



The Strongpoint Scoop

January 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

January Training Highlights

by Ryan Miller

We just wrapped up December, which has become one of the most exciting months around the gym! The month started with Coaches Jason and Laura leading an Olympic lifting clinic on the 6th. It was a great seminar and helped them to raise \$250 for their trip to the American Open the following weekend where Jason placed 19th. Heather Harrelson (H²) and Dr. Rhett Butler competed in the Jacksonville Jaguars "Keep it Tight" challenge on the 6th where they finished first and third, respectively, in the Rx Division. We completed our 12 Days of CrossFit stocking game the first two weeks of the month with each draw leading to an entry into our annual holiday raffle where we passed out a couple hundred bucks worth of prizes at the annual holiday party on the 13th. Liz Gard and Michelle Penson completed their Level 1 Trainer Certification the same weekend and have been steadily working through the internship process alongside Heather. We look forward to finishing up their training and welcoming all three talented ladies to the coaching staff in January!

With the holidays behind us, we head into resolution season. On that note, we are introducing two new programs in January. We are working with [Lurong Living](#) and participating in their 2015 Resolution Challenge. The challenge entails a paleo diet prescription, beginning and ending body composition measurements, baseline workout, and some additional challenges along the way. The Resolution Challenge offers three levels of participation (Starter, Pro, and Elite) with varying levels of strictness on the dietary guidelines so participants can right size the challenge to their needs. There are also three levels of difficulty for the baseline workout that is sure to provide the appropriate level of challenge for participants as well. We have around half a dozen athletes registered already and this will be an excellent opportunity to reset after the holidays and dial in our nutrition prior to the CrossFit Open.

We are starting our first class of the [Strongpoint Boot Camp](#) on **January 10th**. I am particularly excited about this program as it will serve as a fantastic introductory course and bridge the gap for many that don't feel adequately prepared to jump right into our regular program. We will focus hard on developing technique and core strength ultimately preparing members to meet the demands of our regular, barbell intensive program. It will be done in a fun, competitive environment where we will award outstanding participants with cash, apparel, and discounts on future memberships and/or pro shop gear. We still have some seats available [here](#). It's going to be awesome!

We have three major competitions on the slate for January starting with the continuation of the Winter [Masters' Functional Fitness League](#). Best of luck to Mr. Steve (our January spotlight athlete!), Jill, Michelle, Airon, Chris B., and Bad Mike. We know you'll make us proud! Steel Mill CrossFit is hosting the [River City Rumble](#) on the **10th** where our "super team" of H², LD, JDoll, and Aaron Sheeks are teaming up to make a run at the team title. And Bold City CrossFit is hosting their first major throwdown on the **24th**, aptly named the [Bold City Beatdown](#). You can learn more about both events and register to participate on the [Southeast Fitness](#) page.

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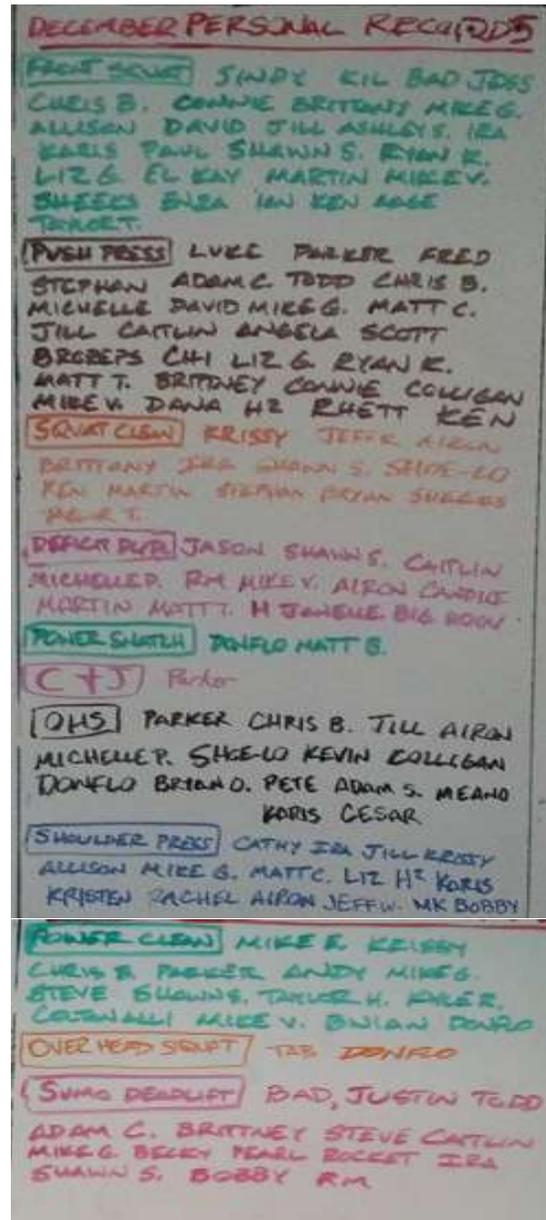


