



## 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,

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 private meeting with Coach Aida to discuss nutrition and tips on how to improve your fitness one step at a time.
- **Gear:** If you have your own pull-up grips, knee sleeves, weight belt or long socks for rope climb ... bring them! If you forget something, we do have some extra gear (jump ropes, weight belts, wrist wraps, etc.) available on a first come first serve basis.
- **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. You're going to get exactly what you put into your workout. Invest in yourself!
- **Equipment:** Set up for the warm-up and your workout as soon as your class begins. Whether it's a barbell, PVC pipe or kettlebell, be ready to go!
- **Do Work, Stay Humble:** Check your ego at the door and 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 fight through it. This will most likely 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 is key!
- **Get HYPE:** 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 Head 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.
- **IMPORTANT! Show some LOVE:** "Check-In" on Facebook when you come to class. Please help us grow our gym community by writing a review on our Facebook page and on Google. Invite a friend to a FREE class (local residents only). These are some of the best compliments you can give us.

## **What to Expect**

The classes will start with a warm up. We will then demonstrate any of the movements to be used in that class. 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. Don't worry if they look like too much for you right now ... you will either surprise yourself or you will get there eventually. In the meantime, they can be modified to something you can do now.

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 as Possible" In the time specified, do as many rounds of the workout as possible.
- EMOM - "Every Minute On the Minute" Here, you'll do the specified reps/work, then rest until the next minute starts.

To be successful here at CrossFit LPF, you'll need to do just a few more things ...

## **"SugarWOD" App**

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

Doing this will give you access to the "Daily WOD" which will come via a notification every evening (Sunday through 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.

## **Nutrition**

You can't out train a bad diet. Nutrition dictates 70% of your results. We have a nutrition information packet available upon request. We also have a certified nutritionist, Lubov Baugh, on staff to help you meet your goals. Lubov's contact information is located in the packet.

## **Gear**

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

- Pull-Up Grips for CrossFit
- Wrist Wraps for CrossFit
- WOD 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 for our gym rules, class schedule and more.