

Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 15 July 2013

Burn In News

Welcome to Wendy and Jeremy who started their Burn In in July.



Upcoming Events

Monday, July 15th - Thursday, August 15th - Dirty Donkey prep

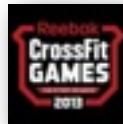
Thursday, August 1st - CF Games Highlights Potluck

August 17th - Dirty Donkey 2013

Next Burn In will be right after Labour Day weekend

CrossFit Games WODs

We had a great time working in CF Games event WODs. There was a lot of grunting, sweating and intensity at the Games and at our box. Many of us surprised ourselves, yet again. See p.2 for details.



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Dirty Donkey Challenge

Our Dirty Donkey Prep Challenge started on July 15th. We are now halfway through the challenge and everyone is working through it, incorporating it into their calendar where and when it makes sense. So far, we have sprinted, worked on upper & lower body strength, agility, balance and coordination.



What's in store for the second half of the challenge? Keep checking your email for details. We only have 2 more weeks to go.



Trail Running - Game On!

Finally! We can and have been hitting the trail (the Gabrielle Roy Trail that is). With various obstacles added here and there along the way, this sub-5km trail (return) is perfect for our Dirty Donkey prep. Expect more in August!



High Fashion Awaits

We need to be ready with our best suit on for the upcoming race. What do we have in store for CCF's "Flight Team"? Butterfly wings (thanks Belinda) and butterfly bandanas (thanks Lise) to accompany our custom tank tops for this event. Unfortunately ladies, the young man does not accompany the order.



CrossFit Games WODs

During the last week of July, CCF members got a special treat: CF Games-style WODs! From July 22 to 28th, we worked our butts off doing WODs that mimicked what the Games athletes were faced with.



CCF CF Games WOD #1: Modified "Nancy"

For time, complete 5 rounds of row 500 m and complete 15 OHS (overhead squats)

CCF CF Games WOD #2: Max Clean and Jerk (EMOTM)

For maximum weight, complete the heaviest Clean and Jerk possible by increasing the lift weight and completing the lift EMOTM (every minute on the minute)



CCF CF Games WOD #3: Deadlifts and Box Jumps

For time, complete 21-15-9 repetitions of deadlifts (165/225 lbs) and box jumps - *this one was Larry's favourite!*

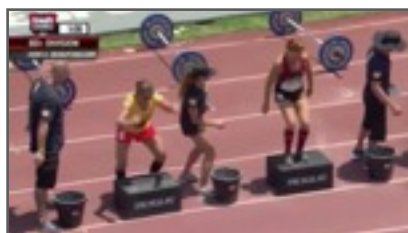
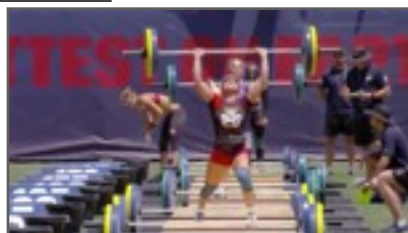


CCF CF Games WOD #4: "2007"

For time, row 1,000 m, then complete 5 rounds of 25 pullups and 7 jerks

After these WODs, we enjoyed watching this year's event highlights. You could say that we were able to empathize with the Games athletes, having had a dose of what awaited them. 3-2-1, GO!

Check out the coverage at games.crossfit.com

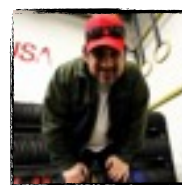


Book Review: Training for the CrossFit Games

In the spirit of CF Games month, we stray from our usual book reviews on lifestyle and nutrition to bring you a new perspective: what exactly does it take to make it at the Games? In this book, the reader gets exact details of the daily physical training programming involved in preparing for such an amazing challenge. It provides the exact work Julie Foucher did during the 2011-2012 year to physically (and mentally) prepare for the 2012 Games. The result of her efforts? She placed 2nd overall. WOW!



About the Athlete: Julie Foucher is a 24-year-old Canadian athlete who has been CrossFitting since 2009, starting where we all start...at the beginning, building strength and stamina along the way. She has been training to be Games ready since 2010. But she does this full time, right? Nope. During the 2011 and 2012 Games seasons, she trained while attending medical school full time. This year, she decided to focus on school and the Games will patiently await her return. Julie is strict about her nutrition, training and rest. Her pre-CrossFit athletics background includes gymnastics and track and field.



About the Author/Coach: Doug Chapman is a CrossFit coach at CrossFit Ann Arbor (housed within HyperfitUSA) and a CrossFit Level 1 Seminar Trainer. Doug, now 45, has been doing CrossFit workouts for over 4 years and is well respected in the field.

July Photo Box



Serious dead lifting this month!



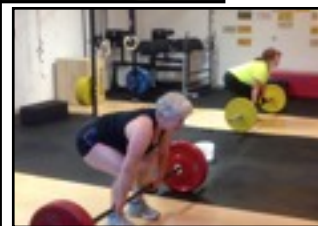
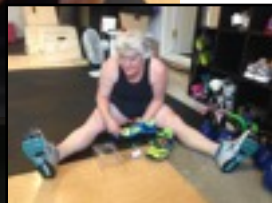
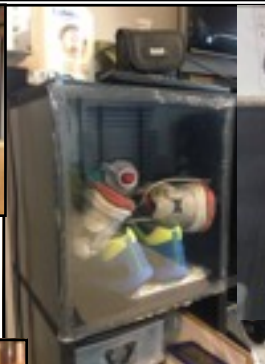
OHS and C&J were happening all over the place...wait, what are those again?!



Our constant torment of Brett does not seem to be ending any time soon. Thanks to all the co-conspirators.



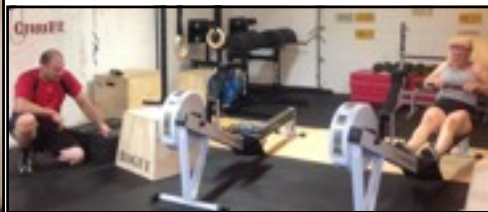
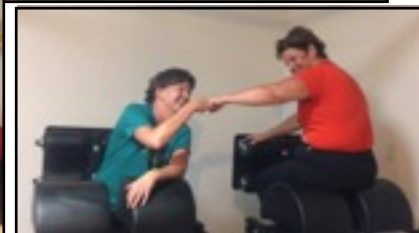
We missed you this month Nish! Looking forward to WODing with you in August.



Before...and after.



Dirty Donkey Team WODs have been a blast! This one might have been the favourite.



Practicing the art of Zen

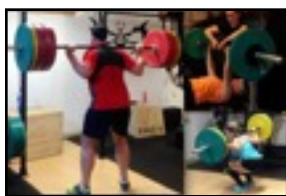
July was a special month on a few additional fronts!

#1: Suzanne and Wayne have returned for a good dose of CrossFit over the summer. Why have they chosen to resume their training? They are seeking functional movement training to help them with their daily



activities, to lessen tension in the lower back and to reduce joint stiffness. Welcome back you two!

#2: Well over half our group PR'd on a number of lifts, such as bench press, back squat, overhead squat, push press, dead lift, and clean & jerk. Better Than Yesterday!



#3: CCF's Isabelle had a special guest from July 24th to Aug 2nd. Nikki stopped in for a few days to keep Belle company. Nothing like hanging out with a bunch of CCFers while your family is away on vacation!

