



# EASTIEFIT

ESTABLISHED IN 2013

## Intro to Core Habits

### Our Approach - Core Habits to Live a Whole/Full Life

1. **Eat** - Eat meat (protein), vegetables, some fruit, little starch and no refined sugar.
2. **Rest** - Rest your body for at least 8 hours per need to support your recovery and results. to support your recovery
3. **Train** - Train proper movement patterns and positions first, then add weight (load) and reps (volume) then.

*We become what we repeatedly do. To see transformation, we must go on a journey of Practice > Habit > Lifestyle:*

*+ Practice: intentionally doing the thing we want to do, which at first may seem forced or formulaic*

*+ Habit: usually doing the thing we want to do. Our habits become our default pattern as we engage in them*

*+ Lifestyle: naturally doing the thing we want to do - an unconscious reality that is part of who we are and what we do.*

**What you need to do: 21 days is the basic plan to transform practice into habits. Each month you should focus on a practice. That way you are building strong habits and finding the unique balance of Eat, Rest and Train to support your lifestyle.**

## Rest

Sleep is one of the most important factors of a healthy lifestyle. Quality sleep will aid your recovery. Muscles are broken down during workouts and repaired while you sleep. Find a routine that helps facilitate sleep (calming music, cool room, weighted blanket, scented oils, meditation, reading).

- No electronics within one hour of bedtime. 5mg of melatonin may aid sleep.
- NEVER use the snooze button. When you use a snooze button you are procrastinating with the very first thing to do in your day!
- Research suggests that consecutive nights of less than 6 hours of sleep can promote prediabetes!

Consider using the [SleepCycle](#) app to track your sleep and help you wake more rested. It monitors your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock. We recommend the [Philips Wake-Up Light!](#)

## Train

Train is the work that you do at the gym that prepares you for the challenges outside of the gym. It is also what shapes your body. Some of you call it toning. Others refer to it as looking or feeling strong. But the common ground is that you are doing postural breathing, gymnastics, weightlifting and conditioning exercises to move away from sickness (diabetes, obesity, high blood pressure and other diseases) and towards high levels of fitness.

- Move intentionally 2-5 days a week for more than 30 minutes.
- Practice the basic gymnastics elements of pushups, pullups, burpees and jumping
  - Pushups Challenges
  - Burpees Challenges
- Practice the basic elements of weightlifting squats, lunges or split squats, deadlift, cleans and presses
  - Squat Challenges
  - Lunges Challenge
  - 2 x Midline Madness a week
- Run, jump rope, row, ski or play sports weekly
  - Couch to 5k
  - 30 minutes of outdoor activity at least 5 days a week

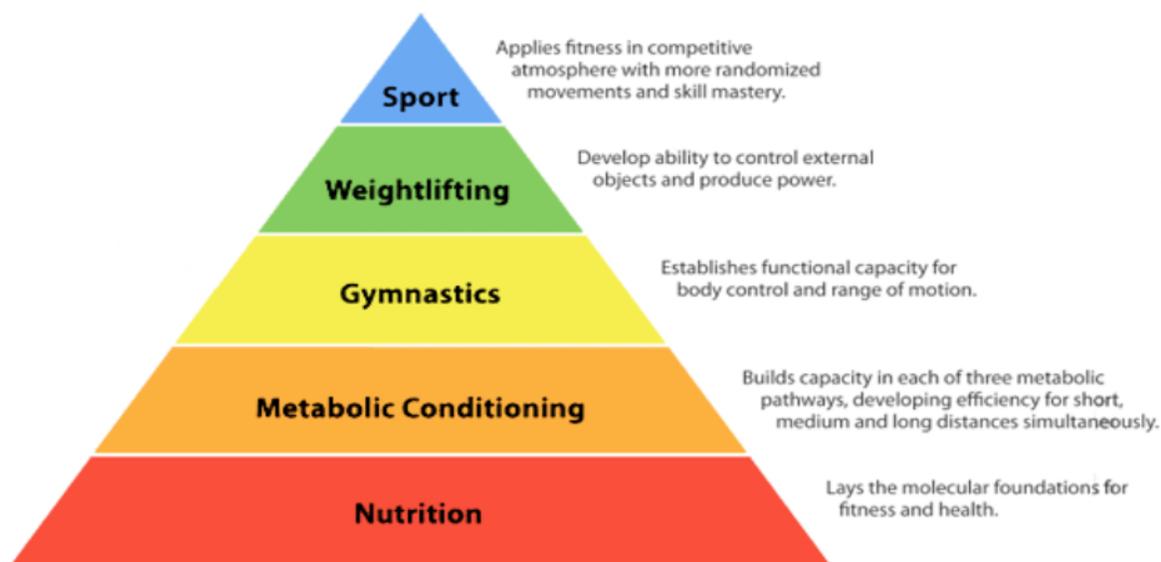
We recommend you RSVP for class at least twice a week. Practice the elements of the class in your home twice a week and play sports or outdoor activities twice a week. Incorporate the Midline Madness once a week and go out with friends or family to walk or jog at the park. Play ball sports with your family or join a social sports club.

# What is CrossFit?

Constantly varied, functional movements performed at high intensity.

