

# Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 10 February 2013

### Burpee Challenge

*How much do you love burpees? Enough to do them every day for 100 days? Well then, that's commitment! Apparently, we are all committed or need to be committed, because our whole CCF Box has signed up. We've got one month under our belts already (below).*

### Valentine's Day Event

On Feb 16, CCF attended CF 204's Valentine's Day Massacre event (Tina, Brett, Heather, Luc and Hélène). It was a great turnout and many from the Manitoba CF community attended and/or competed. What an event!

### Meet our New Members

Meet Belinda and Rory. Check out their mug shots and short write-ups on p.2



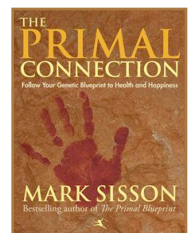
### HELP!!!

We need your help to spread the word and improve our presence online on [Facebook](#) and at [chrysaliscrossfit.com](#). p.2.



### Get "Connected"

New release: The Primal Connection Book Review p.2.



## I Love Burpees



### Burpee (bur-pee) - noun

1. cardio purgatory
2. a particularly nasty squat/push-up/jump movement that NO ONE is excited about and the trainers smirk about you having to do
3. a CrossFit staple and attempted homicide

Based on the popularity of our last physical activity challenge, "Movember 2012", we felt it was high time to present a new challenge at the beginning of February. You could call it "spicy": do burpees every day for 100 days, starting

with 1 on day 1, 2 on day 2 and so on. Well, EVERYONE signed up for it and the group is going strong as at the end of February. We even have a past member Nicole in on the fun. We are speechless!

The final day of burpees will be May 11, the scheduled date for our 1-year anniversary celebration.

*It looks like we will be a great big group pumping out our final 100. It will be such a blast. Can't wait!*



## Karlene CFs in Scottsdale, AZ

Yes, some of us even CF while on vacation. Not only did Karlene keep up with the burpee challenge, but she visited a local box during her stay in Arizona and got a vacation WOD in, even taking the time to give a new CFS member pointers on various fundamental movements (keep those elbows up!).



Thanks for representing Karlene and Krista even got a tank top out of the "\$25 or t-shirt drop in fee". Not too shabby...

# Meet our New Members!

Meet our new members and members in our introductory program - Burn In:

## "The Wolf Pack"

### Rory

Rory wants to increase her fitness level and came to Chrysalis based on Lise's recommendation. Initially looking for an individual PT type setting, Rory has quickly moved into the fold with group classes as part of Burn In Echo and is enjoying the challenges each week brings. Rory is in top form with squats and presses. We can't wait to see how you tackle the upcoming workouts Rory!



### Belinda

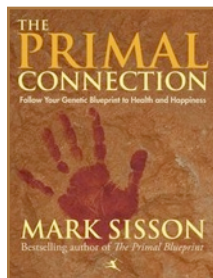


A passionate dog-owner and gym goer, Belinda joined us as part of Burn In Echo. She brings a positive attitude to every challenge we throw her way and is becoming a beast with the deadlift. Favourites include sit ups and KB swings, but the list appears to be growing every week...excellent!



## Book Review

Mark Sisson does it again. The man who brings us our "Daily Apple" and author of The Primal Blueprint has published a new book and it's worth the read. Priced under \$20, The Primal Connection offers insights into what we need to do to take charge of our health in places other than the kitchen and the gym. Main themes include our need to connect with our bodies and how we treat them, rediscovering nature; light's effects on our mood, physical health and sleep patterns; social connections as an evolutionary necessity; and the importance of play (plain old fun and the odd adrenaline rush). The book reinforces a number of themes that have recently been explored in the media and ties together concepts in a way that will likely offer "lightbulb moments". Happy reading!



## New Equipment Alert

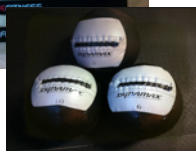
**Meet the "Rumble Roller":** If you thought our regular foam rollers were mean, get a load of this guy...only use if you dare



**Grips for Max Lifts:** Try out these grips next time you are missing your max because your grip can't keep up. We can see new PRs on the horizon.



**New Med Balls:** We now have 6, 8 & 10lb med balls. Need to scale more aggressively on the wall balls or MBC? No problem. We have you covered!



## Photo Box

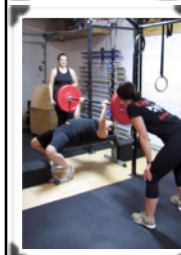
Featured photos from our box this month



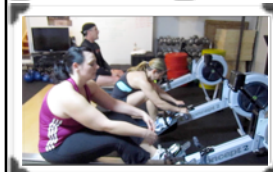
Heather and Karlene are all smiles!



James and Krista doing Leg Pistols.



James getting cheered on by Karrie and Alison!



Brett, Tina and Alison are ready for some rowing!



Heather and Luc doing some "figurin' "!"



Karlene, Heather and Lise are just "hanging out at the bar".

## We Need Your Help!

We have 2 goals in our sights:

**Goal #1:** Can we get 100 "likes" by May 11? Which pals/family members would like to "see you in action"? Let's invite them!



**Goal #2:** Web revamp! We will be updating our Website to make it "ours". Any suggestions/requests?