We welcomed aboard a handful of new members in December including Bobby, George, Kyle S., Pinak and Shweta. Special thanks to Aaron Sheeks, Michelle Penson, and Tab Rogers for sending in referrals and qualifying for the bonus referral rewards program! We also said farewell to one of our longest standing members and the last member of the original "Fab 5" coaching staff when Ryan "Petey" Pearson departed for a great job opportunity in his home state of Oregon. He will certainly be missed, but he assured us all he will come and visit often. It will be great to hear that familiar Petey laugh again in the spring...

We are starting our fifth month of Conjugate programming in January and continuing to lean into preparation for the CrossFit Open in February. Keep an eye out for information pertaining to the revised class schedule, revamped mobility classes, and class registration to start the week of January 12th. Strongpoint is also hosting world-renowned powerlifter Brian Carroll for his "[Strength for Lifetime](#)" seminar on **Sunday, February 1st**. Slots are filling up fast, but you can register to participate [here](#) up until all the 30 seats are filled. After that we move right into the CrossFit Open season! The 2015 CrossFit Open will introduce the new scaled division and we will announce hosting locations in and around the CrossFit East Family once they are named.

2014 was an awesome year chock full of success for the Strongpoint community. We hosted three major competitions, participated in over a dozen more, qualified two lifters for the American Open, and saw hundreds of personal records smashed, pounds lost, and badassery gained! I look forward to what 2015 holds in store for us. Now let's train hard, train safe, and get better in January!

-rm



Sweat Angels

by Ryan Miller

Sweat Angels started as a grassroots effort to simply promote a new location and help some kids. But the organization has quickly grown into a program that's used in hundreds of locations around the world. It's turned into an amazing community. Here's their story...

Matt Sharp, the co-owner of CrossFit Maximus, in Lexington, KY was about to open a new location and was looking for some ways to encourage his members to spread the word. He had an idea... what if they donated a meal to a child in need for each Facebook check in at their new location? It would be a great way to both give back and spread the word. But they were amazed at what happened next...

Their monthly check-in count went from just 30 to over 1,500 in just 30 days! Their community loved the idea and before long, their friends at other CrossFit gyms started calling them to see how they could get involved. A lightbulb went off in their heads. "Why don't we turn this into a program that other gyms can participate in?" And with that, Sweat Angels was born.

Fast forward to today. They're enabling hundreds of boxes, gyms, and fitness studios to support some great causes. Thus far they have provided over [10,000 meals to kids](#) in need and more than [15,000 bricks to help build schools](#). We are proud to announce that Strongpoint is now part of Sweat Angels so that each and every Facebook check-in at the box does something good for someone in need. January's cause is the group, SolesforSouls, which will help raise money to give coats to people in need.

Get in shape, give back, be a Sweat Angel!



Spotlight Athlete: January 2015

by Steve Blakley

What made you decide to start CrossFit? Joe Meyer, a fellow employee from Minnesota, told me I had to check out some CrossFit videos on YouTube. I started watching them and was immediately hooked. My plan was to join a box after we moved to Florida and I retired. This motivated me to lose 35 pounds and get in the best shape of my life so I would be ready for whatever CrossFit threw at me. Of course, early on, I found out you are never really prepared for CrossFit until you start doing the WODs. As a side note I visited 6 CrossFit boxes and Strongpoint was an easy choice because I could tell coach Ryan was very passionate about CrossFit. I know I made a great choice.

