

Welcome to CrossFit CrossFit Mettle & Honor (CFMaH)! Congratulations! You have successfully passed through our Foundations Program and are now a member of our CFMaH community. We understand that ALL of our clients come from different athletic backgrounds - some may have been varsity athletes in high school or college, and for some this may be their first time working out. At CrossFit CFMaH we have doctors, students, parents, lawyers, business owners and just about any profession and background you can think of, but one thing is the same for everybody - you have all joined our gym to get in better shape and become a more fit person. Reaching this goal takes time and sacrifice, and if you are dedicated to coming in and working hard, we will be dedicated to helping you reach your goals. Remember, the Foundations Program is just the start of the journey. It prepares you for what you are about to encounter in our gym, including certain movement patterns, terms, methodology, and the basics of how we do things. There is still a lifetime of learning ahead of you, and this can make CrossFit both fun and at times frustrating. So, don't get discouraged or frustrated, we have all been down the same path and our gym is filled with countless resources to help you do all the things that you think may be impossible!

CrossFit Philosophy and Methodology

CrossFit is a Strength and Conditioning Program that focuses on improving General Physical Preparedness (GPP). CrossFit is defined as constantly varied, functional movements performed at a high intensity. In CrossFit, you will run, jump, row, pull, push, throw, lift and use your body in the way it was meant to be used. The workouts vary from day-to-day, and we always push ourselves to find new limits.

The entire CrossFit program is designed to do one thing - increase your fitness. Fitness is an increase in work capacity over broad times and modal domains. Or in other words, our ability to move more weight, further distance, faster.

Our idea of World Class Fitness summed up to 100 words is: "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the

basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.”

- Greg Glassman, Founder of CrossFit

Mission and Philosophy

Mission: To help people find their way to fitness and wellness.

Philosophy: At CrossFit Mettle & Honor, we strive to establish an inclusive, effective, and fun fitness environment for all our members. We hold our coaches to the highest standards of care, excellence, and professionalism. This is the expectation every single day. To meet this standard, we invest heavily in developing our team and building community. We firmly believe this effort will help our members achieve new levels of fitness, health, and happiness.

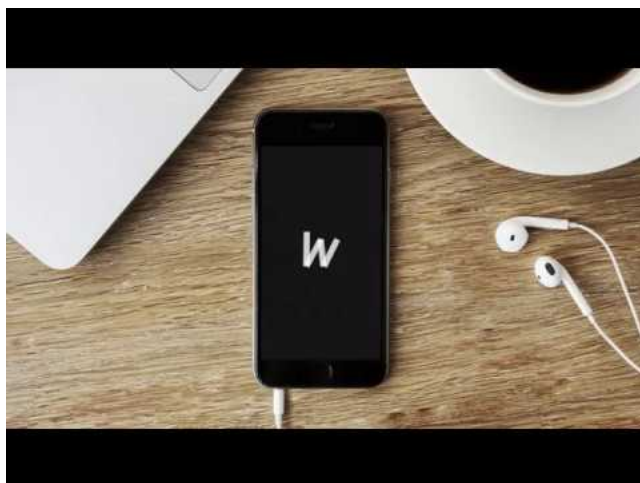
WODIFY 101

As a member you will be added to our scheduling and workout tracker Wodify. Wodify has many features, it is where you will pay for your membership and reserve your spot for any class. Visit your app store to download the APP.

When your account is created you will receive a confirmation Email. Just follow the link to create your password. Your next step will be to add a payment method, our preferred method of payment is ACH but you can also add a Credit Card.

Add Payment: My Profile>Payment Info>Add Payment Method

A link on a overview on How To use the APP: <https://youtu.be/279BGB4QIRg>



Results & Your First Two Months

In the beginning, no matter what level you start at, you can expect to be sore, frequently. Your body will be able to adjust in the first few days to the levels of intensity that we strive for, and as you adjust to the amount of working out and the amount of stress placed on your body it is extremely important that you continue to show up.

If you show up regularly, work hard and pay attention to what you are eating, you will start to see and feel results in the first month. If you are overweight, it is not uncommon to lose up to 10 pounds in the first month alone. If you are underweight, you will start to notice significant changes in your overall strength. For everybody, coordination, strength and flexibility tend to improve in the first month, and that uncomfortable feeling of doing WODs at high intensity begins to feel more normal.

The real magic happens after about the 2-month mark. This is where an athlete really begins to get good at the basic skills, using them to become more efficient during the workouts. After two months, you will be able to notice a difference in the way you go about day-to-day activities as well. Your energy level will be higher for longer periods throughout the day, you will sleep much better, and workouts seem a lot less scary. Again, this all assumes that an athlete is coming in regularly, working hard, listening to our coach's advice and paying attention to what they are eating.

What We Expect from You

Box Rules of Conduct

1. Support other members - CrossFit is community driven. When it rains, we all get wet. We may train as an individual, but we workout as a community. If you finish first, you should be the first one cheering everybody else on.
2. Show up - Be on time, please. It is respectful to the coaches and to the other members if you arrive on time and check in early. You can also use this time to practice technique and learn new skills!
3. If you don't know.... ask - Our coaches are all professional and here to help you. Ask questions and you will get answers.
4. Let the coach's coach - Here at CrossFit CFMaH we have experienced coaches who know what they are talking about and it's their job to inform, instruct and correct technique. While support is great, leave the technical advice to the coaches.
5. Injures - Eliminate unnecessary risk by listening to coaches and always follow TECHNIQUE - CONSISTENCY - INTENSITY. Do plenty of mobility and let a coach know immediately if something doesn't feel right.
6. Leave your ego at the door - CrossFit is humbling to everyone. Aim for progression and not perfection. Trying to be perfect and better than everyone will leave everybody frustrated.
7. Be honest with your effort and results - it is hard to count repetitions and rounds when you are tired, and it is ok if you lose count or forget. But knowingly "shaving" repetitions will not get you to where you want to be, and believe us, people notice.
8. Eat well - we can coach you all we want inside the gym, but what happens outside is up to you. If you come to 5 classes per week, and neglect your nutrition every day, you will limit or worse see zero positive results.
9. HAVE FUN - While we take the programming and training seriously, this should be the best hour of your day, have fun and hand out lot's of high fives!

RESOURCES

Website: www.crossfitmah.com

Please join our members only Facebook Group: <https://www.facebook.com/groups/crossfitmah>

Instagram: https://www.instagram.com/crossfit_mah/

Learn more about CrossFit: www.crossfit.com

Meet our Staff

Coach Chris



Coach Dan



Coach Fred



Coach Jo



Coach Sabrina



Coach Lori



Coach JR



Coach Ponce



Coach Tony



Coach Joe P



Coach Joe Ro

