



ELITE FITNESS IS OUR GOAL.

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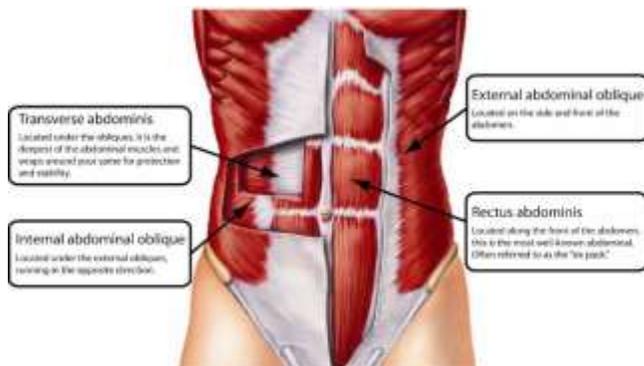
October Training Highlights

by Ryan Miller

We just wrapped up another successful September and hopefully the dog days of summer are finally behind us as we transition to fall. The gym had a solid month on the competition front starting with the Southeast Classic weightlifting meet on September 6th. The Back Corner Barbell Club (of two) both finished on the podium with Laura Davie taking first in the 69kg division and Jason Doll finishing second in the 77kg division. They then made a quick turnaround and competed again at the Jacked Classic on the 20th. They both put up impressive performances again finishing first and winning individual women's and men's Sinclair awarded to the top overall lifter in the meet. Of note, Jason dropped a weight class and appears to have found a home at 69kg! Michelle Knight, Liz Guard, Ryan Kim, and Rhett Butler competed at the Beach's Finest at CrossFit Sovereignty the same weekend with each finishing top ten in their respective division. Liz placed 8th and Michelle 3rd in the Women's Scaled division, Rhett 5th in the Men's Rx, and Ryan took first in the Men's Scaled in his very first competition. Congratulations to all of our competitors on a job well done!

We completed our first ever gym clean-up and beautification project from the 13th-19th. A total of about 25 members contributed their time and effort to sanitizing, organizing, and painting. I would like to extend another big thank you to Angie Hicks for organizing the event and to everyone who participated. We definitely made a big improvement to the quality of the space and I appreciate everyone that pitched in! We also wrapped the month up with a three-hour mobility clinic with Dr. Jonson Yousefzadeh on the 27th. Jonson has been a great friend and ally to the gym and we will miss him as he departs Jacksonville in mid-October.

We may have overreached a bit with the September Pull Up & Bar Muscle Up Challenge, but congratulations to Logan Sallas for completing it! We are getting back to basics this month with a challenge that can be done virtually anywhere at anytime... planking! Your challenge, should you choose to accept it, is to accumulate 90 minutes in a plank. The plank is a fantastic exercise for increasing the strength and stability of the abdominal muscles as well as the rest of the core, which kind of comes in handy on other exercises like presses, squats, and heavy pulls. Plus it's infinitely scalable. You can start with short intervals and easily increase the difficulty by increasing the time, adding weight, and even trying some [Chinese planks](#) to spice it up!



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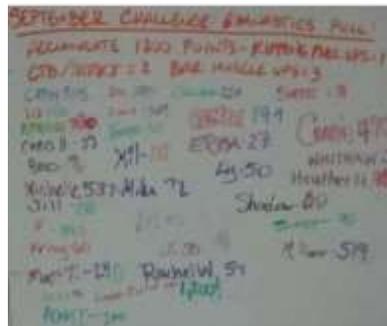
October will be another busy month on the competition front kicking off with the Director's Cut on **October 4th**. Director's Cut is a two-person team competition hosted at CrossFit 904 with all workouts to be announced on site. Our competitors will truly have to be prepared for the unknown and unknowable in traditional CrossFit fashion! There are two Olympic weightlifting meets the following weekend on the 11th in Orlando (Orlando Open) and Gainesville (Gainesville Open). The [Master's Functional Fitness League](#) will run from the **17th-27th** with eight announced workouts over the 11 day period. This competition is only open to athletes over 35 with age divisions every five years. This would be an excellent first competition for many of our master's athletes. Strongpoint is also hosting another iteration of the [Festivus Games](#) that is open only to beginner and intermediate athletes on **October 18th**. We still have a handful of slots available and you can register [here](#). We are also still looking for additional judges and volunteers to work the event. Let me know if you are interested in volunteering or know of any vendors that are interested in participating.

