



ELITE FITNESS IS OUR GOAL.

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July Training Highlights

by Ryan Miller

Our [Strongpoint Kids](#) program officially kicked off on June 9th. We welcomed Aliyah, Natalie, Molly, Jillian, AnaLia, Ethan, Colby, Caroline and Davis to the Strongpoint family! Our Kids coaches, Liz and Michelle, put together an awesome month of programming in which we saw dramatic improvements in the kids' squats throughout the month.

We wrapped up our first [Takedown Challenge](#) on June 15th with our first 12 challengers dropping a combined total of more than 101 pounds during the four weeks. Our top three finishers were Chad Kiraly, Mike Cummings, and Jessica Schacht and they all did a tremendous job of following the instructions and implementing some key changes into their busy day-to-day lives. The Takedown Challenge focuses on meal timing, portion control, and macronutrient balance and is really designed to be more of a lifestyle change than a specific diet plan. Additionally, the TDC uses all real food to accomplish the objectives of losing body fat and increasing lean body mass. Our next session will convene September 11th. For those that are interested, but don't want to wait until September, we are also set up to run [Takedown Lifestyle](#) program. While similar in scope to the TDC, TDL can be conducted on demand and is a more personalized program than the TDC.

We had a total of seven teams compete at Rep Your Box 4 this year. Our Rx Team of Heather Harrelson, Laura Davie, Rhett Butler and Parker Gilbert pulled down a 6th place finish of 23 teams with a best team finish of 2nd on Event 6, the Rope Climb Chipper, and strong top ten finishes on six of the seven events. Our six scaled teams were led by the "Blue Barracudas", which was comprised of Caitlin Hoover, Michelle Knight, Matt Hoover, and Bryan O'Hare. They finished with a very solid 8th place finish out of over 80 teams. I did a little analysis on our performance as a gym and our scaled teams averaged 28th place overall. As a gym, our worst collective finish was on Event 1 (2 rep max Thruster) and our best average finish was on Event 3 (Wheelbarrow Walk/Sled Push). Congratulations to the remainder of our competitors as well. We saw numerous people hit new personal records and easily best their practice rounds in the gym. In my opinion, this was the best Rep Your Box to date. The event was very well run in terms of time management, logistics and volunteer support and I hope to see as strong of a presence out of Strongpoint next year.

We had a total of three complete the monthly challenge in June with Jill, Andres, and Stephania completing all thirty days! Your challenge this month, should you choose to accept it, is to accumulate 1,000 points with pushups counting for 1, ring pushups and handstand pushups counting for 2, and modified ring pushup and handstand pushup reps counting for one point each.

July Training Highlights

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Spotlight Athlete: Brittany Perry

Congratulations to Brittany Perry, our Spotlight Athlete for July 2015!

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What's one thing that no one at the gym knows about you? I am the queen of arts and crafts. I love to knit and paint. I have refurbished just about every piece of furniture in our house.

What is your favorite quote from Strongpoint CrossFit? When Ryan was trying to pump everyone up for Rep Your Box and yelling, "F%#k shit up!"

What do you want to accomplish with your training in the next year? I hope to get stronger all around. I plan to compete in a couple more competitions. I also really want to get a muscle up!

What advice would you give to someone who just started out? Get out of your own head. You can do it! Don't get discouraged if you really suck at the beginning, I couldn't even jump rope when I started.

What advice would give to someone who was on the fence about starting? You aren't making any progress sitting there contemplating it. Just come try it. I don't think you can fully understand until you've done that first WOD and are laying on the floor thinking, "I can't believe I just did that!"

Coach's Comments: *Brittany started out with us early in 2014 and to be honest, I really didn't think she was going to stick with it. She struggled with upper body strength, had a hard time with squat mobility, and as she stated, really couldn't even jump rope. She just kept showing up and the strangest thing happened... she improved in every single area that I just mentioned! Her consistency and hard work has paid off in numerous ways as she mentioned, but above all, she is much more confident in her skills and abilities. She has competed at Festivus twice and participated at Rep Your Box 4 this year and has demonstrated improvement at each event. Brittany also managed to balance her training with the last year-and-a-half of her Master's degree, work, and now planning a wedding. Her can-do attitude is infectious and she is dangerously close to getting that elusive muscle up! We look forward to working with her in the future and helping her continue to unlock her potential!*

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Ask Coach

by Ryan Miller

Q: How do I get better at pull ups?

A: Work on building strength through strict work. Work on technique by perfecting your beat swing (tight arch/hollows on the pull up bar). Do strict work about two days week for 3-5 sets of as many **good** reps as you can do. You can also play with negatives, but keep the doses really small (3 sets of 3-5 reps for instance). Negatives have a much greater risk of breaking your muscles down excessively and should be approached with caution. You can work on your arch and hollow every day as part of your warm up or cool down. Try to build the strict variant first and kipping will be easy.

Q: How do I get better at ring dips?

A: Let's start at the beginning... How is your push up? If you do *wormy* pushups, then you're really not ready for ring dips. If you have good pushups, then start to build stability through ring pushups before you jump right to ring dips. Once you have a dip or two, work on building strength through strict work. If you have trouble stabilizing on the rings, then start on a static platform by using the Rogue Matador dip racks that are stashed over by the wall balls. Work your stability through static holds in the support (top) position. Turn your palms forward, assume a hollow body, and hold for three sets of 15 - 30 seconds. You can do the strict work two days a week (3-5 sets of as many **good** reps as you can do) and the static hollow work pretty much daily as part of your warm up or cool down. Try to build the strict variant first and kipping will be easy.

Q: Why don't we do more ab work?

A: We do **core** work every single day. I look at core work more broadly as just as your "six pack", but as several other smaller stabilizing muscle groups in the abdomen and lower back. If we look at the role of our core day-to-day, the primary role is midline stabilization. Show me someone with a 400# deadlift with a rock-solid back position and I'll show you someone with a strong core. ☺ You cannot necessarily say the same for someone who does 100 sit ups a day. We just don't do a ton of abdominal flexion in our day-to-day lives. There is, however, extra core work written into the accessory work just about every day though. You can find it right next to the Workout of the Day board.



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



July 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 28	June 29	June 30 CrossFit Kids	1	2 Matt Thurber CrossFit Kids	3	4 Independence Day **Regular Hours** Bo Heyse
5 Lauren Maynard	6	7 CrossFit Kids	8	9 CrossFit Kids	10	11 CrossFit Kids Gymnastics 11:00 am (Pending)
12 Brian Ingraham	13 Adam Tozier	14 CrossFit Kids	15	16 CrossFit Kids Rhett Butler	17	18 CrossFit Kids Gymnastics 11:00 am (Pending)
19	20	21 CrossFit Kids	22 Bring-a-Friend Kevin Perrigo	23 CrossFit Kids	24	25 Bring-a-Friend CrossFit Kids Gymnastics 11:00 am (Pending) Brittney Ackley
26 Carl Lochstampfor	27	28 Connie Garland CrossFit Kids	29	30 Lindsay Campbell CrossFit Kids	31	August 1 CrossFit Kids Gymnastics 11:00 am (Pending)