

CFG

CROSSFIT GOLDEN

Welcome

Packet

Welcome to CrossFit Golden!

Welcome to the growing community that is CrossFit Golden! All our members come from different athletic backgrounds—some may have been athletes in high school or college, and for some this may be their first time working out. At CrossFit Golden we are parents, students, teachers, lawyers, doctors, 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 achieve your goals. We are thrilled to have you train with us and we look forward to helping you achieve those goals.

We know that the first few weeks have the potential to be intimidating. As you look around the gym, remember that each person is on a different chapter of their fitness journey. Please know that every single person in here was in your shoes at one point, and they are all here to help you in every way that they can (coaches and members alike).

Please introduce yourself to your fellow members and coaches. Most of us consider this place and its members to be a part of our family and we're excited for you to be included.

If you ever have questions, comments, concerns, or don't feel comfortable about asking something in the gym setting, please communicate your needs to a coach via email or feel free to email Greg at greg@crossfitgolden.com anytime.

Please have a look through this “Welcome Packet”, there is valuable information in here that will enhance your experience in the gym as well as keep you safe.

Additionally, please “like” us on Facebook and follow us on Instagram. We are very active on both social media platforms and often post schedule changes, pictures, special events.

About CrossFit Golden

aka CFG

At CrossFit Golden, we utilize functional movements that make you stronger for your daily life inside AND outside of the gym, while creating different workouts every day to keep things exciting. The high intensity nature of our CrossFit workouts produces the most ideal response for your body—both for your appearance and performance. Our creative and fun programming pulls the best of the best from all fields of athletics: endurance, speed training, kettlebells, gymnastics, Olympic and power weightlifting, etc!

Our programs provide an encouraging, non-intimidating vibe that makes every member feel they are part of our Community. Everything at CrossFit Golden can be scaled to your current fitness level—so in a typical group training session you might see grandparents next to active military next to high school students. Every person works together to achieve the same goal: constantly improving his or her fitness level.

Although diverse, CFG athletes all have something in common: they like to train hard and have a good time. We host and participate in a wide range of activities and events inside and outside the gym—biking, running, tubing adventure racing, BBQ's, You've never had so much fun getting fit!

How We Started

CrossFit Golden was started by Greg Walker (owner) who has been training and competing in CrossFit Since 2009. He was first introduced to it to improve his surfing as a professional surf guide in Costa Rica, but immediately fell in love with the high intensity and constantly varied workouts. He also appreciated the sense of community developed through training in groups, and that same community drove him to open CrossFit Golden in 2012.

When our space first opened it was less than 3,000 sq. ft. This was a time when we only had a few rowers and if you wanted a certain weight for the workout you better run to get it after the coach finished going over the daily WOD. Women even had to use 45lb barbells back then! Greg wanted to create a community that was not only welcoming but also fun, and has since grew his small membership base into the vast 9,000 sq. ft. gym facility that it is today.

Over the past 12+ years the CFG coaches have trained hundreds of athletes with every fitness goal you could imagine. We love helping people change their lives both physically and mentally throughout our programs here.

Our Commitment to Our Community

We believe that we can improve every member's life. We embrace this belief and accept it as our responsibility, and we set it as a measure of our accountability.

Our primary focus is on health, happiness, and sense of belonging of our current members. Attracting new members is not a priority. This is a departure from the traditional business model of putting most of the effort, energy, and expenditure into increasing membership. We don't ask for referrals, because that is in essence saying, "we aren't happy with what we have, we want more, or someone else." we don't upsell or try to market merchandise to them. We do everything we can to make our members feel like they are part of the CFG family, and the CFG family is based on a trusting and caring community.

Our members are the most important people that are ever in our building. They are not dependent on coaches; We are dependent on them. Our coaches never interpret our work; they are the purpose of our work. We are not doing our members a favor by coaching them. They are doing us a favor by allowing us to coach them. Our attitude and service to our members is what separates us from everyone else. Our members are as much a part of our business as any staff member. Our members are friends and family.

The CrossFit Golden Methodology

CrossFit is a Strength and Conditioning Program that focuses on improving General Physical Preparedness. CrossFit is defined as constantly varied; functional movements performed at a high intensity. At CrossFit Golden 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 reach our highest athletic potential.

