



CROSSFIT LPF

NEW MEMBER WELCOME LETTER

Welcome to our Box!

We are excited that you chose to join us at CrossFit Last Pound Fitness! Understanding your body is the first step to a healthier life and a fitter frame. Our talented coaches will deliver expert instruction and support that will provide maximum results. Our amazing team and athletes can't wait for you to be a part of CrossFit LPF: where Community, Strength and Performance drive us.

We understand that your investment in this program and facility is a sign of your commitment. Every class is coached to ensure you understand the movements and that you're keeping the best form possible. We want each athlete to look good and feel strong, but more importantly, have a better quality of life.

CrossFit LPF believes in a standard of excellence. We look forward to working with you in your transformation. We provide the accountability and guidance; our community provides the inspiration and support.

Sincerely,

A handwritten signature in black ink that reads 'Aida Linhares'. The signature is written in a cursive, flowing style.

Aida Linhares
Owner/Head Coach
CrossFit LPF

We are committed to helping you reach your goals. On the road to your success, we ask the following of you:

- **Accountability:** You've already taken the first step to becoming the best version of yourself by joining CrossFit LPF. For maximum results, commit to attending at least 4 classes weekly. Your results depend on it!
- **Come prepared:** Stay hydrated, nourished and well-rested. These are key elements to a healthy lifestyle and will help increase your level of success. If you have any questions, schedule a meeting with Coach Aida to discuss nutrition and your fitness.
- **Gear:** If you have your own pull-up grips, knee sleeves, weight belt or long socks for rope climb ... bring them! We do have some extra jump ropes and weight belts available.
- **Timeliness:** Be on time, ready and willing to work hard each day.
- **Learn:** In the beginning of each class we will review the workout, exercises and standards. Pay attention and try to remember at least one movement or cue each day.
- **Equipment:** Set up for the warm-up and your workout as soon as your class begins.
- **Do Work, Stay Humble:** Check your ego at the door & trust the program and the coaches. Results take time and require hard work, so have patience and always be ready to learn.
- **Know your body:** If something hurts or doesn't feel right, tell your coach. Don't train through it. This could lead to injury. If you feel tired or unmotivated to work out, this could be a sign that you are over training. Part of the CrossFit methodology is to train 3 days, rest 1 day, train 2 days, rest 1 day. Try to follow this if possible. Rest and recovery are key!
- **Get HYPED:** Come to class with a friendly attitude. Cheer on and encourage your fellow athletes and have fun! The community aspect is one of the BEST parts of CrossFit and our box.
- **IMPORTANT! Get SOCIAL:** Please follow us on social media by clicking "Like" on our CrossFit LPF Instagram and Facebook pages. Also, please send Coach Aida Louisa Linhares a friend request today so that she can add you to our gyms "private" FB page. This is where we make all of our important announcements, etc.
- **Show some LOVE:** "Check-In" on Facebook when you come to class. And, please help us grow our gym community by writing a review on our Facebook page and on Google.

What to Expect

Class starts with a warm up. Then we demonstrate all movements being used in that workout. After, we will do the strength and/or conditioning portions of the workout.

If you want to go over any movements prior to class, a coach will be happy to help you and give you any modifications necessary.

Also, here are some terms you should be familiar with as you get started with CrossFit LPF:

- WOD - Workout of the Day
- AMRAP - As Many Rounds (or Reps) as Possible
- EMOM - Every Minute on the Minute - Here you perform the specified reps, then rest until the next minute starts.

SugarWOD App

- Download the App and create a login
- Then join our box: CrossFit LPF
- Once you do this, be sure to turn on the notifications in your settings.

Doing this will give you access to the "Daily WOD" which will come via a notification every evening (Sun-Friday at 8:15pm). Be sure to view the workouts and study the movements (by clicking the "Prepare" button) for your division the night before.

Log your daily results for both the "Strength" portion and the WOD after each workout. This is one way we measure our progress. Having trouble? Ask a coach.

RhinoFit App

Due to the COVID pandemic, we have capped our class sizes. All members are required to sign up for classes (& open gym) in advance. We use the RhinoFit App (red & white Rhino image). Please Download the app.

Once CrossFit LPF has registered you as a member you will receive a welcome email with a link where you can set up a password and begin to sign up for classes. Check your spam folder if you do not get the welcome email. If it's not there, please text Aida Linhares at 754-204-5168. Members cannot share an email address in RhinoFit.

NOTE: Please DO NOT reserve a spot unless you are positive you can attend the class. If you are not sure, it's best to wait. We require that you cancel at least 2 hours before the class begins. * A \$10.00 fee will be charged for no shows and late cancellations made inside this window of time. We apologize in advance for the inconvenience.

Nutrition

You cannot out train a bad diet. Nutrition dictates 70% of your results. We have a nutrition specialist on staff to help you meet your goals. We offer private nutrition programs, group nutrition challenges throughout the year and nutrition accountability.

Gear

If you decide to purchase any gear, we recommend the following:

- Pull-Up Grips for CrossFit
- Wrist Wraps for CrossFit
- Weight Belt (Velcro) for CrossFit
- Knee Sleeves for CrossFit
- Speed Jump Rope for CrossFit

Great websites to purchase these items from are Amazon.com and Rogue.com.

Website

Visit CrossFitLPF.com to learn more about our coaches, history, class schedule and much more!