We will host two Bring-a-Friend Days in October on **Saturday the 11th** and **Wednesday the 22nd**. We also have tentative plans for a three-year anniversary party and family day on **Saturday, October 25th**. We will follow up with more details on the anniversary party as the date approaches. And we will wrap the month up with the second annual Halloween costume contest on **October 31st!**

Strongpoint welcomed aboard several new members in September including Liz V., Kris, Rick L., Quang, Andy, Ira, Adam S., Kicha, Brandon, Tevin, Tabbathia, and Pete. We also welcomed back Maria Petow, Stephen Hunter, Will Jones, Jeff Jelsema, Adam Wilson, and Rachel Wilson after some time away from the gym. And finally, please keep our deployed members, Brian (Jenna), Todd, Ryan J., Tyler, and Chris P. in your thoughts as they execute their missions abroad.

November is already shaping up with three local competitions, the *Hard Charger* at CrossFit Sovereignty, *Ancient City Throwdown* at CrossFit Atlantic in St. Augustine, and the *Reindeer Rumble* at CrossFit Zoo in Ocala. Check them out on Facebook and the web for more details.

We are seven weeks into conjugate programming and feedback has been very positive thus far. Please see the article on the conjugate method in this issue and the *Ask Coach* column for further details and answers to some questions from other members. That's the road ahead through the fall and winter as we approach another CrossFit Open season. Now let's train hard, train safe, and get better in October! –rm



Spotlight Athlete: October 2014

by Michelle Knight

- 1. What made you decide to start CrossFit?** *I was looking for a workout/gym that I would continue to see results. I had done boot camp classes for years and felt like I had plateaued and wasn't seeing any further results. I started doing research on a few boxes and found Strongpoint with the good old summer challenge. Once I drank the Kool aid, I was in!*
- 2. What results have you seen or goals have you achieved?** *In the year that I have been at Strongpoint, I have accomplished goals and personal records that I didn't think would be possible. If someone told me I would be able to do a pull up without a band after 3 months, I would have laughed in their face. Being able to do most workouts Rx keeps me pushing for more speed and strength.*
- 3. What do you like best about the gym?** *The gym is like a family! I like being able to catch up with friends while you work out and having some friendly competition against each other never hurts.*
- 4. What is your favorite exercise or WOD?** *Anything with burpees and handstand pushups.*
- 5. What is your least favorite exercise or WOD?** *Karen. Enough said.*
- 6. What motivates you to show up day after day?** *Embracing the suck and kicking ass. Also, members notice when you're gone and hold you accountable.*
- 7. What negative thoughts hold you back from being your best?** *I try really hard not to be negative at the gym and just try to push myself as much as I can.*

8. What has been your most memorable moment at Strongpoint CrossFit? *Placing second at "No Baby Leave the Socks On." It was definitely something that I was not expecting and having the Strongpoint family yelling at me to keep going is a day I won't forget.*

9. What has been your least favorite moment at Strongpoint CrossFit? *Mondays after a long weekend...*

10. What's one thing that no one at the gym knows about you? *I was Miss Congeniality and Miss Winter Haven my junior year of high school.*

11. What is your favorite quote from Strongpoint CrossFit? *"If I didn't CrossFit, I would probably commit murder."*

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

If I hit a muscle up, I think hell would freeze over.

13. What advice would you give to someone who just started out? *Keep coming! Power through the days you feel tired or you don't feel like it. You will see results and be shocked with what you are capable of doing.*

14. What advice would give to someone who was on the fence about starting? *Dooooo it! You won't regret it!*

Coach's Comments: *MK came to us in August of last year with a relative solid baseline level of fitness, but little background in barbell work or many of the more advanced bodyweight movements we do in CrossFit. She plugged into the community aspect of the gym early on, did the work, and improved virtually every facet of her fitness. She started dipping her toes into the Rx (prescribed) water after about six months of training and now routinely completes workouts as prescribed. She has participated in four competitions thus far in 2014 finishing on the podium twice with a Second at "No Baby" and third at the "Beach's Finest." Above all, MK has a fantastic attitude, a strong work ethic, and is very coachable. It is for these reasons that she was an easy choice as Spotlight Athlete and we look forward to continuing to work with her in the future!*

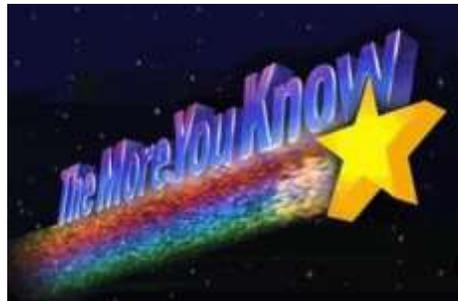


*Photo credit to Anthony Duran from 904 Fitness.

The Conjugate Method: Part 2

by Ryan Miller

More Stuff You Should Know



We introduced the conjugate method in the August newsletter and began implementing the training methodology later that month. After seven weeks, I wanted to go back and address a few elements of the training that I did not discuss in depth in the initial article. This article will provide a little additional background and guidance on the method to help us ease into the practice.