What results have you seen or goals have you achieved?

I've seen steady improvement in my strength and mobility. I think my gymnastic and weight lifting movements have improved.

What do you like best about the gym? I really like going to the gym and finding out what's going on with everyone. My CrossFit friends have taken the place of my coworkers since I retired. Everyone at the 9:00 class gives each other crap so it's just a fun place to be. Being a CrossFit geek I like talking about everyone's injuries, mobility issues and finding out what jump rope, weight lifting shoes and knee caps to buy. I want to get better so I like learning from coach Ryan how to do the various movements. He is a stickler for details and is always working with us on ways to improve. Coach does his homework.

What is your favorite exercise or WOD? I like pull ups because they are a strength of mine and thrusters because it's such a total body exercise. Sounds like Fran to me. Double unders and running are also a favorite.

What is your least favorite exercise or WOD? Due to mobility issues, the overhead squat leads the list of my least favorite exercises.



What motivates you to show up day after day? I'm addicted to exercise so I don't have a choice. I need the exercise drug or I go through withdrawals. Even as a kid I remember going for runs in the country. This was before running was popular. Then my dad bought a weight set for me when I was in 7th grade so I started lifting at an early age.

What negative thoughts hold you back from being your best? I tend to doubt my capabilities. Sometimes I feel like I'm not ready for something unless I over prepare. I need to just jump in and trust myself.

What has been your most memorable moment at Strongpoint CrossFit? My first workout of the 2014 CrossFit open was very exciting. The workout was an AMRAP of double unders and floor to overhead. I just got my double unders 2 weeks before the workout and was coming off a shoulder injury so I didn't think I'd do very well but I ended up 1st in the region and 42nd in the world.

What has been your least favorite moment at Strongpoint CrossFit? For some reason Monday of my second week at Strongpoint stands out. The first week I did pretty good so I started to get a big head. Then I ran into my first chest to bar workout. They just crushed me and I remember leaving the gym not wanting to come back. Now I'm a chest to bar champ. The lesson being 'keep trying and you'll get better'. I've had a couple injuries to my shoulder and back that were really frustrating. Now I do a much better job at warming up (30 minutes before I leave for the gym) and I've been working on my core so I should have less injuries in the future.

What's one thing that no one at the gym knows about you? I've run 3 marathons with a best time of 3:10. I was never fast but pretty good at holding on to a pace no matter how bad I felt.

What is your favorite quote from Strongpoint CrossFit? I always have to laugh when Ryan says "just do whatever you want". "Leave your ego at the door" is also a good one. I enjoy my workout much better when I concentrate on improving myself instead of worrying about beating someone next to me.

What do you want to accomplish with your training in the next year? I'd be happy with increasing my strength and overall endurance. One of these years I'll just be happy with maintaining my strength but I don't think that time has come yet.

What advice would you give to someone who just started out? Warm up properly, work on your mobility, start out with light weights until you can perfect the movement and leave your ego at the door.

What advice would give to someone who was on the fence about starting? If you're looking for a workout that will kick you in the ass and you can be proud of then you've come to the right place, if not then I'd recommend water aerobics at LA Fitness.

Coach's Comments: Put simply, "Mr. Steve" is an absolute workhorse! He came into the gym with a great fitness base built on a lifetime of physical activity and just keeps adding to it. He meticulously works on his weaknesses and can routinely be found

in the back of the gym before and after classes practicing his "goats." Steve was the first "home grown" member of Strongpoint to qualify for the second stage of the CrossFit Games when he was selected for the 2014 Masters' Qualifier, which is similar to Regional competition for Masters' athletes, and was featured in the local magazine 904 Fitness the same month. Steve also recently earned his Jacksonville Running Company Elite ranking through regular participation in group runs. And if you didn't figure it out from reading his answers above, he has a really great sense of humor too! It is for these reasons and more that Steve has become a real ambassador for the program and a standout member of our morning classes. We look forward to continuing to work with him in the future and seeing him make some noise in the Masters' in 2015!



Ask Coach

by Ryan Miller

Q: Why do we max out so much? I read that it's not good to just max all the time or so-and-so said it's not good to max out all the time...

