immune function, aid in weight management, and even help maintain libido. Turning off all light sources and blacking out your room aids in the release of melatonin, which is the body's natural sleep hormone.

4. Drink plenty of water: It's been said over and over again and exact statistics vary, but being just 1% dehydrated can not only negatively affect your work capacity in the gym, but can be detrimental to your overall tissue quality, which affects mobility. Additionally, water helps flush the body of toxins that build up during exercise. Shoot for a minimum of half your bodyweight in ounces daily (150 pound person should consume a minimum of 75 ounces each day).

5. Mobilize: There is a good reason why we perform a thorough warm up and mobility work each class. Poor mobility can lead to bad technique and performing a significant number of repetitions in compromised positions can lead to greater wear and tear on the body. Good supplemental mobility should include a combination of soft tissue work (self-myofascial release, a.k.a. smashing) as well as stretching in the areas you need the most work (not just the ones you like!). We have a wide variety of tools (rollers, lacrosse balls, softballs, Spiky Balls, The Stick, etc.) that will cover just about any surface on your body that you need work.

6. Cool Down: Take 10 minutes post-workout to do a short row, some myofascial release, and stretching. Additionally, the cash out work many days is actually programmed to aid the recovery process (like 100 band press downs or good mornings with light resistance after a particularly heavy triceps or back day, respectively). We also just recently acquired a [Crossover Symmetry](#) system that prescribes post-workout movements to improve shoulder health. Jumping right into your car and then flopping down on the couch is about the worst thing you can do after a hard workout.

7. Active Recovery: Have you ever noticed when you start a workout sore, you typically feel better after? Sometimes you just need a little of the hair of the dog that bit you! Your lymphatic system serves to transport fluid, containing white blood cells, which helps the body get rid of toxins and wastes. Muscle contractions serve to return fluid back to the cardiovascular system; reducing inflammation and soreness. Sitting on the couch all day... not so much.

8. Electronic Stimulation: Systems like the [Marc Pro](#) reduce pain and soreness by creating a series of muscle contractions, which accelerates the process of moving nourishment and removing waste. These contractions have the same effect working the muscles through exercise. Additionally, it's a very passive way to get some recovery work done while you watch TV, read a book, or scream at your kids. Marc Pro has a 12 month, 0% payment plan and I can provide a coupon code to offset the cost of the system. Additionally, every four systems purchased under that code contribute one Marc Pro system to wounded veterans via the [Resiliency Project](#).

9. Thermal Therapy: Not only does a heating pad feel good on sore muscles on the spot, but it actually helps push blood to the area, which has the residual effect of reducing pain and soreness in the area. Again, this is a fairly passive way to get some recovery work done while you get other important work done like reading this article and surfing social media.

10. Compression: While it's counterintuitive that wearing a tight garment would increase circulation, compression garments actually do just that and help to relieve swelling. We also have voodoo floss bands available for use in the gym, which provide a short period of intense compression that can reduce swelling, break up adhesions, and improve circulation. There are several [Mobility WOD](#) videos available on YouTube that demonstrate different [voodoo floss techniques](#) for various ailments. Compression garments like [110%](#) gear are one more very passive way to aid recovery and can generally be done while you sleep.

11. Body Work: See your friendly [massage therapist](#), [chiropractor](#), and/or [physical therapist](#) regularly. I know some great ones that love helping our members feel better and work toward achieving optimal performance. Their combined services include chiropractic care for maintenance or injury, soft tissue work and stretching, and free orthopedic screens. Look them up and give it a try!

So there you have it! As usual, I do not have a silver bullet that will cure all woes. This is really a very brief, general description of each topic and any one or all could easily have a full article. It will take some trial and error to determine what you like, what works for you, and what you can make work with your budget and schedule. Each technique may add a few percentage points of better recovery, but may add up a lot when used together consistently. Any combination of techniques is worthwhile to try out if it will help you train better. For information on these topics and more, check out this [video](#) from Kelly Starrett and friends on why the old RICE approach to recovery may not be so right after all...



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February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tobie Fodge Brian Carroll "Strength for a Lifetime" Seminar (9-4)	2	3	4 Danijel Rajic Jomaislu Martinez	5	6 Mr. Steve	7
8	9 Karl Pitterson	10	11	12 Ashley Butler Caitlin Hoover	13	14 Joelle Balotin Jim Vannan Valentine's Day Massacre (CF 904)
15	16	17	18	19 Kelly McCormack	20 Lauren Clark	21 Airon Perkins CPTS Seminar (11am-2pm)
22	23	24	25 Eric Callari Bring-a-Friend Day	26 CrossFit Open Begins CFW 15.1 Announcement	27 Michelle Knight Friday Night Lights Starts at 6:30pm	28 Bring-a-Friend Day
1 MARCH	2 MARCH	3 MARCH Nick Watson	4 MARCH	5 MARCH CFW 15.2 Announcement	6 MARCH Friday Night Lights 6:30pm	7 MARCH Chi Kwong Crossover Symmetry Seminar (CF Jax)