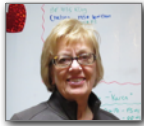


# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 37 Feb 2016

**Burn In Feb 2016**



Welcome to Isabel who started Burn In on February 11th and is expecting to finish by mid-March. Want to WOD with her? Save your spot with the online **appointment schedule slot** that coincides with her Thursday evening Burn In class (7:30-8:30pm).

**An "Open" Mindset**

Below, we cover our progress in **The Open** so far, and on p. 2 we offer some information that can help us all improve as athletes.



**Spring Into Action Challenge and Spring Potluck (see poster p. 4)**

**Upcoming Events & Reminders**

- Feb 25th to Mar 28th - *The Open (below)*
- Mar 25th, Good Friday - CCF Closed
- Mar 28th, Easter Monday - Regular Hours

**Wing Beats is produced by:**

[chrysaliscrossfit.com](http://chrysaliscrossfit.com)  
[chrysalisphysiques.com](http://chrysalisphysiques.com)  
 46 Georges Forest Place  
 (204) 233-1000

Visit our community:  
[facebook.com/ChrysalisCF](https://facebook.com/ChrysalisCF)

Follow us on Twitter:  
[@ChrysalisCF](https://twitter.com/ChrysalisCF)



## CrossFit - The Open

The CrossFit Games Open is already under way. We have four CCF athletes registered: Chelsea, Karlene, Hélène and Luc.

Here's how it works: every week, these four athletes will complete the designated WOD between Thursday night (announced at 7pm) and Monday afternoon. The Open started Thursday, February 25th with workout 16.1, which consisted of a 20-min AMRAP (See below, right for the Rx'd description. For weekly WOD descriptions, see [here](#)).



- 5 - 7pm Friday evenings and/or
- 11 am - 12 pm Saturday mornings

To be sure someone will be competing during one of these times, check our appointment schedule for bookings. One request: cheering is great, but please be mindful that the athletes and the judges are taking the WODs seriously and disruptions can affect scoring, given both athletes and judges must be vigilant in adhering to movement standards.

**Follow Our CCF Athletes Online**

By registering, our athletes are tracked against others in their category (male/female, age, geographic location, scaled/Rx'd). Follow their progress by checking the [leaderboard](#) and searching by name (it's even customizable!). Scores are to be entered by 7pm on Mondays, so anytime after that time is the best time to view final tallies on any given week.

How are they judged? The athletes have the option of sending in a video or getting judged by one of the CCF coaches. All have opted to do the WODs at the CCF box using in-house judging.

**Cheer On Our CCF Athletes!**

Our athletes are completing their WODs during one of these specified times:

- 7 - 8am Monday mornings (March 14 and 28)

**Workout 16.1**  
 20-min. AMRAP:  
 25-ft. overhead lunge  
 8 burpees  
 25-ft. overhead lunge  
 8 chest-to-bar pull-ups  
 M 95 lb. W 65 lb.

## A Winning Mindset

Given a number of us are competing in The Open and other competitions, this might be a great time to explore a side of competing or “Wodding” that doesn’t include tech and building strong and fast muscles: *mindset*.



Here’s a summary of info shared by **Chris Spealler** and therapist **John Kim** regarding having a **winning mindset\***:

Life and CrossFit:

- It’s not an all or nothing proposition. Overall quality of life is what matters most. Don’t push just for the sake of pushing. If you push, have a specific goal for a specific period of time.
- “It’s hard to find balance when you’re trying to be the very best at something.” Unless you’re going for the Games and want to commit to 4-6hrs of training a day, make sure you spend your time on your top priorities in life. They should trump everything else.
- Once you’ve gone competitive, you have to be kind to yourself when you choose to back off because it’s threatening to the ego.
- We can look to the discipline and self-knowledge high intensity offers to evolve our belief systems in other aspects of life.

The Open-specific:

- Do The Open for YOU, make it about you. Don’t forget to have fun.
- Accept, don’t fight the nervousness.
- Have a game plan for every workout.
- Pay attention to your personal cues, get to know yourself, how to set your pace.

- When you get “no reps”, instead of getting upset, focus on what you can control. Stay mindful.
- Be careful not to compare your performance to past performance. There are many variables that influence results. Just worry about doing what you can during every workout.
- Break down what feels overwhelming into manageable chunks. Focus on what you *can* do.
- Develop a mantra, words you can go back to repeatedly to drown out negative voices and refocus.
- Surround yourself with a supportive community and remember your blessings.

WOD Strategy:

- Be clear about this question: “Why do I CrossFit?” Ask yourself often, as the question changes over time.
- Have a game plan going in. Plan ahead. Run the WOD in your mind ahead of time. Visualize.
- Experiment. You can become better when you use your head.

Mental Game:

- How your WOD tells you a lot about yourself.
- Don’t focus on what is not, focus on your inner wins. Seek experiences.
- Ability and belief grows like a muscle.
- With a focus on growth, there is no ceiling. There’s always a way to grow as an athlete.

Mental Blocks:

- Celebrate every PR.
- Don’t generalize or jump to conclusions over failed attempts.
- Fear is the greatest block. Ask “what’s the worst that could happen?”

