



## 5 PRS YOU SHOULD NEVER FORGET TO CELEBRATE



### UPCOMING EVENTS

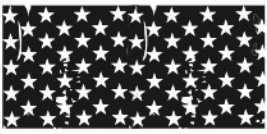
- 2/10 - Winterlude '18
- 2/16 - LBNC Ends
- 2/22 - CF Open Begins

A 10-pound personal best on a lift. Finally stringing together those butterfly pull-ups. Mastering double-unders -- sans whip marks -- in a WOD.

Some accomplishments are easier to measure than others. But just because a victory is small, doesn't mean it is any less important. Here are 5 PRs you should never forget to celebrate.

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## MEMBER OF THE MONTH

### Greg Kenney

**HOMETOWN:** Norwood, MA

**AGE:** 32

**FIRST START AT FLORIAN:** September 2017

**FAVORITE WOD MOVEMENTS:** Push Press

**LEAST FAVORITE WOD MOVEMENTS:** Burpees and Box Jumps

**WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:**  
Muscle Ups (Bar and Ring)

**Tell us about your sports & fitness background:** Grew up playing many different sports. Having four older brothers there was always some sort of sport being played in the backyard. Played Basketball, Football and threw the shot-put in High School.

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

A few years ago, My brother CK was doing it and I saw the results he was getting so I tried it. I hurt my back because and went to more traditional lifting but got back into it about a year ago and have really enjoyed it since.

**Take us back to your first WOD... what was it, and how did it feel?**

My First WOD at Florian was a partner workout on a Saturday. It was a bring a friend day and the class was packed. It was a combination of sit-ups, wallballs and 400m carrying the wallball. I worked with Suzie and it was a great experience. Suzie and everyone was very nice and welcoming but I was a little intimidated by the amount of people in the class. I really enjoyed the atmosphere of the class because there were a lot of smiles and a lot of people laughing throughout the day.

**What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?**

The unexpected thing that I experienced from doing Crossfit was the fact that I am no longer looking at tasks as insurmountable. Before doing Crossfit I would look the workouts online and think I could never do that or this is going to kill me. Now I look at things and think, not only can I accomplish this task, I try to figure out the most efficient way to do so. I learned a lot about pacing my workouts and that is also applicable to real life tasks.

**Please share with us any favorite CrossFit moments:** My favorite moments from Florian are related to the people that go there. Being a part of Florian was a great experience. Whether it is busting my ass at 530 with that crew or going to OLY class, there was constantly great people surrounding me at Florian.



**Any advice for people just getting started?**

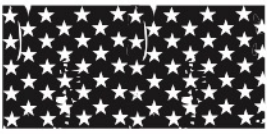
Take your time and go at your own pace. Do not try to RX every workout. I would always try to RX everything and it would create bad habits and my form would always suffer when I got tired and went to Heavy. Take some weight off the bar and work on your form first, then you can start throwing around big weights.

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

I like to play sports and watch movies outside of the gym. Working in IT, I am also a big fan of technology and like to stay current with the new technology out there.

I would like to thank everyone who has helped me at Florian. I moved to Revere and will no longer be able to go. I will try to do drop in on the weekends whenever possible. Thank you all; I will miss you.





## 5 PRS YOU SHOULD NEVER FORGET TO CELEBRATE (CNTD)

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### Staying consistent with training.

In order to see progress, the first step is showing up. While using Wodify (or your log of preference), pay attention to not only the progress you're seeing in your lifts and workouts, but also your check-ins. When you hit the box consistently four-times a week, celebrate what your newly formed habit could mean in terms of your lifts, stamina, weight and mental health. In the words of Bill Belichick: "No Days Off."

### Not quitting during a workout.

We all have that one workout that leaves us on our backs and gasping for air; that day where nothing is going right and we have no energy. It's easy to cherry-pick workouts, or to give up when the WOD gets hard. Don't beat yourself up for not feeling your best, but instead celebrate that you made a decision to persevere instead. Because it doesn't matter what time you finish a workout in. Everyone did the same amount of work. Everyone got in a workout -- and that's awesome.

### Improving your lifting form.

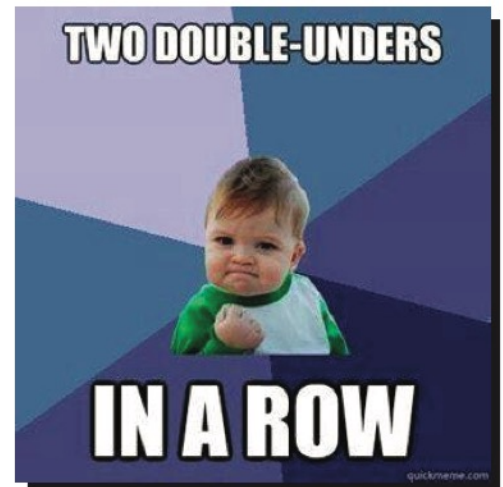
Technique matters and is crucial in avoiding injury. As CrossFitters, we tend to rush through movements in our WODs, and as we get tired we can get sloppy or form bad habits. So when you are practicing snatches and realize you maintain a tight back throughout the pull or when you clean and stay on your heels in the squat, be proud of yourself -- even if you ultimately drop the lift. It's still a win because you are paying attention and self-correcting those minor details.

