

# Welcome to Inner City Fitness and Inner City CrossFit!

Hello - We're excited to have you as a member, and look forward to working with you to set some PB's, learn some cool new stuff, and have fun whilst exercising and being part of our community.

Nic and Raf are the owners of the gym and have been gym owners for over 15 years. You will also meet our amazing coaches Kim, Shannon, Louis, Mich, Dan, Kathy, Fran and Nigel

Remember: Work hard, stay focused, ask questions, have fun and the results will come.

Please take the time to read this **Quick Start Guide**. It has some important information that you should know, and will also help you through your first few months of CrossFit (it can be a bit confusing!).

If you have any questions, or concerns please don't hesitate to get in touch with one of the coaches.

Don't forget to like us on Facebook for updates and pics

We also have a Facebook Members page called Inner City Members Page this has lots of updates, info and events. We also have a social group CrossFitter's who eat and drink for more social get together's without exercise

We trust you will enjoy your training

Cheers! Inner City CrossFit



# What is CrossFit

CrossFit is a strength and conditioning program. We have designed our program to elicit as broad adaptational response as possible. CrossFit is not a specialised fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.

The CrossFit Program was developed to enhance an individual's competency at all physical tasks. Our athletes are trained to perform successfully at multiple, diverse, and randomized physical challenges. This fitness is demanded of military and police personnel, fire-fighters, and many sports requiring total or complete physical prowess. CrossFit has proven effective in these arenas.

Source: CrossFit Foundations document



# Services at Inner City Fitness and Inner City CrossFit

## CrossFit

We offer CrossFit 7 days a week! Our CrossFit program works of a 5 week block of programming and we work on 3 cycles. Each 5 week block will be based on a new focus/cycle. We work on Strength and endurance, Strength and Testing. You will see some workouts repeated with slight changes to reps, weights or time so you can aim to progress each week. Week 1 is always a deload week so feel free to back off on the weights and listen to your body, take deload week at your pace. Weeks 2 – 5 increase in volume and /or intensity each week.

## Personal Training

We offer 30 and 45 minute training sessions with a trainer, these can be done as one on one or with a friend. We **highly recommend** booking in a session every 3 months at least to brush up on skills or work on something you specifically want some coaching on. As trainers we train with others all the time to learn new things and make sure no bad habits are forming. If you wish to book in a session let one of our coaches know and we can book you in.

## Skill Classes

We are lucky enough to have the space and awesome coaches that we can offer so many skilled classes. We started these classes to help improve our members CrossFit. We recognized that our members needed more time and specific drills to improve skills that will also benefit CrossFit. As the classes grew in population we can now offer another service for those that do not want to do CrossFit but want to focus on Weight lifting, gymnastics, endurance or other classes to keep fit and strong.

## Weight Lifting

We offer Weight lifting 6 days a week our coaches compete in the sport of weight lifting and if competing interests you they can help you get there. Our weight lifting classes are also great for beginners to weight lifting with skills, and technique coaching and programming specific to weight lifting you will learn how to Snatch, Clean and Clean and Jerk

## Strength

Our strength classes do not use the Olympic lifts but focus more on building strength and hypertrophy using power lifting, body building and accessory work.

## Endurance

All cardio the class to get you huffy puffy and learn how to run, row, bike correctly. Nic our endurance coach is a qualified running coach and has competed and represented Australia in



track events and has now turned her focus to Ultra marathons, she has competed at 5km, 10km, half marathon, marathon and 80km distances.

## **Hiit**

A great all over body workout that does not use barbells or gymnastic movements. Great for any ability you will see power bag, kettlebells, battle ropes, tyres and dumbbells in this class

## **Gymnastics**

A great class for those wanting to improve pull ups, handstands, handstands walks, muscle ups and ring work. Suitable for all abilities and it is a great core and all over body workout.