The entire CrossFit program is designed to do one thing: increase your fitness. Fitness is defined as an increase in work capacity over broad times and modal domains. Or in other words, it is our ability to move more weight, across further distances, and faster. Our idea of World Class Fitness, summed up to 100 words by the CrossFit Founder:

“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.”

We bold the last sentence because unlike many other CrossFit gyms, CrossFit Golden regularly participates in running races, climbing fourteeners, bike races, triathlons, etc. that expose athletes to new sports that they are now capable of doing or can do better because of their CrossFit training.

What to Expect in a Class

Our hour-long group classes are led by a CrossFit Level-1 (or higher) trainer or coach. These group classes help promote a healthy, competitive, and friendly community, where everybody is going through the same workout and experiencing the same level of intensity as the person next to them relative to their physical capabilities! You will find all the members of our community to be encouraging and friendly, regardless of athletic ability.

Our Coaches and Trainers are all full-time strength and conditioning professionals and always have your health, fitness, and safety in mind. During the class you can always expect to be walked through a warm-up, taught the correct technique and mechanics for both the strength as well as the conditioning portions of the Workout Of the Day.

Each day, the CrossFit programming for that day is done during every class. So the athletes at the last class will be doing the exact same CrossFit workout as the first class. However, everyday will be different. Monday might be deadlifts and running where Tuesday might be Front Squats and a short AMRAP (we will discuss acronyms further along in the packet). There are no set “leg days” and movements will always be programmed on different days each week. This ensures that whether you come on a Monday and Wednesday one week or a Tuesday and Thursday the next, you are exposed to a multitude of movements. Below is an example of what a typical day of programming may look like.

The screenshot displays a digital workout plan interface with three main columns:

- WARM-UP:**
 - Warm-Up** (with an upward arrow icon)
 - 1 ROUND
 - 10 Alt. Cossack Squats
 - 8 Alt. Groiners + Twist
 - 6 Bootstrappers
 - 6 Alt. Samson Lunges
 - Into-
 - AMRAP x 4 MINUTES
 - 10 Up-Downs
 - 10 Air Squats
 - 8 Glute Bridges
 - 6 Jumping Air Squats

- STRENGTH - ALL:**
- Back Squat** (with an upward arrow icon)
 - 1x5 @65%
 - 1x5 @75%
 - 1x5+ @85%
- *Based off of 90% of Heavy 1-Rep*
- (Score is Weight)*
- Week 2 of 6 Wendler*
- Metcon Fitness:** (with an upward arrow icon)
- AMRAP x 8 MINUTES
- 1-2-3 and so on...
- Hang Power Clean (115/75)
- 2-4-6 and so on...
- Up-Down Over Bar

- OPTIONAL COOL DOWN

- Metcon** (with an upward arrow icon)
- 2 SETS FOR QUALITY
- 10 Prone Ts
- 10 Prone External Rotations
- 10 Prone Snow Angels

What We Expect from You

HAVE FUN! - While we do take our training seriously, we want everyone to have some fun in the process. We enjoy a laugh as much as you do!

If you don't know... please ask - Our coaches are all professional and here to help you. Ask questions and you will get answers.

Let the coaches coach - Here at CrossFit Golden we have experienced full time strength & conditioning professional who know what they are talking about and it's their job to inform, instruct and correct technique.

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.

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.

Injures - Don't do stupid things; eliminate the unnecessary 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.

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 eat donuts every day, please do not complain when you don't get the results that you are after. We offer nutrition coaching for this reason.

Be on time... please - It is respectful to the coaches and to the other members if you arrive on time or even a little early. You can also use this time to practice technique and learn new skills! We know things happen, but classes do run a full 60 minutes. Being even 3-5 minutes late could mean missing key instructions on the day or possibly the entire warm up.

Results & Your First Two Months

In the beginning, no matter what level you start at, you can expect to be sore. Your body will take some time to adjust to the levels of intensity that we strive for, but as you do start to get used to the intensity and the soreness begins to fade, it is important to continue to show up and adjust to the training.

