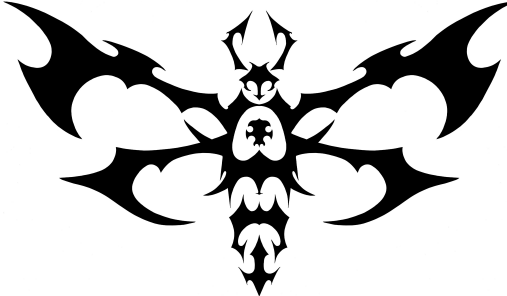


Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 24 April 2014

Chrysalis CrossFit Online

We all have different reasons for loving CrossFit. We wanted to know what some of the reasons were within our own CCF community. See page 2 for what a few members had to say.



Upcoming Events & Reminders

- May 4th - CCF in WPS Relay
- May 19 - May long - CCF CLOSED
- May 24 - CCF's 2-year Anniversary (p.4)**
- July 1 - CANADA Day CCF CLOSED
- Aug 4 - Aug Long CCF CLOSED
- Aug 16 - Dirty Donkey (are you in?)**
- Sept 1 - Labour Day - CCF CLOSED

We've Hit The Terrible Twos!

Come play with us as we celebrate two years of CrossFitting at CCF. See details on page 4.



Wing Beats is produced by:

chrysalisphysiques.com
chrysaliscrossfit.com
 46 Georges Forest Place
 (204) 233-1000



Visit our community:
facebook.com/ChrysalisCF



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Dirty Donkey

Signing up for CCF's teams is open to family and friends. Don't wait too long. The Aug 16th event does sell out quickly.

CCF members, check your March 19th CCF email for details.

So who's ready to get DIRTY?

Dead Lift Challenge

Well, we've worked on our DLs for three months and the results have been impressive. We've had DL PRs all over the place: Lise, Brett, and James. Check out the PR summary on page 3 for details and pictures.



Now that we've added major weight to the bar, we are going to work on what's holding us back: GRIP. That means fat bar pull-ups for the next three months folks.

We Want Your Tunes

Our music library needs a breath of fresh air. We like variety and want to play a full range of tunes. So, aside from what's on the Top 100 charts...



...What do you like to listen to? Rock, Pop, Rap, Country, Electronic, Metal, R&B, Alternative, Folk, Classical, Other?

Based on the suggestions we receive, we'll add at least 100 new songs to the rotation in time for summer.



Are We Ready? Totally!



Time flies when you're having fun. It's been 3 months already since the last CFT. That means it's time for its return to CCF this May.

We've done what we need to do to move our personal bests along. And, given all the heavy lifting that's been going on (DLs, BSs, presses), there's only one way for the numbers to go — UP!



Source: kandaharcrossfit.com

Get More Out of the CrossFit Journal

The CFJ features video, audio and PDFs related to all aspects of training— from nutrition to inspiration. And best of all, it's available to all CCFers on the member lounge computer. Just turn on the computer and "voilà", you're online and have access to all CFJ materials, including those only available by subscribing.

Here are some of our favourite FREE articles and videos and their respective links. They are "chalk-full" of information.

We hope you enjoy them as much as we do.



Nutrition:

- Insulin: Body Weight and Energy Production (3-part video series): <http://journal.crossfit.com/2010/04/insulin-body-weight-and-energy-production.tpl#featureArticleTitle>
- The Glycemic Index: <http://library.crossfit.com/free/pdf/GlycemicNov02.pdf>

Performance:

- Sleeping for Performance: <http://journal.crossfit.com/2012/06/sleeping-for-performance.tpl>
- Metabolic Conditioning: http://library.crossfit.com/premium/pdf/Jun03_metab_cond.pdf?e=1399148554&h=b16938bff1bbe45e8ec6c123cf585644

Who Can CrossFit:

- CrossFit Is For Everyone: http://library.crossfit.com/free/pdf/CFJ_Active_KnapmanMar2012.pdf
- CrossFit Isn't For Everyone: http://library.crossfit.com/free/pdf/CFJ_Life_Everyone_Nelson.pdf

Health:

- Conventional Wisdom and the Fitness Industry: http://library.crossfit.com/premium/pdf/54_07_Conv_Wisdom_Fitness.pdf?e=1399147836&h=ea2991ca3de7b49ae61d028c5cf87123
- Three-Dimensional Definition of Health and Fitness (3-part video series): <http://journal.crossfit.com/2009/02/crossfits-new-definition-of-fitness-volume-under-the-curve-1.tpl>

Inspiration:

- Mary's Story (2-part video series): <http://journal.crossfit.com/2010/02/mary-1.tpl>
- Killing The Fat Man Series (13 episodes): <http://journal.crossfit.com/2012/04/killingthefatmanep1.tpl>

A significant number of the Journal resources are FREE. If you find you are hooked on the content, a yearly subscription is only \$25 USD per year. Take a peek: journal.crossfit.com.