A: If we compare a max effort single squat versus a max effort set of three or five, we produce the most force on the single rep, third rep, or fifth rep, respectively. Force = mass x acceleration/time. That said, your last rep is typically the slowest, which means more time under tension and more force production (even though it's the same weight). Basically you are pre-fatiguing your system with the first two or four reps just to get to the third or fifth rep in the set. Everyone knows the first rep or two feels relatively easier, but you have to fight for that last one on a true max effort. Additionally, you may find that you start to feel a bit "wonky" as you go through a longer set – heels may start to rise up, knees may start to cave in, or your chest may be dropping and you find yourself unable to control your posture. What's happening is that the smaller muscle groups that stabilize your posture are giving out. Your prime movers (i.e. gluteus maximus, quadriceps, and hamstrings) are still strong enough to move the weight, but your stabilizers (gluteus medius, spinal erectors, abdominals, etc.) are giving way. That said, you are at a greater risk of injury if your position is compromised. It's better for those smaller muscle groups to contribute to a max effort single while they are fresh than to pre-fatigue them and lose position just to do the third or fifth rep of a set. Additionally, trainers that say you shouldn't max all the time typically mean that you should not max out the same lifts all the time to prevent central nervous system fatigue. We rotate our max effort lifts each week to make sure that we do not burn ourselves out.

Q: What about volume? I feel like I should get some more reps in to gain size and strength.

A: We get our volume through Dynamic Effort workouts, metabolic conditioning workouts, and accessory work. That's enough. You do not necessarily need a ton of volume in the classic lifts to improve your strength. Our records have been going through the roof since we started Conjugate programming. Hang in there...

Q: Should I get weightlifting shoes?

A: They will definitely improve performance for 99% of CrossFitters. *"But Coach... Rich Froning does everything in Nanos and he can snatch 300+!!!"* I hate to say it, but I would be remiss in my role as a manager of expectations if I did not say that you do not quite have the mobility of an angel and strength of a grizzly like Rich Froning. Not yet at least! Whether or not you should invest the money on a set of lifting shoes really depends. If you think you're going to stick with CrossFit for a while and want to get deeper into weightlifting, then a pair of weightlifting shoes will serve you very well. They are very durable and last for a long time as long as you take care of them. They give you a stable platform to lift from and raise your heel. The raised heel decreases the need for the ankles to dorsiflex as much, which is a range of motion that many people are missing. Think about it like this... You wouldn't go out on a football field without a helmet, some pads and cleats, right? You would wear the appropriate gear for the sport. Weightlifting shoes are definitely appropriate for several of the barbell movements that we do (snatches, cleans, jerks, various squats, etc.). If you're just checking CrossFit out for a few months, then I wouldn't necessarily recommend dropping \$100+ on a pair of weightlifting shoes though. Find something with a relatively neutral sole and stick with that for now (Reebok Nanos, Inov8s, New Balance Minimus, etc.). Running shoes, cross trainers, tennis shoes and the like are not particularly good for CrossFit. Think about it like this... would you rather try to max your squat on a wood platform or a stack of marshmallows? The person squatting in "big 'ol beast" sole running shoes may as well be squatting on marshmallows.



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JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 MFFL Christine Baker	29 MFFL Kicha Lucas	30 MFFL	31 New Year's Eve 9:00 & 10:30 am WOD only	1  No Classes OPEN GYM 11-1	2 MFFL Modified Hours 9:00 am, 10:00 am 4:30 pm, 5:30 pm	3 MFFL Jay Kendrick Bryan O'Hare
4 MFFL	5 MFFL	6 MFFL	7 MFFL Kyle Smallwood	8 MFFL	9 MFFL	10 MFFL Strongpoint Boot Camp Class 15-1 Indoc River City Rumble
11 MFFL Jason Doll John Schullo	12 MFFL New Schedule Begins	13	14	15 Denise Perrigo	16	17
18 Amber Corbett	19 Lurong Resolution Paleo Challenge Begins	20	21	22	23	24 Bold City Beatdown
25 Jimmy Corbett Luke Losik Matt Polimeno	26	27 Laura Davie	28	29 Fuata	30 Rick Long	31 Liz Vukmir

Don't forget Brian Carroll "Strength for a Lifetime" Seminar on February 1st!!!