If you show up regularly, work hard and pay attention to what you are eating and drinking 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. Everyone develops an increase in coordination, strength, and flexibility 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 stronger and more efficient at the basic skills. After two months, you will 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 the coach's advice, and paying attention to what they are eating.



Classes and Programs

Signing up for Class

Each day you will need to sign yourself up for class. Classes are capped at 18 people and reservations open 24 hours in advance. You will use Wodify to reserve your spot and you can cancel at anytime we just ask that you try to do so with enough time for another athlete to fill that opening.

Example: Canceling class 5-10 minutes prior to the class starting would not allow for another athlete to see that opening, reserve a spot, and get themselves to the gym in time. Again, we understand things happen, but try to be considerate of full classes.

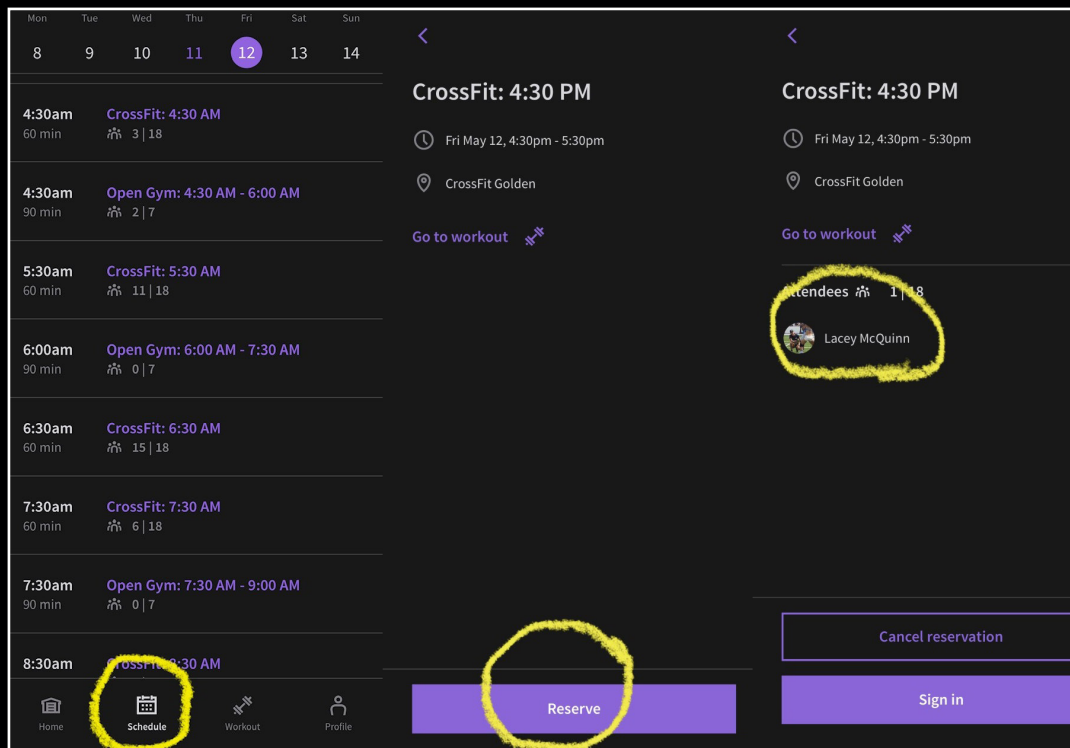


Step by step for Signing into class:

Once you've received your Wodify/gym welcome email, use the link within that email to direct you to Wodify to finish signing up (Wodify is where you will sign up for classes).

1. Open the Wodify App. Select Schedule at the bottom left corner.
2. Select the class and the hour/time you want to attend. Then Select "Reserve."
3. Once you select "reserve" you should see yourself reserved for that class.

If you need additional Wodify support, please ask a coach or visit: help.wodify.com/hc/en-us



Programs

CrossFit Golden offers a variety of programs to meet your athletic, weight-loss and strength building needs. We are open 7 days a week with over 70 class times and open gym available.