*\*Some of the info in this summary was also garnered by a free webinar. You can watch the replay [here](#).*

## Oly Lifting Update

KDog competed in the Hercules Challenge on February 21st at Prairie CrossFit. And she kicked a\*\*. More specifically, she managed two new competition PRs (snatch at 31 kg and clean & jerk at 43 kg, pictured below).



If you missed this one but want to attend the competition she’s ultimately focused on, join us on April 3rd as she competes in the Manitoba Weightlifting Association competition, again held at Prairie CrossFit.

What about YOU? Interested in doing more Olympic lifting to improve your hip power and coordination, or just want to see what all the fuss is about? Join us for 90 minutes on Tuesdays at 7pm or Saturdays at 8:30am. You can **book** Oly as you would any other CrossFit class.

## New Equipment At a Glance

As mentioned in newsletter #36, we have new toys! Hélène had some fun moving the 800+ lb equipment from the delivery truck to our box...a nice surprise WOD, especially when it feels like Christmas in mid-February!

**New specialty bars:** a Swiss bar to assist with shoulder mobility issues and for experimentation with grip variation on rows and presses; an easy squat bar to address shoulder issues during squats or good mornings, and 2 X 35 lb Oly bars, a long-overdue addition!

Other goodies: 2 new **weight vests** that add up to 45 lbs of weight when working gymnastics movements, sets of 45-lb, 25-lb and 15-lb **bumpers** that can take Oly lifting abuse, and a set of 100 lb **steel plates** to reduce plate hogging during DLs (you know who you are...Luc). :) Oh, and more **spring clips**, and skipping rope storage too! We hope you’ll enjoy playing with the new gear this year. 3-2-1...GO!!!



# February Photo Box

Want more?  
Go to **WOD Pics**.



## PR Board - February

Congratulations to four CCF athletes for setting new personal records:

- KDog - Bench Press, Overhead Lunges & Overhead Squats
- Chelsea - Squat Cleans, Clean & Jerk, Front Squat and Push Press
- Rob - Overhead Squat
- Hélène - Overhead Lunges

Personal Records Board - Feb

BP 107  
 Chelsea 145# Squat Clean C+J 150\*  
 185# FS PP 135\*

KDog 60 lbs 4 lunges  
 OHS 85 lbs

Grinder OAL 75 (6)

Rob OHS 95 lbs



# Spring Into Action



We want to help you “*Spring Into Action*” with 50 days of WODs... *For Time*.

**Day 1** = Easter Monday (March 28th)

**Day 50** = Monday, May 16th

**Celebration Day** = May 18th

Here’s how it works:

Complete the daily “Mini WODs” as indicated on the calendar below and mark the time it took for you to complete. The focus is on trying to do these exercises with as few breaks as possible, so scale accordingly.

Then, we celebrate! See below for details.

| Monday                 | Tuesday               | Wednesday              | Thursday              | Friday                | Saturday              | Sunday                |
|------------------------|-----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Day 1<br>5 burpees     | Day 2<br>10 push ups  | Day 3<br>15 sit ups    | Day 4<br>20 lunges    | Day 5<br>25 squats    | Day 6<br>30 burpees   | Day 7<br>35 push ups  |
| Day 8<br>40 sit ups    | Day 9<br>45 squats    | Day 10<br>50 lunges    | Day 11<br>5 push ups  | Day 12<br>10 sit ups  | Day 13<br>15 squats   | Day 14<br>20 lunges   |
| Day 15<br>25 burpees   | Day 16<br>30 push ups | Day 17<br>35 sit ups   | Day 18<br>40 lunges   | Day 19<br>45 squats   | Day 20<br>50 burpees  | Day 21<br>5 sit ups   |
| Day 22<br>10 lunges    | Day 23<br>15 squats   | Day 24<br>20 burpees   | Day 25<br>25 push ups | Day 26<br>30 sit ups  | Day 27<br>35 squats   | Day 28<br>40 lunges   |
| Day 29<br>45 push ups  | Day 30<br>50 sit ups  | Day 31<br>5 squats     | Day 32<br>10 lunges   | Day 33<br>15 burpees  | Day 34<br>20 push ups | Day 35<br>25 sit ups  |
| Day 36<br>30 lunges    | Day 37<br>35 squats   | Day 38<br>40 burpees   | Day 39<br>45 sit ups  | Day 40<br>50 push ups | Day 41<br>5 burpees   | Day 42<br>10 squats   |
| Day 43<br>15 burpees   | Day 44<br>20 push ups | Day 45<br>25 sit ups   | Day 46<br>30 lunges   | Day 47<br>35 squats   | Day 48<br>40 burpees  | Day 49<br>45 push ups |
| Day 50!!!<br>50 squats |                       | May 18th<br>Celebrate! |                       |                       |                       |                       |

## Spring Potluck

Join us for a Spring potluck once you cross the finish line! RSVP by May 13th at [info@chrysalisphysiques.com](mailto:info@chrysalisphysiques.com).

### Details:

**When?** Wednesday, May 18th @ 7pm til whenever  
**Who?** CCF Friends & family, the more the merrier!  
**Where?** Chrysalis CrossFit, 46 Georges-Forest Place  
**What to bring?** A tasty “clean eats” dish to share.