## **Mobility**

Using rollers, release balls, dowels and stretching to increase range of movement in joints, to aid body in moving freer and easier, to lengthen and increase flexibility in muscles. Plus you get to learn some great things to do at home to prevent injuries and increase mobility

## **Yoga**

Yoga compliments all aspects of exercise and we believe everyone should be doing it. Yoga will help to stretch, increase flexibility, make you accountable to stretching, teach you new poses you can incorporate into your stretching routine and calms the mind and reduces stress levels. We have different styles of yoga all suited to all fitness levels and no you don't have to be bendy to do yoga.

## **Boxing**

A fun stress busting workout that will get you huffy puffy! We have gloves or feel free to bring your own

## **24 Hour Access**

The shed is set up for you to use outside of hours and during the day.

The only time it is not available is

Monday – Friday 5.40am – 7.30am and 5.30pm – 7.30pm

Saturday 8am – 10am

If you have a full time membership you have this included in your membership you will need the HybridAF app to open the door

If you are on a part time membership and would like this service it is an extra \$3 per week

## **Accredited Exercise Physiologist**

Raf is registered under ESSA and Hicaps for Exercise Physiology. So rehab programming can be included on some health funds. If you are carrying an injury and need a specific program talk to Raf and he can organize it for you



## **Physio's on site**

We also work with Formotion Physio's they work in the back room near Yoga and have experience with CrossFit, they will be able to program for you so you may be able to carry on with classes and have confidence in knowing that the physio's and coaches are talking to each other and know what you have to avoid

## **Nutrition Advice**

Need Nutrition help Shannon is qualified to give Nutrition advice and plans. If you need some help let us know and we will set up a meeting

**If you are doing the CrossFit beginners you get the following classes for free whilst doing the Beginners program:**

- **Strength**
- **Endurance**
- **Gymnastics**
- **HiiT**
- **Yoga**
- **Mobility**

# Achieving Results

## Achieving results

The training relationship is a two-way arrangement; both you and your trainer have important responsibilities. It is imperative that you understand that your training sessions are an integral part of a much bigger picture.

In order to achieve outstanding results and to truly improve your health and fitness there are a number of factors that you must consider. At all times you must remain focused on your goal/s and you must take responsibility for making the correct choices with regard to your nutritional and physical habits.

## Stay active in your own time

It is crucial that you remain active outside your training sessions. Whilst your training sessions form the core of your fitness training routine they must be complimented by further exercise to achieve the best results. (If you are following the CrossFit workout prescription by attending regular classes you may not need additional exercise outside the group sessions).

We recommend between four and six sessions of physical activity – including your training sessions – each week. We have found that a routine of three days of exercise followed by one day of rest is ideal. These training sessions may involve an outdoor run or ride, group sports, or any other activity you enjoy. Bear in mind that the activity should be vigorous and intense if you are aiming to achieve elite health & fitness, you may incorporate lighter activities as you see fit but understand that the greater the effort, the greater the rewards.

It is important that you do not over-train, make sure you incorporate active recovery sessions. These would consist of mobility, low impact cardio or massage sessions regularly. Having enough sleep, rest and optimal nutrition, helps you recover and get stronger. Over training can have a detrimental effect in achieving your fitness and strength goals. It has been shown that injuries increase dramatically when under fatigue and over-training.

# **MEMBERSHIP - TERMS AND CONDITIONS**

## **FEES – CREDIT CARD/DIRECT DEBIT**

Payments for sessions are by Direct debit. Payments can be done 4 weekly, fortnightly or weekly.

## **CANCELLATION OF MEMBERSHIP**

Cancellations must be in writing (email is acceptable) and will need two weeks notice

Each membership is for 4 weeks so the duration of the four weeks must be paid out,

## **UPGRADING AND DOWNGRADING**

Send us an email if you need to change your membership and we will get that done for you

## **ON HOLD POLICY**

All holds must be filled in via the form on the website and need 1 week notice

## **INJURIES**

We can put memberships on hold for injuries just email us and we may also be able to help put together a program for you to do. Or can swap missed classes for PT sessions a hold form must be filled in to do this

## **MISSED SESSIONS**

Missed sessions cannot be made up.

