

CROSSFIT

YOUNGSTOWN

Beginner Level 1 Knowledge

Baseline Workout

3 Rounds for max reps of 20 seconds on/10 seconds off:

Singles

Air Squats

Sit-ups

Push-ups

Push-up

- Hands start outside the shoulders
- Tuck elbows back towards body
- Lower body evenly toward ground until chest touches ground
- Push off ground as evenly as possible until body reaches plank position with elbows fully locked out

Sit-up

- Sit in front of abmat with butt at the top of the thick part of the mat
- Legs butterfly style with bottom of shoes together
- Touch ground above head and sit-up to touch toe of the shoe

Jumping Pull-up

- Stand on box with arms fully extended
- Rock forward on toes and back to heels
- Jump up until chin reaches over the bar
- Land back down with arms fully extended
- The lower the box, the harder. The higher, the easier

Air Squat

- Feet shoulder width apart
- Toes pointed out 30 degrees
- Heels down, drive through middle of the foot
- Hips lower down below knees
- Drive the knees out over the toes or wider
- Chest up
- Back straight
- Look straight ahead
- Keep lower back and core tight
- Full extension at the top

The squat is essential to human movement, a proven performance enhancer and a gateway movement to the best exercise in strength and conditioning.

1. Start with the feet about shoulder width apart and slightly toed out.
2. Keep your head up looking slightly above parallel.

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3. Don't look down at all; ground is in peripheral vision only.
4. Accentuate the normal arch of the lumbar curve and then pull the excess arch out with the abs.
5. Keep the midsection very tight.
6. Send your butt back and down.
7. Your knees track over the line of the foot.
8. Don't let the knees roll inside the foot.
9. Keep as much pressure on the heels as possible.
10. Stay off of the balls of the feet.
11. Delay the knees forward travel as much as possible.
12. Lift your arms out and up as you descend.
13. Keep your torso elongated.
14. Send hands as far away from your butt as possible.
15. In profile, the ear does not move forward during the squat, it travels straight down.
16. Don't let the squat just sink, but pull yourself down with your hip flexors.
17. Don't let the lumbar curve surrender as you settle in to the bottom.
18. Stop when the fold of the hip is below the knee – break parallel with the thigh.
19. Squeeze glutes and hamstrings and rise without any leaning forward or shifting of balance.
20. Return on the exact same path as you descended.
21. Use every bit of musculature you can; there is no part of the body uninvolved.
22. On rising, without moving the feet, exert pressure to the outside of your feet as though you were trying to separate the ground beneath you.
23. At the top of the stroke stand as tall as you possibly can.

Dip

- Set parallettes elbow-to-fingertip length apart
- One hand on each with thumb wrapped around and body in the middle
- Lower but to ground keeping elbows tucked back
- Push body until elbows are fully extended
- Extend hips at the end of movement

Lunge

- Step out until knees touches ground
- Keep front knee directly over ankle, do not allow knee to extend over the toes
- Step back bringing both feet back in line

Box Jumps

- Jump with two feet onto box
 - Land with both feet entirely on the box
 - Open hips and knees by standing all the way up
 - Jump or step off of the box
- Boxes at the gym have three heights, 20", 24", and 30"

Lunges

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- Left foot forward about three feet (varies per person)
- Bend at the left knee straight and directly above the heel
- Keep left heel planted
- Come forward onto right toes
- Bend at right knee until it touches the ground
- Keeping weight on left heel
- Bring right foot forward until feet are in line

Singles

- Hold end of rope handles in middle of each hand
- Keep arms and elbows straight while spinning
- “Flick” wrists to spin the rope
- Jump as soon as you hear the rope hit the ground in front of you
- Land on balls of feet
- Keep going until you break rhythm

Running

First of all you need to look at the masters in action so download as many YouTube videos of Haile Gebrselassie and Michael Johnson as you can.

Quite simply running happens in 3 separate phases:

1. The POSE
2. The FALL
3. and The PULL.

The POSE is the point at which your foot passes under your center of mass and you make the shape of the number 4 with your legs.

The FALL happens when you let go,use gravity and just fall.

