

CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM

April 2009 Newsletter

March Review and April Run

March was a pretty neat month at CrossFit Scars. Some people even found out they like running. Many commented on how "cool" it was to be able to run fast. From the videos most everyone improved on their running stride. It was exciting for me to be a part of the transformation. We will continue to run in our WODs, but not to the extent of March. We will focus on all aspects of fitness.

To finish a great month, we are going to have an optional 5k run on April 18th at 8:00am in Veteran's Park. If you are planning on being there, please post your name [here](#). If you know someone that would be interested in running the trail with you please invite them along.

Thank You and Welcome

We would like to welcome Freddie to our CrossFit program. Freddie will generally be coming in for the evening classes. I would also like to thank Tullie for referring Freddie to us. We appreciate the support. I know many people are encouraging others to try CrossFit, for that I am incredibly thankful. This program will not be a success with out each and everyone of you. Please use the CrossFit Scars cards available to pass out and give to your friends and family to come try a WOD. If you do refer someone to sign-up you will receive a free T-shirt, or other CrossFit gift, as a show of our appreciation.

April's Skill of the Month

For the month of April, we will focus our skill work and warm-ups to the "clean." The clean is an Olympic lift that generates incredible strength, flexibility, explosive power, coordination and speed. We will be using many of tools at our disposal to learn this movement. Yes, this is a very hard movement to learn, but with practice, patience and good looking, I mean, good instruction from trainers, everyone will make progress.

Website and Facebook

I encourage everyone to check the website regularly and also refer anyone interested in our program to our website. It has tons of great info for anyone looking to try CrossFit.

Also you can comment on the blogs of the WODs to keep track of your progress and times. When I post repeated WODs I will link back to the WODs of previous to help people compare results.

If anyone is on facebook, I have created a private group for CrossFit Scars. Just look me up and I will send you an invite for the group.

Seminars

If you, or someone you know, has an event coming up and are looking for speakers, I would love to offer my services. It would be my pleasure to get in front of a group and talk about CrossFit Scars, fitness, functional movement or anything else we cover in class. It's a great way to get our name out to the community and also a way to help educate people on the importance of this kind of training in our everyday life. The seminar/speech can be interactive with group participation, purely lecture or anything in between. I will mold a speech to fit the audience's needs.

Fire Department Connections

Does anyone have any connections with the fire department in the area? We are looking to do a hometown hero fitness program and I would greatly appreciate a connection with the dept.

Days Off

There will be no class on Saturday, April 11th. I hope everyone has a great Easter Break.

Thank You everyone for your support. We love having the opportunity to work with each and everyone of you.

-Justin & Abel

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www.crossfitcars.com