

# TIS THE SEASON

2017

## Holiday Gift Guide



THE HOOK

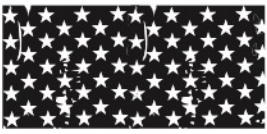
### UPCOMING EVENTS

Dec 8th - Naughty or Nice (all classes)

It's officially gift giving season. So this holiday season, stuff your family and friends' stockings with what they really want -- all the latest launches in fitness, fashion and snacks.

Or better yet, pass this issue along to your loved ones so they know exactly what's on your fitness wish list, too.

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## MEMBER OF THE MONTH

### Tracey Sullivan

**HOMETOWN:** Dedham, MA

**AGE:** 24

**FIRST START AT FLORIAN:** October 2016

**FAVORITE WOD MOVEMENTS:** Squat cleans, overhead squats, air bike

**LEAST FAVORITE WOD MOVEMENTS:** Rowing

**WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:**  
Freestanding handstand, legless rope climbs

**Tell us about your sports & fitness background:** I played a lot of sports as a kid. In high school I played field hockey, basketball and ran cross country. When I went to college, I went through different phases of fitness interests. I tried everything from half marathons to mud races, sprint triathlons and Olympic weightlifting.

**How did you first get exposed to CrossFit?**

During college, I decided to join a weightlifting club at CrossFit 9 in Florida. Through the club, I learned and trained snatch and clean and jerk. At that time, I was exposed to CrossFit because the classes were held in the same facility I was training in. After graduating from school, I had trouble finding a new gym close to home that specialized in weightlifting. Based on the classes I had observed at CrossFit 9, I realized that CrossFit would provide me a balance between weightlifting and endurance. Bennett convinced me to join Florian shortly thereafter.

**Take us back to your first WOD... what was it, and how did it feel?** In the middle of the 2016 opens, a friend at CrossFit 9 persuaded me to complete one of the workouts which included toes to bar and squat cleans ascending in weight. Although I was not doing classes regularly at that time, I was familiar with the movements from weightlifting. Ten minutes into the workout, I was taken back at how defeated the speed of the WOD made me feel. By the end I ran into the bathroom to throw up, realizing my endurance had reached an all-time low.

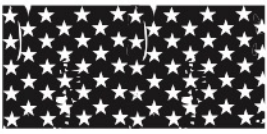


**What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?** Many of us are familiar with the feelings that accompany a difficult metcon or max effort lift. When I find myself in these situations at the gym, I keep a positive mentality to help me overcome the challenge in front of me instead of feeling tempted to quit. I have been most surprised to see this determination carry over into challenges I face at school or in my day to day life.

**Please share with us any favorite CrossFit moments:** My favorite part about CrossFit is that it gives me the opportunity to learn. Once I have mastered a certain skill, there is always an advanced variation to try next. I think this helps keep me interested and motivated. I also enjoy the competitive aspects of CrossFit like participating in the opens and the Winterlude last year.

**Any advice for people just getting started?** I think it's important to track your own progress using an app like Wodify. It's really motivating to see when you beat an old workout score or hit a new PR.

**What are your hobbies, interests and/or talents outside of CrossFit?** Photography, reading, travelling



## Your Official Holiday Fitness Gift Guide

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### 1. JUNK Headband, \$15.99

When you're crushing a WOD, the last thing you need to worry about is hair in your face.

### 2. PowerDot, \$249

PowerDot is the world's first smart muscle stimulator. It allows you to target muscle groups on your own with stim, and it's clinically proven and FDA cleared.

### 3. Massage, price varies

Long the same lines, we're all sore all the time. Give your fitness friend the gift of relaxation with a gift card to your local spa.

### 4. Vegetable Spiral Slicer, \$20

For those looking to be paleo whiz's in the kitchen, this is a perfect start. Gluten-free, Paleo, and low-carb healthy eaters flip for this Procizion Vegetable Spiral that is super easy to use -- and clean.



### 5. Klean Kanteen food canisters, \$18-\$22

This brand isn't just for your water. The brand also makes stainless steel food canisters that are BPA-free, eco-friendly, leakproof, airtight, and shatterproof. This makes them a perfect fit for all your favorite snackers' needs.

### 6. Nike Hyperwarm Turtleneck and leggings, \$75 and \$85, respectively

For those who are looking to continue their track workouts into the winter months, you are going to need some new gear to stay warm and dry during your cold outdoor runs. The Nike Hyperwarm Stretch Turtleneck Top and matching Stretch Leggings are stylish and cozy.



### 7. Lululemon Speed Up Tight, \$108

Speaking of fashion, the lulu enthusiasts in your life need to stay up on the latest fashion. These patterned Lululemon leggings just launched. They designed these tights with a new lightweight waistband and they even have pockets for a run.