History: The original conjugate method was developed by the Dynamo Club, an Olympic Weightlifting team in Russia, in 1972. The coaching staff took a team of 72 high level Olympic weightlifters and had the athletes progress through a series 20-45 special exercises during the first cycle. Upon completing a cycle, the coaches asked the athletes for feedback and found that only one was satisfied with the variety. Most wanted more! On the other end of the training spectrum, the Bulgarian national weightlifting team is famous for relatively little variety in the movements focusing on maximal efforts in six primary movements: snatch, clean and jerk, power snatch, power clean and jerk, front squat, and back squat. Bulgarian lifters would work up to a maximum effort in one or more lifts on a daily basis. Both countries were powerhouses in international competition. The Westside Barbell Conjugate method is an amalgamation of both training methodologies combined with Louie Simmons' 40+ years of powerlifting experience. This constant variation in the Westside system virtually eliminates the body's ability to accommodate to the training routine and enables Westside lifters to progress year-round. Here's how:

Maximum (Max) Effort Days: The maximum effort method is the most effective method for improving overall strength and contains elements of both the Soviet and Bulgarian systems. Max Effort days rotate between exercises to avoid accommodation like the Soviet system. However, athletes work to the maximum level of their ability on that given day like the Bulgarian system. Handling the heaviest possible load will result in the most favorable adaptations. In other words, handling the heaviest possible weight gets you stronger and those who handle heavy weights with the most frequency are typically able to exert the most force. The max effort portion of our workouts will last between 15-20 minutes and I recommend that individuals start warming up with 4-5 sets of 2-5 repetitions in the 50-85% range. As load rises, repetitions should decrease and rest times increase. Individuals should

execute 3-4 heavy single repetition attempts in the 90%-plus range. The goal of Max Effort day is not to see how many reps one can get done in the allotted time. The goal is to push as much weight as possible on that day.

Dynamic Effort Days: Dynamic Effort days are designed to improve speed, explosive power, and technique. Repetitions are executed with sub-maximal loads as quickly as possible. If we go back to the basic equation $\text{Force} = \text{Mass} \times \text{Acceleration}$, we are working with sub-maximal loads generally in the 50-60% range for bar weight plus accommodating resistance that raises the total load into the 75-85% range. That said, we have to move faster through range of motion in order to generate similar force levels to max effort lifts. The sets are typically performed on 30-45 second intervals, which have the added benefit of providing some additional work capacity development. A 300# squatter will move 150# 24 times during the first phase in a Dynamic Effort squat workout. This amounts to 3,600# of volume in about eight minutes. That's a whole lot of work in a relatively short period of time! The stimulus on these days does not come from adding more weight. The stimulus comes from the acceleration piece. Be cautious about exceeding prescribed weights because excess weight may slow down bar speed, cause one to miss reps, or necessitate longer rest periods. In fact, any of those outcomes should result in removing weight from the bar on a Dynamic Effort day. Stick to prescribed percentages and band tensions in order to get the most out of the programming.

Accommodating Resistance: Accommodating resistance refers to the application of a counterforce to match muscle contraction. Generally speaking, leverage improves as we progress through the concentric portion of a movement. In the case of the squat, the sticking point for most people is near the bottom of the squat just after we activate the stretch reflex at the bottom. Once past that sticking point, leverage improves thus the resistance does not feel as heavy throughout the remainder of the movement. Applying accommodating resistance keeps the muscles working at peak contraction throughout the entire movement. We will utilize bands and chains as the primary implements to apply accommodating resistance to our lifts. In the case of the squat, the bands and chains provide the least resistance at the bottom of the movement when leverage is the poorest and provides greatest resistance as leverage improves throughout the rest of the movement. More stretch in the band and more links of chain off the floor give us more resistance as we stand. The bands provide the additional benefit of what is known as "*overspeed eccentrics*." Basically the bands speed up the eccentric (downward) portion of the movement and thus causes greater speed in the concentric (upward) portion. Put simply, the faster you go down, the faster you come up. By speeding up the eccentric piece with bands, it will help develop greater speed in the concentric portion of the lifts.

Box Squatting and Floor Pressing: Box squatting and floor pressing are staples of the conjugate system. Both movements are unique in that there is a brief pause at the bottom of the eccentric (downward) portion prior to executing the concentric (upward) portion. In the case of squatting to a box, the individual executes the eccentric portion sitting back to relax the hip flexors, and then executes the concentric

portion of the movement as quickly and explosively as possible. Similarly in the floor press, there should be a brief pause once the upper arms are in contact with the floor. It is important to complete that pause at the bottom of each movement in order to get the most out of the exercises because that pause is what is responsible for breaking the eccentric and concentric chain. Simply touching down to the box or floor and then immediately standing or pressing up negates the purpose of the exercises. Building strength and explosiveness from that static position will definitely transfer over to regular squats and pressing exercises when the stretch reflex is reintroduced into the movement. Box squats also have the added benefit of improving hip and groin mobility, especially when executed with a wider stance. Plus you never, ever have to ask your partner if you squatted low enough with box squats. You either sat on the box or you didn't!

