



The Strongpoint Scoop

November 2013

ELITE FITNESS IS OUR GOAL.

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November Training Highlights

by Ryan Miller

October is in the books and we look forward to another busy month in November. We completed our first in-house Paleo Challenge on October 12th with Ashley Butler taking first place overall, Mike Colligan finishing in second, and Jeff Koby finishing third. We handed out almost \$400 in cash prizes and our other top performers in individual categories were Ivan Gonzalez, Angela Koby, Mike & Erika Eddins, Amanda Conner, and Connie Garland. The group lost a total of 44# and 24 inches around their waists and hips! Great job ladies and gentlemen!

We hosted back-to-back Bring-a-Friend Days on the 16th and 17th and gave a total of 13 friends and family members an introduction to CrossFit. We hosted two fundraisers during October raising several hundred dollars for Lift Up Luke (autism awareness) and Barbells for Boobs (breast cancer detection and treatment). Additionally, we had seventeen participants in our first annual Halloween Costume Contest in which Coach Laura Davie won the most "Likes" on the Facebook Fan Page and thus took home the prizes. We also had a total of seven complete the 2,000 Double Under Challenge. Congratulations to Cassie, Rhett, Candice, Joe, Ken, Hunter, Amanda L. and Aaron!

Our monthly challenge for November is Toes to Bar, which are affectionately known as "Toes to Stupid Bar" by many of our members. We will have three completion levels this month with 600 (20 per day), 500 (about 16-17 per day) and 400 (about 13-14 per day). Toes to Bar have appeared in every CrossFit Open since the first year in 2011 and there is no reason to think that they will not show up as a test of core strength in 2014. This is a great opportunity to get a head start now! We will also wrap our 12-Week Hatch Back Squat Cycle this month. We already saw numerous 4, 3, 2, and 1 rep personal records in October and I am excited to see what our final max day at the end of the cycle holds!

We have another jam-packed month in November starting with three separate events on **November 9th**. We have a few competitors headed down to CrossFit Atlantic for the Ancient City Throwdown, the JU Color Run in support of a campus veterans' center, and the Florida State Weightlifting Championships. Best of luck to our competitors, Laura, Jason, Donald, and Ian and to all of our runners! The following weekend is the Fall Free for All at the University of North Florida where we have two teams competing. Good luck to Rhett, Chi, Ken, Aaron, Parker, Tayler, Amanda, and Dan Shields. We will again be hosting back-to-back Bring-a-Friend Days for all workouts on the **20th and 21st** and will wrap up scheduled events with a Gymnastics clinic with Coach Hollis Heatherly from First Coast Gymnastics on **November 23rd**. Coach Hollis will break the clinic down into three parts with a focus on single or pull up bar work, handstand work, and ring work. The cost of the clinic is only \$30 and you can sign up on the white board before or after classes.

During the entire month of November you will notice a Toys for Tots collection box in the gym where you can donate a new, unwrapped toy to the Marine Corps Reserve Toys for Tots Program. You may also donate cash in the white ammo can.

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We will be closed all day on the 28th in observance of Thanksgiving. However, feel free to join several of us as we partake in the annual Subaru Distance Classic in Mandarin. There are 6K and half marathon options available and you can register at www.firstplacesports.com.

We welcomed aboard Curtis, Anthony, Jill, Wil B., Matt T., Craig, Rosalie, Mike G., Jeff J., Danny, Faith and Jena who all joined in October. Thanks to Michelle L., Aaron, Connie, and Stephen M. for referring in friends and family members!

While December will quiet down a bit for the holidays, be on the lookout for the Reindeer Rumble in Ocala on **December 7th** and 5K Gone Bad on **December 8th**. We may also take another crack at hosting a movement and mobility clinic with Dr. Jonson Yousefzadeh from Five Star Physical Therapy. Jonson is very passionate about helping CrossFitters maximize performance through improving movement, mobility, and avoiding common injuries. Having done some work with him personally, I can assure you that this will be a valuable clinic that will help you improve all facets of your fitness.

-rm

Spotlight Athlete

by Tiffany Mueller

So I have never been a super athletic person. I have always been "one of those girls," you know, the ones dying on a treadmill or trying the newest dance party fitness class to burn calories. In fact, I can't think of a time before CrossFit that I ever worked out for any reason other than to be skinny. A Facebook friend of mine started going to Strongpoint and invited me so I thought I would give it try. I went for an intro and almost died. I immediately knew I wanted to come back..... weird right? Of course at first, all I cared about was getting that bikini body, but after a while being around strong women really got to me. I was so inspired! Somewhere along the line I stopped caring about the look as much and I started caring about the weights. I still have so many things I need to work on and get better at, but I look forward to pushing myself, setting new goals and continuing to work out alongside some pretty awesome people.