### 8. RomWOD subscription, \$13.95/month

Give the gift of mobility this holiday season. Going through this program two to three times a week will help athletes improve athletic performance through a series of yoga-inspired stretches and movements designed for CrossFitters.

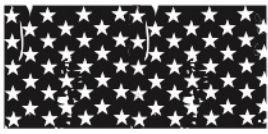
### 9. Cali'flour food crusts, \$64.60 for 12 crusts

Still enjoy pizza Fridays even when eating clean or counting macros. Use these cauliflower crusts as the base for your wildest creations.

### 10. SFH Protein and Pre-Workout, \$40

It's expensive, but a necessity. Protein powder is a gift you know for sure won't go to waste.





## WORKING THROUGH WEAKNESSES

### -Coach Bill

In my earlier CrossFit life, I did a lot of training volume and always made time to address my weaknesses. There were, and still are, many. I didn't spend all my time doing fun stuff I was good at because how would I improve in a sport that you need to be good in so many areas? Regardless of your fitness goals, and whether you want to be competitive or not, addressing weaknesses is beneficial to your overall well being, and fitness.

You do not need to be John Nash writing elaborate GOAT work on windows in your spare time, keep it simple at first so you're not overwhelmed.

Remember MECHANICS, CONSISTENCY within those MECHANICS, and then we worry about the INTENSITY. We should not expect to attempt the Hero WOD "NATE" RX if we never do gymnastics work...

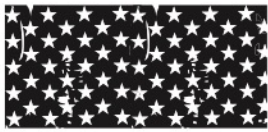
A simple way to address weaknesses is through EMOM (every minute on the minute) training. The idea is to keep the intensity low, and the volume high over the duration of the EMOM. For example if my ring muscle ups need work which they always do I would do an EMOM 10 of 3 each minute. That leaves a lot of spare time within the minute so the idea isn't to just blindly go hard. On each rep I'm being consistent with each part of the movement building on that muscle memory. After 10 minutes I've done 30 muscle ups without killing myself. Low intensity, high volume. You don't always need a clock when doing GOAT work, but it keeps it timely and I avoid getting sidetracked.

That is just one example of how to approach GOAT work. Before taking on GOAT work be sure to chat with a coach to ensure you are not overtraining, and come up with a smart plan.

Remember the CF Opens are fast approaching. And as much as I enjoy members attempting 7,000 bar muscle ups from Thursday evening to Monday evening it is not safe. Do the leg work now to dial in those higher skill movements. Whatever your next "higher skill" is let's make it happen safely and smart.

fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times. -Bruce Lee  
Training for a fight by running twenty minutes every day makes perfect sense if you plan on running away from your opponent and know you will be getting a ten minute head-start. -Greg Glassman





## GLO KNOWS...

### Glo Knows Apple Pie Tacos



Who doesn't love a good taco? Especially a dessert taco. Serve these tasty treats with a side of vanilla ice cream or homemade whipped cream and enjoy!!!

Adapted from: One Good Thing by Jilliee.com

#### Ingredients:

- 6 Corn tortillas
- Coconut oil Spray
- 3 to 4 McIntosh apples, or any other art apple- cored, peeled, and cut into thin slices.
- 2/3 cup brown sugar or coconut sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/8 teaspoon cardamom
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cloves
- pinch of salt
- Enough coconut oil for sautéing apples

#### Process for Taco Shells:

Stack the six tortillas and wrap in damp kitchen towel, then microwave for about 30 seconds or until tortillas are pliable. Separate each tortilla and spray with coconut oil on each side. Drape each tortilla over bars of oven rack. Bake tortillas for about 10 minutes or until crispy.

#### Process for Apples:

In a separate bowl, combine apples, sugar, spices, and pinch salt. Heat coconut oil on medium heat then add apple mixture to oil and sauté until apples are tender. Set aside.

#### Assembling Apple Pie Tacos:

Once taco shells are cooled, evenly distribute apple pie mixture inside them. Serve warm and enjoy!!

## WELCOME NEWBIES

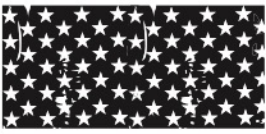
Sarah Dugdale

Sean Murphy (OG)

Dave Cabral

Deb Kelleher





# CRUSHIN' IT

ARAW SqClean 230

TIM W  
Split Jerk 155#

FAT DENNIS  
235# SqClean

Nat  
BS # 215

KATIE G.  
FS 200#

JROD  
275# Sq.Clean

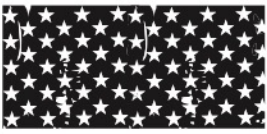
MARIA  
135# power  
clean

KFLO  
Strict Pull Ups

CK  
2550 #5

FAGAN  
TURKISH TROT  
39:51





# THROW IT ON THE GRAM