### Getting more flexible.

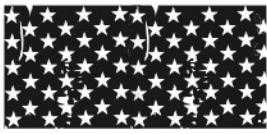
Foam rolling is great, but it won't solve all of your problems. When you take the time every day to add mobility accessory work like banded stretches or go through a RomWOD routine, you'll find the bottom of your squat is a little closer to the ground or that your shoulders have a wider range of motion, both of which will get you a step closer to your larger fitness milestones. So as you're touching your toes be sure to give yourself a pat on the back.

### Trying new things.

CrossFit is rooted in the idea of functional fitness, which means you can and should apply your skills and strength outside of your local box. Run a road race; learn how to rock climb; give surfing a go. When you do any activity outside of your comfort zone it's a victory because it means you are learning to find joy in discomfort, which is how you grow in all your fitness (and life) practices.







## SHOULD I SIGN UP FOR THE OPENS?

### -Coach Sonny

The short answer is YES!!!

In a couple of short weeks, people all over the world will be competing in the Crossfit Open. The great thing about the open is that it doesn't matter how long you have been doing "Crossfit." It doesn't matter if you scale or RX, what matters is that you were able to "compete" out of your comfort zone. The Open is everything that is amazing about Crossfit all condensed in five different workouts; the community, the challenges, and the sense of kicking some ass.

Participating in the Open will push you harder than any other workout that is programmed on a daily basis. You have a judge watching your every rep to keep us accountable, a gym full of our members cheering and yelling in excitement for YOU to get that last rep. It's a special five weeks because you will know you left everything you have on the floor.

You will never know what you are capable of until you try it. I have seen countless people get their first muscle up, double under, push up, or toe to bar during the Open. For me, the open was the first time I was able to do ring muscle ups in a workout. The Open will jack up your adrenaline and push you to limits you had no idea you could surpass. We all know about Benchmarks workouts since most of us have done the Girls and Hero wods as a measuring stick to see how far we have come on our fitness journey. Personally this will be 5th Open and will I qualify for Regionals or the Games? Absolutely not and I won't even be close but I have some new Benchmarks and I get to see how much I improved for each year. I have steadily improved each year even with the Opens gaining more participants. During the opens you will see all the hard work you have put in come to fruition.

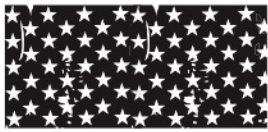
There are a few skills that will almost certainly appear in the Open. If your technique on any of these movements is not great, getting it up to par is essential. In a perfect world, these GOATs would have been occurring over the last year, but significant progress can still be made over the next month. Some movements that we will most likely see include DUBS, ring or bar muscle-ups, chest-to-bar pull-ups, toes-to-bar and power snatches. Evan's skills and drills class on Sunday is perfect if you struggle with any of these movements.

So in a nutshell: **JUST DO IT!!!** The Opens will be going on and programmed during class times anyways. You might as well stack yourself up against the best in the world. It will help you find your weaknesses and push you to go past your limits and possibly achieve some of your goats.

I will leave you with one last thing to remember **WHEN** you sign up and battle for those five weeks...**GO GET IT AND HAVE SOME FUN!!!**







## GLO KNOWS...

### Harvest Shepherd's Pie



## WELCOME NEWBIES

Jessica Ovalle

Greg Salvatore (OG)

Billy Stetzel

Ryan FitzPatrick

#### Potato & Parsnip Mash:

- 1.5 pounds potatoes
- ½ pound parsnip
- ½ stick butter
- ¼ cup milk (More if needed)
- ½ cup sharp cheddar
- Salt & Pepper to taste

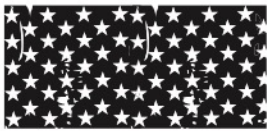
1 cup cooked mixed vegetables

Peel potatoes and parsnips and cut in cubes. Cover with enough water and boil. Once potatoes and parsnips are cooked thru and tender, drain some on the water. Return pot to stove and add butter, milk, salt and pepper. Mash potatoes and parsnip, then Fold in the cheese. Set Aside.