The PULL,where the supporting foot is pulled,instead of pushed,from the ground and movement continues.

At CrossFit Youngstown we will teach you how to run properly and to train effectively.

Rowing

- Keeping heels down, get as close to the flywheel as possible with the handle
- Pushing off heels, get body into deadlift position with back straight and leaning slightly back
- Push off strongly with the heels keeping arms straight
- When knees lock out pull handle to chest with arms
- Release arms first keeping legs locked
- Release knees coming back into the flywheel

Deadlift

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- Look straight ahead
- Keep back arched by pulling shoulder blade back towards the butt in a “Lumber Curve”
- Arms don’t pull, they’re just straps, relax elbows and shoulders
- Bar travels along legs in a straight-line-manner, get knees out of the way then open hips
- Push with the heels
- Mimic the same movements on the way down, butt goes out first dropping the bar along the legs and keeping the back in the “Lumber Curve”

The deadlift, like the squat, is essential functional movement and carries a potent hormonal punch. This is core training like no other.

Sumo-Deadlift High-Pull (SDHP)

- Start on ground
- Wide, “Sumo” stance
- Take narrow grip on bar
- Look straight ahead
- Keep back arched
- Pull with hips and legs only until both are at full extension
- Flick hip near full extension
- Immediately pull with arms continuing the bars travel up
- Keep the elbows as far above your hands as possible
- Bring the bar right up under the chin briefly
- Lower to hang
- Lower to ground

Shoulder Press

- Strict Press (no lower body movement)
- Elbows in front of bar with load on wrists (practice wrist flexibility exercises)
- Tuck Chin
- Press directly overhead
- Head through the arms as soon as the bar clears your forehead
- Ears visible past arms with wrists, elbows, and shoulders locked out at the top
- Active Shoulders (Press into your ears)

Push Press

- Similar to Shoulder Press with lower body movement (dip)
- Dip (quick drop of the hip) by sticking butt out and knees only slightly forward
- Drive (rebound extension of leg and hip: bottom of dip is instantaneous)
- Press (just as with Shoulder Press)

A gateway movement to the jerks, the push press is an important introduction to the “core to extremity” nature characteristic of most functional movement.

Back Squat

- Bar rests on back and shoulders with wrists behind the bar in support

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- Mechanics like other squats

Front Squat

- Bar rests on chest and shoulders with loose grip – “racked”
- Mechanics like other squats
- Push elbows up to maintain rack position as the hips drop
- Requires more flexibility than other squats (except overhead squat)
- Elbows stay inside the wrists, move hands wider if elbows drive out

The hardest part of the front squat may be the “racked position”. Practice until your wrists are “O.K.” with it. Handstands help. This one will force shoulder and wrist flexibility.

Kettlebell Swings

- Rock back with kettlebell (KB) at hips and arms extended
- Rock forward and “pop” hips allowing arms to travel upwards but still extended
- Lock out at the top with KB straight up and down towards ceiling and ears through arms
- Pull KB back down with arms remaining extended
- Flex hips, rocking back again, once the kettlebell has come all the way down
- Wrists should just tap inner thighs at bottom position, this is when the hips flex

Thruster

- Start with weight and body in the front squat position
- Front Squat
- Accelerate hips

Paleo Prescription

Meat & Vegetables

Nuts & Seeds

Some Fruit

Little Starch

No Sugar

10 Components of Fitness

- Endurance
- Strength
- Stamina
- Flexibility
- Speed
- Power
- Agility
- Balance
- Coordination
- Accuracy



The Benefits of Protein Powder

Protein allows our muscles to recuperate from exercise. The benefit of protein powder is that we can deliver those nutrients within a few minutes of working out to begin the recovery process as soon as possible after the workout.

Giving and Receiving Recognition

When you receive recognition from others, it makes you feel good. It makes you realize that you accomplished something and you can do it again. It helps you expand your future goals and dreams.

When you give recognition it makes you feel good. It makes you realize that if that guy did it I can do too. The transmission of positive particles from you to the person who you are recognizing helps bring accomplishment into your life. It expands your goals and dreams.