

# CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM

## JULY 2009 NEWSLETTER

### ANNOUNCEMENTS:

JULY 4<sup>TH</sup>- NO CLASS, ENJOY YOUR HOLIDAY WITH YOUR FAMILY AND DON'T BLOW ANYTHING UP THAT IS REALLY IMPORTANT

JULY 18<sup>TH</sup> – WEDDING SHOWER, DENISE IS THROWING A SHOWER FOR JESS AND I. ASK HER FOR DETAILS.

JULY 19<sup>TH</sup> @ 2PM – MOSS ROCK PRESERVE FUN. WE WILL DO A SHORT TRAIL RUN AND ALSO HAVE SOME ROCK CLIMBING AND OTHER FUN ACTIVITIES. (LET ME KNOW IF THIS DATE IS GOOD FOR EVERYONE.

JULY 27<sup>TH</sup> & JULY 29<sup>TH</sup>- THE 8:30 AM CLASS WILL BE MOVED TO 8:00 AM BECAUSE OF TKD SUMMER CAMP THAT STARTS AT 9 AM.

### JUNE REVIEW

IT HAS BEEN VERY REWARDING WATCHING YOU ACHIEVE THE ABILITY TO DO OR GET CLOSER TO DOING A PULL-UP. IT IS A VERY SMALL PERCENTAGE OF THE POPULATION THAT CAN ACTUALLY DO A PULL-UP. I KNOW THAT OVER TIME EVERYONE OF CROSSFIT SCARS ATHLETES WILL BE ABLE TO DO A PULL-UP AND DEVELOP THIS SKILL FOR FUNCTIONAL ABILITY.

THE NUTRITION CHALLENGE WAS ALSO FUN TO RELOAD THE MOTIVATION AND NEED FOR PROPER NUTRITION IN EVERYDAY LIFE. OUR GOAL FOR THIS SPECIFIC CHALLENGE WAS FOR EVERYONE TO FIND A SPECIFIC EATING SCHEDULE THAT WASN'T INCREDIBLY EXTREME SO YOU WOULD BE ABLE TO STICK WITH IT AFTER THE MONTH. WE RECOMMEND ONE OF TWO OPTIONS IF YOU ARE GOING TO CHEAT: 1. PICK A 24 HOUR PERIOD EACH WEEK AND EAT WHATEVER YOU WANT FOR THE ENTIRE TIME. 2. FOR EVERY MEAL THAT YOU EAT "OFF THE ZONE" YOU MUST EAT THE NEXT 4 MEALS PERFECT (80% ZONE VS. 20% NON-ZONE).

### JULY PHYSICAL CHALLENGE

THIS MONTH WE ARE GOING TO MIX UP THE SKILLS AND WORK ON FLEXIBILITY. FLEXIBILITY IS GENERALLY UNDERRATED AND WILL HAVE DIRECT IMPACT ON YOUR ABILITY TO PERFORM FUNCTIONAL MOVEMENTS. WE WILL DO "FINISHER" STRETCHES AFTER THE WOD.

### WELCOME TO THE FAMILY

WE WOULD LIKE TO WELCOME DORINDA, DONNIE AND STEPHANIE TO THE CROSSFIT SCARS FAMILY. A SPECIAL THANK YOU GOES OUT TO WENDE FOR REFERRING STEPHANIE TO JOIN OUR FAMILY.

WE ENCOURAGE EVERYONE TO PASS OUT CFS CARDS TO EVERYONE YOU KNOW THAT CAN BENEFIT FROM OUR TRAINING. THEY CAN COME FOR THE FIRST TIME TO ANY REGULAR CLASS AND WILL BE GIVEN A WORKOUT THAT IS NOT INTIMIDATING AND WILL GIVE THEM A TASTE OF WHAT WE DO. WE WILL THEN WORK WITH EACH NEW CLIENT TO LEARN THE MOVEMENTS SAFELY AND EFFICIENTLY.

### SECRET PASSWORD PROTECTED WEB PAGE

ON THE RIGHT HAND COLUMN OF CROSSFITSCARS.COM PAGE YOU WILL SEE A LINK, CFS ATHLETES. THIS LINK IS PASSWORD PROTECTED AND HAS INFORMATION SPECIFIC TO YOU, OUR ATHLETES. IT WILL HAVE INFORMATION ABOUT NUTRITION, SPECIAL BLOGS AND ALL OF OUR NEWSLETTERS ARCHIVED THERE. THE PASSWORD TO ENTER THIS SITE IS "FITNESS."

IT WILL ALSO FEATURE A "GOALS" PAGE THAT I WOULD ENCOURAGE EVERYONE TO POST TO. POST WHAT YOUR SPECIFIC GOALS IN FITNESS OR WHAT YOU ARE LOOKING TO GET OUT OF CFS. IT COULD BE LIFT "X" AMOUNT OF WEIGHT OR FIT INTO A SPECIFIC PAIR OF

JEANS. REMEMBER THIS SECTION WILL ONLY BE SEEN BY OTHER CFS ATHLETES AND NOT THE PUBLIC. THE ACTION OF POSTING YOUR GOALS FOR OTHERS TO SEE IS VERY MOTIVATING AND HELPS KEEP EACH OTHER ACCOUNTABLE.

FOR SOME REASON, WHICH WE ARE LOOKING INTO, INTERNET EXPLORER DOES NOT SUPPORT SOME PARTS OF OUR WEB PAGES. I AM LOOKING INTO OTHER BROWSERS FOR ISSUES ALSO. I FIND THE BROWSER GOOGLE CHROME SUPPORTS OUR PAGE THE BEST. IF YOU HAVE SOME ISSUES WITH THE SITE PLEASE LET ME KNOW SO I CAN TRY AND LOOK INTO IT.

### **VIDEO TESTIMONIALS**

WE ARE PLANNING A VIDEO THAT PEOPLE CAN WATCH AND SEE WHAT OUR COMMUNITY, CLASS AND PROGRAM IS LIKE. OVER THE NEXT FEW WEEKS WHEN WE ARE TAKING PICTURES OR RECORDING VIDEO OF YOU, WE MIGHT ASK YOU SOME QUESTIONS THAT WE CAN USE ON A "WHAT IS CROSSFIT SCARS" VIDEO. QUESTIONS MIGHT BE, WHAT IS YOUR FAVORITE PART OF CFS CLASS?, WHAT GIVES YOU THE MOST ENJOYMENT IN CLASS?, WHAT KIND OF RESULTS HAVE YOU HAD FROM CFS?, AND SO ON. WE WILL MOST LIKELY ASK AFTER A WOD SO EVERYONE CAN SEE HOW HARD YOU HAVE WORKED AND WHAT KIND OF MENTALITY IS NEEDED FOR OUR PROGRAM (AND I THINK YOU LOOK GOOD ALL SWEATY).

### **NOVEMBER VULCAN RUN**

IF YOU ARE INTERESTED IN RUNNING THE 10K IN NOVEMBER, YOU CAN SIGN UP BY FOLLOWING [this link](#). AS THE RACE GETS CLOSER WE WILL START TO ORGANIZE MORE RUNNING BASED TRAINING AND WODS.

THANK YOU FOR EVERYONE'S CONTINUED SUPPORT. WE WOULDN'T DO THIS WITHOUT YOU.

JUSTIN SCARSELLA & ABEL MARTINEZ

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