CrossFit

In our one-hour group personal training CrossFit sessions, participants will be led by our expert coaches through multiple phases of fitness and recovery such as: Dynamic warm-up; Mobility drills to improve and restore joint mobility and function; Skill drills and explanation of strength and conditioning workouts that day. The strength may be Olympic or power weightlifting to which helps increase strength of the individual. The Workout of the Day (WOD) is the conditioning aspect of the session that combines gymnastics, running, jumping, squatting, kettlebells, Olympic weightlifting, etc. for an allotted time or number of rounds.

Functional Bodybuilding

CFG Functional Bodybuilding is an optional 5 day a week strength training program that can be completed in conjunction with CrossFit classes or sport specific training outside the gym.

The focus of this program is to improve an athletes overall strength and durability by focusing on pressing, pulling, and squatting movements.

CFG FBB is ideal for the endurance athlete who wants to make greater improvements in total body strength and reduce potential of sport specific injuries, without negatively impacting his or hers sport specific training programming with CrossFit conditioning workouts.

CFG FBB programming can be done during any CrossFit class.

Yoga

The benefits from Yoga are very similar to CrossFit; improved stability, better alignment, increased mobility, balance and body awareness. Through Yoga, CrossFitters can grow stronger physically and mentally ultimately leading to enhanced performance, speedier recovery and safer movement.

All levels are welcome, no CrossFit experience necessary. Please bring a mat if you have one.

Open Gym

We are a gym dedicated to coaching our athletes. That is one of the many things that makes our athletes so successful here. We strongly believe in our group classes and they will cover all of the health and fitness “bases” that the majority of our athletes wants and needs.

But some of our athletes still want to do more. Some do so because they have the desire to compete in CrossFit or weightlifting and want to get in extra work, others just love to work out and some go because they are after a new skill!” We offer ‘Open Gym’ so that our athletes can try new things, get some extra work in and do their ‘homework.’

Open Gym Memberships are available upon request and available to everyone with an “Unlimited CrossFit” monthly membership.



Open Gym Rules

Open Gym & Unlimited CrossFit members may work out in our 2600 square foot Open Gym area during our operating hours:

Monday-Friday: 4:30am - Close

Saturday-Sunday: 7:30am - Close

You must reserve a 1.5-hour session in Open Gym via Wodify.

Open Gym is not a coached session, but there will be a Coach on the premises.

No organized groups. If you want to lift with a friend, awesome! But organizing a group workout greater than 2 people in the Open Gym area requires too much equipment and is distracting to our group classes. Want the group dynamic? Do class!

Classes and personal training will be given first use of the stereo, clock and equipment. You can ask a coach or trainer to use something from the group training side of the facility, but if the class needs it, they get priority.

If you are working out in the Open Gym area, please be respectful of the coaches on duty and his/her class or session. Do not drop barbells repeatedly while they are teaching movements, explaining workouts etc.

The on-duty Coach has the right to stop any activity at any time. Safety is a priority here at CFG whether you are with a trainer or doing your own thing.

Clean up after yourself. Put your equipment away where it came from and wipe down anything that needs cleaning.

Nutrition

What you eat plays a HUGE role in your success as an athlete. So, we're taking the guesswork out of who to trust with your nutrition and partnered with WAG. They've been in the CrossFit and Olympic Lifting space since early 2014 and have worked with over 30,000 people so they know their stuff.

When you sign up with the link below, their membership team will match you with a coach who is a real person who will get to know you, your goals inside and outside the gym, your training frequency, schedule, food preferences, and so much more. Then, you'll chat with them in weekly check-ins (and unlimited messages) to adjust your plan, tackle obstacles, prep for workouts, and keep you tracking toward your goals. They also offer customized meal plans and video coaching with their memberships!



WAG NUTRITION AFFILIATE

Nutrition Coaching Essentials

- A personalized macro prescription based on their body, goals, training frequency, and food preferences
- Weekly check-ins and unlimited messages between check-ins with their WAG Coach for customized support, feedback, and accountability
- Access to our online coaching platform, Seismic. This is where they communicate with their coach, track progress and metrics, log macros, and more

Nutrition Coaching Plus

- Everything in Nutrition Coaching Essentials
- Monthly video calls
- A starting meal plan based on their coach-prescribed macros
- 50% off a MacrosFirst yearly premium subscription (MacrosFirst is our favorite food-tracking app and syncs directly with Seismic for seamless log updates and data tracking)

Both memberships include the ability to add a personalized meal plan or video call to their program at any point when they want a little food inspiration or a closer connection with their coach.