We asked CCFers why they love CrossFit. Here are the responses:

I ❤️ CrossFit

"That is easy.....

I 'heart' CrossFit because every week I am shown that I can accomplish things I never thought possible! And of course the support and encouragement from my team mates while trying." — Belinda Herner

"I 'heart' CrossFit because of the camaraderie and happiness that I experience, but mostly, this is time that I have chosen to do what I would like to do for ME entirely, selfish as it may be, this is the only activity in my life that enhances my body, mind and soul, all at the same time, with no guilt what so ever." —Lise "Pieces" Villeneuve

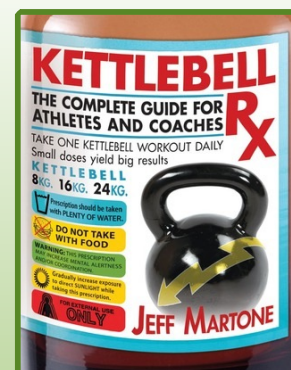
"Why do I 'heart' CrossFit ...

- *Let me count the weighs – I love lifting! Every movement is an art form within a dance. Lifting challenges me mentally and physically and moves me beyond my own self imposed limitations.*
- *Modifications – Just because an athlete is new or has been at CrossFit for a while, emotional or physical changes in one's day can heighten or challenge the WOD results. The question becomes: 'Am I modifying my workout or do I choose to adjust my attitude?'*
- *Instant gratification, and often more benefits the next day and sometimes the next day after that. Who knew we are made up of so many parts – I never did learn the whole song of the ankle bone is connected to the ...*
- *Friends. Friends who have seen me at my best and my worst. Friends who cheer me on to accomplish more than I could ever have imagined.*
- *And Coaches. My husband once said to me if you find a job you love, you never have to work another day in your life. That's the mantra of a CrossFit coach. Passion. Empathy. Sincerity. Joy. Thanks for making me a better person. I 'HEART' CrossFit!" —Karlene (KDog) Johnston*

New Addition to Our Library

Wondering where our TGU, KB swing, KB squats and one-arm DB snatch tech comes from?

Jeff Martone is CF's KB Certification Instructor. We highly recommend taking a look at his book, Kettlebell Rx. It can be a valuable resource when you want to walk through various KB or DB movement before or after your WOD. Heck, you can even go get it and use it as a reference when we are working KB technique!



Here are a few key sections of the book that highlight movements we use from time to time:

- p. 58 - The Russian Swing
- p. 68 - The KB Deadlift
- p. 92 - The American Swing
- p. 112 - The One-Arm Swing
- p. 133 - The Turkish Get-Up
- p. 225 - The KB Snatch

Want to see more about Jeff Martone? Check out this video posted by CrossFit HQ: <http://www.youtube.com/watch?v=cPYfiwpUeSE>

April Photo Box



Above: Heather, Nishad, Rory and James work through muscle ups.

Below: Kim, Brett and Tina work through the "Nasty Girls" benchmark WOD.



Left: Luc with KDog and Pieces stretching after the WOD.

Right: Kim and Wendy working through the ab roll during a demanding ab workout. T2B anyone? Anyone?



Left: Larry, Tina and Brett during rowing sprints.

Lower Left: Heather and James recover after rowing sprints.

Below: Luc coaches James, Heather and Rory (hidden bottom left) through another round of short duration rowing.



Above: Brett & Tina working through "Baseline". There were notable improvements across the board this month.



Above: Rory, Ruthless, James, Tina, & Brett practicing the clean and jerk. Above right: Jeremy in low front squat.

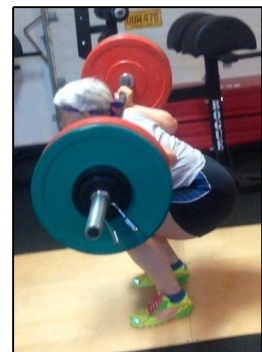
Right: KDog working her DL with a vengeance.

Far right: Nishad working the modifications. What a true athlete. He is not missing a beat during his recovery.



PR Board

Congratulations to James (DL), Lise (DL & BS), Brett (DLX2) and Rory (DL). There were also major improvements to "Baseline" this month! Honourable mention goes to Nishad for his dedication to working the stiff-legged DL.



We've Reached Our

TERRIBLE TWOs

Help Us Celebrate Our 2-year Anniversary!



Here Are the Details:

Who: CCF members, family and friends

What: Chrysalis CrossFit is 2 Years Old!

When: May 24, 2014, from 12 to 4pm

Where: CCF, 46 Georges-Forest Place

Why: To say THANK YOU and have fun!

What's planned: Free workouts/demos, refreshments...and more!