## *Mechanics - Consistency - Intensity*

We believe in proper mechanics of movements, and we want you to be able to perform them consistently well, before we add intensity to those movements, in terms of loading (weight) and volume (number of repetitions). In a one-hour CrossFit class you will perform a warm-up, a strength or skill component, and a Metabolic Conditioning workout. Each part of the hour class is fundamental in the development of an athlete. Nutrition will be the basis of your training.



- Keep intake to levels that will support exercise, but not body fat.
- Practice and train the major lifts:
  - Deadlift, Clean, Squat, Presses, Clean and Jerk and Snatch.
- Similarly, master the basics of gymnastics:
  - Pullups, Dips, Rope Climb, Push Ups, Presses to Handstand, Pirouettes, Flips, Splits and Holds.
- Bike, Run, Swim, Row, etc... Hard and Fast.
- 5 or 6 days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy.

# Training Levels

The Training Levels are intended to be a guide that you use daily, not a standardized test you must "pass." According to your skill, intensity and recovery you can choose which level you would like to perform in. **Use the Levels to evaluate your strengths and weaknesses and to make smart choices about your training time.** This guide is not a definitive guide to training at EastieFit, an exercise prescription, nor a complete guide to developing the skills. The skills are intended to be broadly representative of general fitness. Proper form in all movements is imperative. We will hold you to the highest standards on each movement.

- Level 1: Foundation/Basic
  - These are the foundational or basic movement patterns that the programming is calling for you to master for the day. You need to get these basic movement patterns before you try to do more complex movements. These movements may vary day by day.
  - This level is the basic standard for health and fitness. Lacking these basic levels of strength, flexibility, and work capacity may limit you in life activities and future progressions.
  - Mastery of all Level 1 movements must be achieved before moving to Level 2.
- Level 2: Intermediate
  - Basic movements have been mastered and now you are ready to develop higher skills or progression. Along the way, you develop significant levels of strength, stamina, work capacity, and speed, building on the foundation. Traditionally scaling involves a reduction in the weight from Rx by approximately 25% and a shorter range of motion for gymnastics.
  - All healthy adults can aspire to this level of fitness. Basic movements are perfected and advanced skills are introduced. Along the way, you develop significant levels of strength, stamina, work capacity, and speed, building on the Level I foundation.
- Level 3: Advanced
  - Your movement pattern is consistently well with high volume reps, full range of motion gymnastics and different loads. The strength, work capacity, power, and skill required to meet these goals can prepare you to tackle any kind of physical performance with competence and confidence.
  - This level of achievement requires long-term dedication and a passion for fitness. The skills required of Level 3 are very advanced and represent a highly skilled and well-rounded athlete. While few may attain all of the Level 3 skills, you should continually seek improvement and get closer to achieving each one.

## Eat

Do you know that your stomach is your second skin? Your stomach is the other organ that interacts with the outside. Meaning what you put in your mouth matters and will fuel your performance. In our experience, we chronically see two types of malnutrition with new athletes; many are eating too few

calories to support CrossFit training, and many are eating too many carbohydrates which will promote the accumulation of body fat. Nutrition can help support not only your training in the gym but also how well you sleep, stress regulation, and your relationships with yourself and others.

- *Eat lean protein and vegetables, nuts and seeds, some fruit, little starch, and NO sugar.*
- *Eat protein in every meal.*
- *Include veggies in every meal.*
- *Add healthy fats to your meals.*
- *Drink 8 to 16 ounces of water when you wake up.*

## Dictionary

Here are some common terms and abbreviations that we use in CrossFit:

**AMRAP** - As Many Reps As Possible/Tantas repeticiones como sea posible

**DB** - Dumbbell/Pesas

**EMOM** - Every Minute On the Minute/Cada minuto al minuto

**KB** - Kettlebell

**ME** - Max Effort/Esfuerzo máximo

**MetCon** - Metabolic Conditioning/Acondicionamiento metabólico

**PR** - Personal Record/Récord personal!

**Rep** - a repetition of a movement/la repetición de un movimiento

**RFT** - Rounds for Time/Rondas por tiempo

**RM** - Rep Max (the heaviest load for one particular lift)/Rep Max (la carga más pesada para un levantamiento en particular)

**S2OH** - Shoulder to Overhead/Hombro a la cabeza

**Set** - a number of repetitions/un número de repeticiones

**TABATA** - 8 rounds of 20 seconds of work followed by 10 seconds of rest/8 rondas de 20 segundos de trabajo seguidas de 10 segundos de descanso

**T2B** - Toes to Bar/Dedos de los pies a la barra

**Unbroken** - performing the work without stopping or resting/realizar el trabajo sin parar ni descansar

**WOD** - Workout of the Day/Entrenamiento del día

## House Rules

1. Sign up for class. Arrive 15 minutes before class starts.
2. Be positive and ready to work.
3. Listen to your coaches.

4. Give 100% and count your reps.
5. When you finish, you are a cheerleader.
6. Respect the equipment and put it back in its correct place.
7. Track your workouts and progress (on whiteboard, SugarWOD).
8. Make goals and hold yourself accountable.
9. Ask questions and ask for help!
10. Shirt must be kept on at all times and shorts must cover your bottom.
11. Use appropriate language.
12. Be the best you!