Make sure to use our gym's sign up link so WAG knows you're part of CFG!
workingagainstgravity.com/cfgolden



Events & Seminars

We consistently offer seminars to help understand and improve a variety of topics including rowing, running, pull-ups, muscle-ups, swimming, nutrition, weightlifting, rope climbing, mobility, etc... These are great ways to get some additional knowledge outside a regular class!



Memberships and Payment Info

Monthly Membership Payment

Membership fees are automatically deducted on the 1st of each month. The payment method you provide for your Wodify account is what will be charged each month and can be changed any time either online through Wodify or by a coach at the gym. Failed payments will not incur a penalty fee, but if your payment doesn't go through, please fix the issue at your earliest convenience or notify us of what the issue is.

Membership Cancellation

There are no contracts and memberships can be canceled at any time. As long as you cancel before the first of the month when payments go through, you will not be charge for the next month. Even if it's the night before the 1st, you won't be charged.

Membership Holds

Memberships may be placed on hold if the athlete is gone longer than 30 days and up to 90 days for any reason. Holding memberships require a hold end date. Upon expiration of the unfreeze date, your account will automatically become active, and payment will resume.

Retail Purchases

We have shirts, tanks, sweatshirts, hats, etc. available for purchase throughout the year. We also have protein shakes, recovery drinks, and bars available for purchase daily. To make a purchase, please use the clipboard near these items to write your name, item, and quantity. We will bill these items out at the end of the month through Wodify. You will be emailed an itemized receipt.

Understanding CrossFit Lingo

There are a ton of abbreviations and acronyms coaches will use so we have made a cheat sheet to help you understand what a coach might be saying or what you may read on a whiteboard or within class programming.

AFAP: As Fast As Possible

AHAP: As Heavy As Possible

AKBS: American Kettle Bell Swings

ALT: Alternating

AMRAP: As Many Reps As Possible

BB: Barbell

BBJ: Burpee Box Jump

BBJO: Burpee Box Jump Overs

BJ: Box Jump

BJO: Box Jump Over

BMU: Bar Muscle Up

BOR: Bent Over Row

BP: Bench Press

BS: Back Squat

BW: Body Weight

C2B: Chest to Bar Pull-up

Cal: Calories (row, ski, bike, etc.)

DB: Dumbbell

DL: Deadlift

DU: Double Under

EMOM: Every Minute on the Minute

FS: Front Squat

G2OH: Ground to Overhead

GHD: Glute Ham(string) Developer

HPS: Hang Power Snatch

HRPU: Hand Release Push-ups

HSH: Handstand Hold

HSPU: Handstand Push-ups

HSW: Handstand Walk

K2E: Knees to Elbows

KB: Kettlebell

ME: Max Effort

Metcon: Metabolic Conditioning

MOD: Modification

MR: Max Repetitions in a single attempt

MU: Muscle Up (rings)
OHS: Overhead Squat
OTM: On the Minute
PC: Power Clean
PJ: Push Jerk
PP: Push Press
PR: Personal Record
PU: Pull-ups or Push-ups
PVC: PVC pipe or dowel
RDL: Romanian Deadlift
Rds: Rounds in a workout
Rep: Repetitions
RFT: Rounds for time
RKBS: Russian Kettle Bell Swings
RM: Repetition Maximum
(1RM, 2RM, etc.)
ROM: Range of Motion
RR: Ring Row
RX: As prescribed in the workout
S2OH: Shoulder to Overhead
SDL: Sumo Deadlift
SDLHP: Sumo Deadlift High Pull
SJ: Split Jerk
SP: Press (Strict Shoulder Press)
SU: Sit-up or Single Unders

Sub: Substitute
T2B: Toes to Bar
Tabata: Type of workout -
20 seconds work/20 seconds rest
TGU: Turkish Getup
TNG: Touch and Go
UB: Unbroken
WB: Wall Ball
WOD: Workout of the Day



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