## **DOING EXTRA SESSIONS**

If you have booked in for a certain number of sessions and want to do an extra session just email us and let us know we can organize it for you

## **REFERRALS**

We offer \$50 of your next bill for every person you refer who signs up for a Part time or Full time membership



# GYM ETIQUETTE

## AKA HOW TO AVOID BURPEES

### LEAVE YOUR EGO AT THE DOOR

Everyone will need to scale the WOD at some point - nothing stops progress like injury. Always make sure to let the coach know if you're concerned about a movement - we can always find an alternative!

### ALWAYS BOOK YOUR SESSIONS AND ARRIVE ON TIME

Arrive 10 Minutes before the session to allow for some light cardio and stretching.

### LET THE COACHES COACH

We have experienced coaches who know what they are talking about and it's their job to inform, instruct and coach technique. Support your fellow athlete but leave the technical advice to the coaches.

### SUPPORT OTHER MEMBERS

That means knowing their name - CrossFit is community driven. When it rains we all get wet. We may train as individuals, but we workout as a community. If you have not met someone before introduce yourself. We don't pack up until everyone is finished!

### RESPECT THE EQUIPMENT

No dropping empty bars, dumbbells, kettlebells, or smaller weight plates (5kg, 2.5kg, 1.25kgs) and always pack away your gear

### Control your bar

We let you drop weights here - that's part of the fun, however if your bar is bouncing you are not controlling it! And remember we can only drop 10 kilo plates upwards

### CLEAN ANY BLOOD, SWEAT, OR TEARS LEFT FROM THE EQUIPMENT AFTER YOUR SESSION

### IF YOU DON'T KNOW - ASK!

If there is something you are unsure about, then please ask, no matter how silly you think the question is. We would much rather you ask, so we can address any issues and not risk any injury.





# HOW TO BOOK CLASSES?

We have implemented a booking system to limit athlete numbers for each class. This will ensure that we have sufficient resource to keep you working hard, and safe throughout every session.

- Members will be able to reserve a spot in advance
- Cancellations can occur up to 2 hours before the start of a class
- Bookings are essential

Please make sure you turn up to every class that your reserve, as you are taking up a spot that could go to another member

The Booking System can be accessed via Computer / Mobile Phone

<https://innercityfitness.sites.zenplanner.com/login.cfm>



**zenplanner**  
FITNESS BUSINESS SOFTWARE

# HELPFUL LINKS

## **Inner City Fitness Homepage**

<http://www.innercityfitness.com.au>

## **Inner City Fitness/CrossFit Facebook Page**

<https://www.facebook.com/innercitycrossfitt> Like our Facebook page to get real time updates/photos from the box!

## **Inner City Fitness/CrossFit Instagram**

[https://www.instagram.com/innercity\\_fitness/](https://www.instagram.com/innercity_fitness/) Find photos of awesomeness here!

## **Zen Planner**

Download the APP to book in for classes, log results and manage your profile

## **HybridAF**

Download the APP for 24 hour access

## **CrossFitHQ**

<http://www.crossfit.com>

## **Google Reviews**

Please leave us a review we really appreciate it

<https://g.page/r/CXbCJMItVBA8EBA>



# MOVEMENTS

The first and most important component of beginning CrossFit or any exercise program is to understand the concept of Mechanics, Consistency and Intensity - in short, don't run, until you can walk!

## MECHANICS

Your technique, your ability to move yourself and external objects in the most efficient, effective and safe manner possible. As weights become heavier and heavier we need to be more and more conscious of our mechanics.

## CONSISTENCY

Can you perform the movements consistently well and consistently often? Are you conscious of your foot position in the Squat? Do you tighten your glutes, your abs, take a deep breath and then Press?

## INTENSITY

Once you have mastered a skill you can then add speed, distance, and load to increase your capacity. Only through intensity do we get adaptation, however not at expense of mechanics!

The first 3 - 6 months of CrossFit/Exercise will be educating, fun, and sometimes frustrating. Spend time learning and understanding the movements before attempting heavy loads! Mastery of these movements is a lifetime endeavor!