1. What is your favorite exercise or WOD?

Anything with weightlifting or kettlebells

2. What is your least favorite exercise or WOD? *My least favorite would be any warm up or WOD that involves running over 50 meters haha!*

3. What motivates you to show up day after day? *Wanting to get stronger than I was the day before and I guess I enjoy most of the people 90% of the time. Really though I've met some pretty cool people that keep me motivated!*

4. What negative thoughts hold you back from being your best? *I would say the number one thing that holds me back is being hard on myself and comparing myself to others. I do that a lot.*

5. What has been your most memorable moment at Strongpoint CrossFit? *I would have to say Rep Your Box because I got to know everyone from our box a little better. I also strung together 50 double unders for the first time without being no rep'd by Petey :)*

6. What has been your least favorite moment at Strongpoint CrossFit? *The time I walked out and left during HSPU skill work. I was super frustrated with myself.*

7. What is your favorite quote from Strongpoint CrossFit? *"Just Show up" - RM It's so simple but true. To get better you just have to show up and put in the work.*

8. What do you want to accomplish with your training in the next year? *This year I would like to finally Clean 133 and get a muscle up. I can die happy when I get a MU*

Coach's Comments: *Tiffany has been with Strongpoint for nearly a year and she has progressed tremendously as an athlete since that introduction in which she "nearly died!" We have seen her lifting numbers go up, her conditioning times come down, and most importantly, her confidence grow. She has become one of the few regulars in our Olympic Weightlifting class, represented the gym at Rep Your Box, and won her division in the in-house competition on September. Tiffany's attitude, work ethic, and perseverance make her a pleasure to work with and we are excited to see her continue to progress in the months to come.*



MOVEMENT OF THE MONTH: TOES TO BAR

Toes to Bar

by Ryan Miller



Toes to bar are one of the more challenging core movements that we use on a regular basis in CrossFit. That being said, there are definite techniques that will help you master this movement. The movement looks fairly simple on the surface. Bring the hips all the way open at the bottom with heels showing visibly behind the athlete and then bring the feet to bar with contact occurring from both feet simultaneously. It is important to understand that the movement is much more than just a core strengthener. It requires activation and effort from the shoulders, back, core, and hips to perform effectively and failure will result if any piece of the kinetic chain is lacking. Many of our athletes have a hard time stringing together multiple TTB and this article aims to provide a description of the technique that will enable you to achieve better results.

To begin with, let's take a look at grip on the bar. There are basically two options; 1) thumb-around grip or 2) thumbless grip. The thumb-around grip gives us the ability to twist into the bar and generate better torque in the shoulders. However, some find it more comfortable to execute a thumbless grip. That said, experiment with both and see which one you find more beneficial. I personally like to take a bit wider, thumbless grip on the bar than I would for pull ups for because I feel it cuts the distance to the bar and helps me avoid kicking my own fingers, which typically does not inspire good feelings about the movement or help anyone master it.

There is less debate on the next portion, shoulder action. You should have an active shoulder, which in this case means that we are sucking the shoulders into the socket rather than hanging loosely from the bar. This requires activation of the shoulder girdle as well as the lats. You should also close the angle of the shoulder as you hollow, which will keep the shoulders active and cut the distance the feet have to travel to the bar. It also makes it much easier to link repetitions together.

Once again, there are two primary methods for actually bringing the toes to the bar; 1) straight-legged and 2) bent-legged. In either case, you should seek to open the hips all

the way up at the bottom (arched body position) to take advantage of the stretch-reflex in the hip flexors at the bottom. Once achieved, close the hips and shoulders (hollow body position) and bring the feet toward the bar. The arch/hollow positions at the bottom are probably the most important part of stringing multiple TTB together because they will prevent excessive swinging and help the athlete control the movement. The arched position will also help stretch the hip flexors, which can then be taken advantage of to fling the feet back up toward the bar. While I personally prefer a smaller kip due to some shoulder pain and immobility, a larger kip is certainly effective at providing a greater stretch reflex in the hip flexors.

If you find that you have a difficult time stringing TTB together, you would be well served to practice tight hollows and arches on the pull up bar. Once you establish a rhythm and can control the movement, progress the feet higher and higher while still focusing on maintaining tight positions and establishing a rhythm. You may progress through hanging knee raises, knees to elbow, and then experiment with bringing the feet all the way to the bar. You may also try experimenting with Toes Through Rings on a set of high rings, which eases the burden on the shoulder mobility if you are lacking. As your motor control improves, you will find that you can start stringing the movement together much more effectively. You will also find that core strength will improve naturally as you progress through the drills.

As stated in the Training Highlights of this issue, TTB have been a part of the CrossFit Open in 2011, 2012, and 2013. I believe that we can rest assured that it will appear again in 2014 because it is a test of global extension and flexion, core strength, and it is easy to judge the movement standards. It is for these reasons that I think the Toe to Bar is skill worth mastering and this month's challenge is a great place to start!

Want more on Toes to Bar? Check the links below:

Chris Spealler and Matt Chan:

<http://www.youtube.com/watch?v=IJZpz5C1dAA>

Again Faster's Mic'd Instructor:

<http://www.youtube.com/watch?v=bcfTyeGDn7s>

Carl Paoli 1: <http://www.youtube.com/watch?v=ibEKXyq51I8>

Carl Paoli 2: http://www.youtube.com/watch?v=JrdK0gU_EBo

UPCOMING EVENTS

November 9: Ancient City Throwdown, Florida State Weightlifting Championships, Jacksonville University Color Run

November 16: Fall Free for All (UNF)

November 20 & 21: Bring-A-Friend Days

November 23: Gymnastics Clinic (Strongpoint)

November 28: Thanksgiving – NO CLASSES

All November: Toys for Tots Collection

December 7: Reindeer Rumble

December 8: 5K Gone Bad



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