So hopefully that clears up some of the questions, history, science, and technique behind the conjugate method. We layered in levels of complexity starting with time intervals and straight weight, adding accommodating resistance, and then finally adding in boxes. We have ironed out a lot of wrinkles during the first seven weeks and have established some good standard operating procedures. My focus is on getting the conjugate method implemented the right way to make sure that we get the best possible results out of the program. As always, please feel free to bend my ear at the gym or shoot me a message with other questions and thanks for putting in the work!



Ask Coach

by Ryan Miller

Q: Do you think I should compete?

A: Yes and here's why: 1) **Competition brings focus and purpose to your training**, which generally helps people get the most out of their experience here. You suddenly have a goal in mind and a set deadline to work toward. 2) **Regardless of what you do or who you are, competition will help bring out the best in you!** There are a very wide variety of competitions available. You can compete in anything from CrossFit (of course!) and Olympic weightlifting to triathlon and running. Different competitions are open for different skill and experience levels from beginner to advanced fitness levels and there are more opportunities for master's athletes to compete against people in their own age demographic. We have seen countless members set new personal records in competition. 3) **It's fun!** Let's face it... our best competitive years are behind *most* of us. CrossFit competition gives us

another chance to relive those “golden” athletic years gone by. We generally haul out canopy tents and coolers and spend the better part of a weekend or Saturday hanging out with our gym peeps and screaming ourselves hoarse cheering each other on. Think of it like a Paleo tailgate where you are the one on the field!

Q: What's with all the 8x1, 9x3, and 12x2 stuff? Why don't we just do three sets of 10 like a normal gym?

A: Our program is organized to develop a several specific adaptations. Namely, our first mission is to improve work capacity across broad time and modal domains. In other words, we don't just want you to be fast or strong or agile... to have endurance, stamina, balance or coordination... We want it all! We typically lift maximal loads for 1-5 repetitions to build absolute strength or lighter loads for higher repetition schemes during metabolic conditioning to build stamina and endurance. The rep schemes mentioned in the question are designed to build explosive speed and technique. Repetition ranges of 8-15 are primarily reserved for our accessory work. For a little more specific information on max and dynamic effort,” take a look at the article on conjugate programming in this issue or in the August 2014 newsletter.

Q: When am I supposed to do all that accessory work on the board?

A: In an absolutely ideal world, workouts would be structured with warm up and mobility up front, max or dynamic effort work, accessory work, conditioning, and then cash out. I have found that I am a little drained by the time I finish max or dynamic effort and accessory work and like to wait a couple of hours before I do conditioning and cash out. I have the relative flexibility to stay at the gym all day and do it that way and I realize split sessions may not be an option for most of our members. A solution may be to do warm up and strength work with one class, accessory work when that class is conditioning and the next class is warming up, and then jump into the conditioning workout with the next class. The other option that most are doing is to run strength and conditioning with one class and then do accessory work while the next class is going on. While this is less than optimal, I think you would benefit from the accessory work post-conditioning more so than not at all.

Q: I keep missing all the Max Effort Lower Body Days because I have work/school/to give the dog a bath/learn Greek/work on my bo staff skills/etc. on Monday. Do you think you could mix it up?

A: No, but I welcome you to mix it up. Nothing says you cannot show up to an open gym period and do your own thing. In fact, that's exactly what open gym is for. ☺



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OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Stephan Baker Devon O'Conner	29	30	1 Donald Floresca	2	3 Maria Petow	4 Director's Cut (CF904)
5	6 Allison Bailys Stephanie King	7	8	9 Jeff Watters	10	11 Orlando Open & Gainesville Open OWL Meets Bring-a-Friend
12	13	14	15 Angie Hicks	16 Chris Marra	17 <b style="color: red;">MFFL	18 Festivus Games (no regular classes) <b style="color: black;">MFFL
19 <b style="color: black;">MFFL	20 <b style="color: black;">MFFL	21 <b style="color: black;">MFFL	22 Bring-a-Friend <b style="color: black;">MFFL	23 <b style="color: black;">MFFL	24 <b style="color: black;">MFFL	25 Anniversary Party & Family Day <b style="color: black;">MFFL
26 <b style="color: black;">MFFL	27 <b style="color: black;">MFFL	28 Rick Keith	29	30	31 Jennifer Retamar Halloween Costume Contest	1 FWF State Championships/Soul Open OWL Meet