Also it is important to train with adequate shoes, specific weight lifting shoes and Crossfit shoes are a recommendation.

**Never try to work through an injury - if you feel pain, always speak to a coach and we will find another exercise for you.**



# SCALING PROGRESSIONS FOR WODS

If any of the following movements come up in the **Workout of the Day** use the progressions below as substitutes. Remembering your scaling's for each workout, and choosing difficulty/hardwork over fast times, and scoring points will be key to progressing in CrossFit.

INNER CITY CROSSFIT		MOVEMENT HIERARCHIES										
SQUAT	SINGLE LEG SQUAT	JUMP AND LAND	SIT UP	KNEES TO ELBOW	TOES TO BAR	L SIT	GLUTE HAM	DEADLIFT	CLEANS	SNATCH	RING ROWS	
Box Squat	Stationary Lunge	Jumping Mechanics	Butterfly Sit up	Supine Knee Draw	Supine Leg Raise	Tuck Sit	Good Morning	Deadlift Hips down to Knee	High Hrag Clean	High Hrag Snatch	Ring Row	
Air Squat	Box Step Up	Broad Jump	Ab Mat Sit up	Hanging Knee Raise	Hanging Straight Leg Raise	V Sit	Hip Extension	Deadlift	Hang Clean	Hrag Snatch	False Grip Ring Row	
Dumbbell Squat	Walking Lunge	Box Jump	Weighted Sit up	Knees To Elbows	Toes 2 Bar	L Sit Knee Extension	Back Extension	Romanian Deadlift	Power Clean	Power Snatch		
Back Squat	Reverse Lunge	Rebounding Box Jump	Roman Chair Sit up	Kipping Knees To Elbows	Kipping Toes 2 Bar	L Sit	Hip & Back Extension		Power Clean + Front Squat	Power Snatch + OHD		
Front Squat	Hanging Leg Rest on Box		GHD Sit up	Skin The Cat	Glide Hip	L Sit on Rings	Glute/Ham Raise		Squat Clean	Squat Snatch		
Overhead Squat	Front											
PULL UPS	KIPPING PULL UPS	PUSH UP	DIPS	PRESS	HANDSTAND	HANDSTAND PUSH UP	HANDSTAND WALK	MUSCLE UP	ROPE CLIMB	KETTLEBELL	DOUBLE UNDERS	
Active Hang	Beat Swing	Push Up On Knee's	Parallette Dip	Press	Down Dog Hold	Down Dog Pike Push up	Inch Worm Walk Back	Strict Chest To Bar Pull Up	Rope Climb From Seated	Russian Swing	Single Slaps	
Scapular Pull Up	Pull Up	Push Up On Box	Box Dip	Push Press	Pike Hold On Box	Pike Push Up From Box	Wall Walk	Muscle Up From Floor	Rope Climb	American Swing	Timed Double Under Attempts	
Piked Ring Rows	Kipping Pull Ups	Push Up	Bar Dip	Push Jerk	Wall Walk Nose to Wall	Strict Handstand Push Up	Wall Walk Nose to Wall	Band Assisted Muscle Up	Leg Less Rope Climb		Double Unders	
Band Assisted Pull Up	Chest To Bar Pull Up	Push Up on Rings	Ring Dip	Split Jerk	Kick Up To Handstand	Kipping HSPU	Shoulder Taps	L Hang Muscle Up			Triple Unders	
Pull Up	Butterfly Pull Up				Handstand Against Wall	Defence HSPU	Handstand Walk	Bar Muscle Up				
Weighted Pull Up					Free Spinning Handstand	Free Spinning HSPU		Ring Muscle Up				

## The Mastery Rule

Once you are able to complete a movement/progression with perfect form for 10 reps, increase the difficulty of the movement. *Strive for virtuosity – performing the common, uncommonly well*