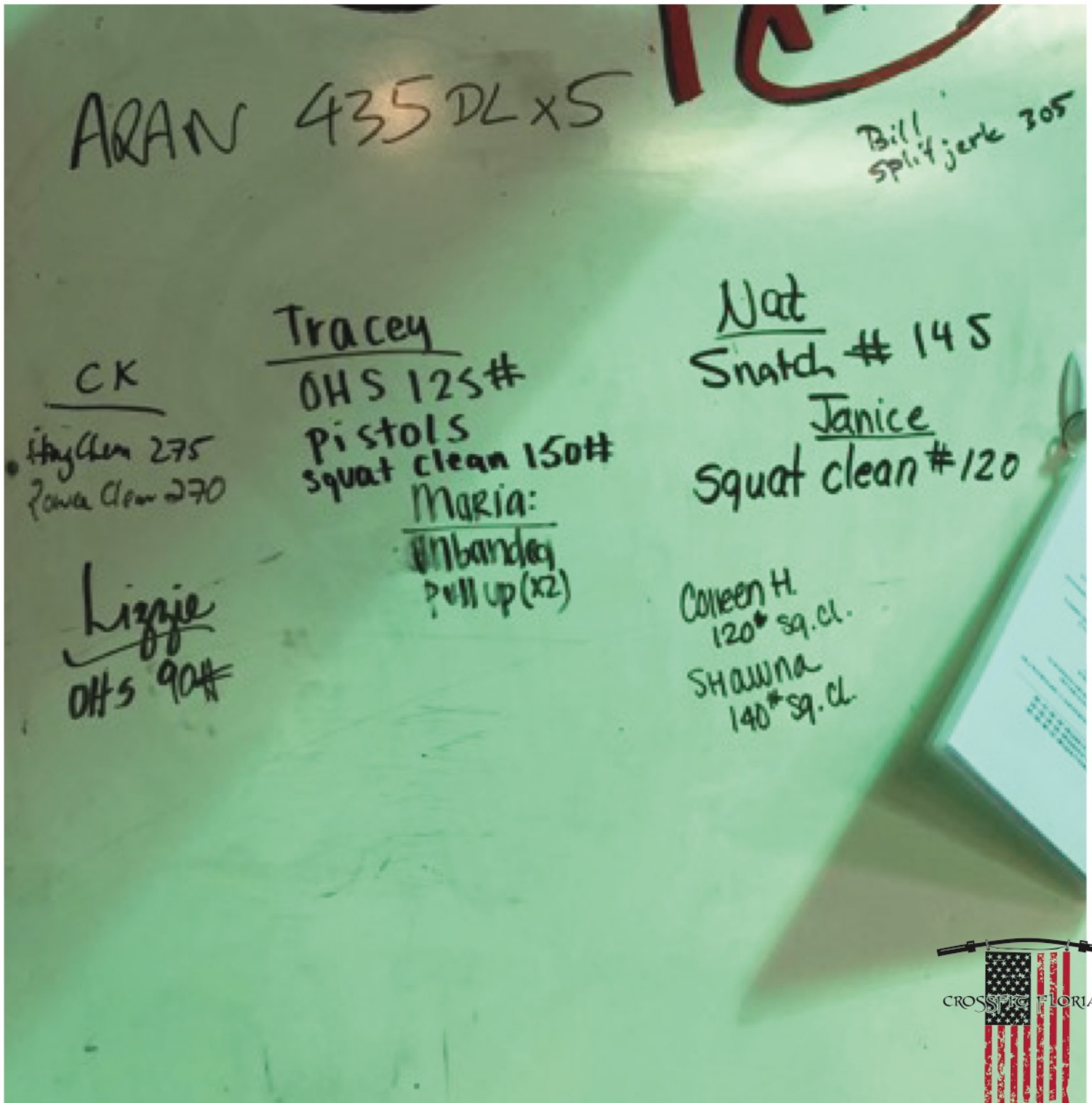
#### Lamb:

- 1 pound ground lamb (may be substituted with ground turkey or chicken)
- ½ onion, chopped
- 2 garlic clove, minced
- 1/8 cup chopped red pepper
- 1/8 cup chopped green pepper
- 2 tablespoon tomato paste
- ½ cup chicken broth or water
- 1 1/2 teaspoon cumin
- 1 teaspoon coriander
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper
- 1/8 teaspoon cloves
- Avocado oil
- Salt & Pepper to taste

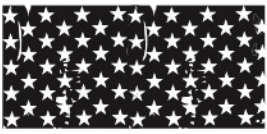
In a large skillet heat enough oil for sautéing. Add onions and sauté until soft. Add garlic and peppers and sauté about 5 more minutes. Add lamb, Tomato paste and water or broth. Add seasonings including salt and pepper, stir. Bring to a simmer, uncovered for about ½ hour. If preferred, Drain any excess liquid, then Transfer lamb to baking dish. Layer mix vegetables over lamb, then Spread potato/ parsnip mash evenly over vegetables and lamb. Pre-heat oven to 350 and bake Shepherd's pie uncovered for about 30 to 45 minutes. Optional: last 10 minute, broil pie to brown on top.



# CRUSHIN' IT







# THROW IT ON THE GRAM