# Olympic Lifts

## Technique - Clean

Olympic Weight Lifting

170.0 kg  
Category -85

V max.					Path of the bar
<b>Muscles tight</b> Back flat Shoulders above the bar Feet hip width apart Foot tips under the bar Arms straight	no rising of the buttocks (parallel back shift) Knees move backwards Back flat Arms straight	explosive hip and knee extension full body extension, shrug Arms remain straight reaching maximum velocity (V max.)	quick drop under the bar active arm pull pull close to the body, do not swing the bar jump into squat feet move low above ground	immediately ground contact Elbows up, fast active break of the falling bar Feet shoulder width apart Stable squat position, muscles tight	Bar moves behind the vertical line (from start) do not move around the knees (1 <sup>st</sup> pull) no bar swing during 2 <sup>nd</sup> pull

## Technique - Jerk

Olympic Weight Lifting

170.0 kgs  
Category -85

V max.					Path of the bar
<b>Muscles tight</b> Shoulders support the bar Elbows slightly down	Knees bend forward Upper body upright Elbows maintain controlled downward movement	explosive hip and knee extension Drive upright reaching the maximum velocity (V max.)	Fast under the bar Loss of ground contact (Jump) Feet move flat above ground active arm press	Immediately ground contact Active braking the falling bar Bar, shoulder and hip on a vertical line Front knee above front foot rear leg slightly bend, but solid	Dip: straight downward Drive: straight upward reaching a point above head, slightly behind

## Technique - Snatch

Olympic Weight Lifting

70.0 kg  
Category -56  
Age 15

V max.					Path of the bar
<b>Muscles tight</b> Back flat Shoulders above the bar Feet hip width apart Toe tips under the bar Arms straight	no rising of the buttocks (parallel back shift) Knees move backwards Back flat Arms straight	explosive hip and knee extension full body extension, shrug Arms remain straight reaching maximum velocity (V max.)	quick drop under the bar active arm pull pull close to the body, do not swing jump in to squat feet move low above ground	immediately contact to the ground active break of the falling bar Feet shoulder width apart Stable squat position, muscles tight, Elbows locked	Bar moves behind the vertical line (from start) do not move around the knees (1 <sup>st</sup> pull) no bar swing during 2 <sup>nd</sup> pull

# JARGON

<b>AMRAP</b>	As many reps / rounds as possible
<b>BP</b>	Bench Press
<b>BS</b>	Back Squat
<b>BW</b>	Bodyweight
<b>C&amp;J</b>	Clean and Jerk
<b>CFT</b>	CrossFit Total
<b>DL</b>	Deadlift
<b>DB</b>	Dumbbell
<b>FS</b>	Front Squat
<b>EMOM</b>	Every minute on the minute
<b>GHD</b>	Glute-Ham Developer
<b>GPP</b>	General Physical Preparedness
<b>HPC</b>	Hang Power Clean
<b>H.SN</b>	Hang Snatch
<b>HS</b>	Handstand
<b>HSPU</b>	Handstand Push Up
<b>KB</b>	Kettlebell
<b>K2E</b>	Knees to Elbow
<b>METCON</b>	Metabolic Conditioning
<b>MU</b>	Muscle Up
<b>OHS</b>	Overhead Squat
<b>PC</b>	Power Clean
<b>PJ</b>	Push Jerk
<b>PP</b>	Push Press
<b>PU</b>	Push Ups
<b>REPS</b>	Repetitions
<b>RM</b>	Repetition Maximum
<b>RX</b>	As prescribed
<b>SDHP</b>	Sumo Deadlift High Pull
<b>SN</b>	Snatch
<b>SET</b>	A set of repetitions
<b>SJ</b>	Split Jerk
<b>TABATA</b>	8 Sets of 20 Secs Work, 10 Secs Rest
<b>T2B</b>	Toes to Bar
<b>WOD</b>	Workout of the Day

# TRAINING DIARY

## **MEASURABLE, OBSERVABLE, AND REPEATABLE**

Keeping a log of your training and workouts is the key to maximising your results in CrossFit as it shows how you're progressing and helps you to figure out what weights, times or reps you should be aiming for in each session.

You can log into our Zenplanner and log your results or do so in this diary.

## **MAXIMISE YOUR RESULTS! LOG YOUR TRAINING!**

