

THERE'S A NEW SUPPLEMENT FOR SALE AT CFF: CBD.

CFF



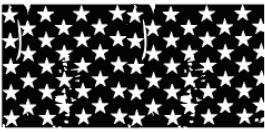
The supplement is produced naturally by the cannabis plant and can be derived from both hemp or marijuana. It won't make you high, but it is thought to reduce inflammation, insomnia and anxiety. Because of this it's working its way into everything from beverages and cosmetics to supplements and even pet food. It's even hitting your local Walgreens. Here's everything you need to know about the trendy new product.

UPCOMING EVENTS

4.15 - Clovis

4.29 - Front Squat 1RM

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MEMBER OF THE MONTH

Laurie Chabot

HOMETOWN: Canton, MA

AGE: 37

FIRST START AT FLORIAN: September 2016 but more consistently October 2017.

FAVORITE WOD MOVEMENTS: Burpees, box jumps, pull ups, thrusters, rope climbs

LEAST FAVORITE WOD MOVEMENTS: snatches

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE: Double Unders

Tell us about your sports & fitness background: I played soccer and lacrosse for Thayer Academy and continued to play in college at Salve Regina University. After graduating I played overseas in Prague for an amateur US lacrosse team. I began my coaching career in both soccer and lacrosse upon my return. At that point I just took to running...something to clear my head and keep me fit. After my 3rd child I ran my 1st marathon, after my 4th I started CrossFit, but the most important and challenging year was when I came back after my 5th child and realized it was time to challenge myself and make some changes both mentally and physically.

How did you first get exposed to CrossFit?

After having my 4th child Paul and Tracie Lyons kept pushing me to try CrossFit...I was very hesitant as I wanted to lose my baby weight first. They kept pushing saying I would love it, I finally gave in.... and I wouldn't change it for anything in the world.

Take us back to your first WOD... what was it, and how did it feel? I wish I could remember the exact WOD... I remember there were box jumps...something I feared I would rip my shin open with. I remember being nervous to walk through the doors and join a class.

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

CrossFit has completely changed my life. I have lost over 65 pounds since last December, making me feel more comfortable in my own skin and making movements a bit easier. Mentally it has helped me cope after losing my mother, giving me an outlet and an hour of time to myself each morning to help tackle the day. CrossFit has become my second home and family, the coaches and the friends I have met have helped me to be a better version of me - especially in the times I doubt my



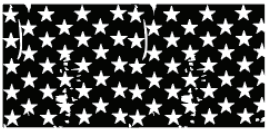
own strength and ability. I am forever grateful for the support and encouragement of all of you, I wouldn't be where I am here today without you.

Please share with us any favorite CrossFit moments:

Some of my favorite moments have been the firsts: my first pull up when Bill forced me to get rid of the band, my first rope climb when Sandro took the time over and over again to help me get the technique down. This year I was able to participate in B4B which was an incredible event for a cause I hold very near and dear to my heart, having lost my mother to breast cancer. To see our community come together on that day left me speechless. I also competed in my first in-house Winterlude competition at Florian and won... an amazing experience with an incredible team!

Any advice for people just getting started?

If I could give any advice to those starting out, it would be to just start! The biggest part is showing up- starting out can be intimidating but I can assure you this crew is nothing short of amazing.



CBD: WHAT IT DOES; WHO IT'S FOR AND WHERE IT'S GOING.

Continued from page 1

CBD is from the marijuana plant but it is not a hallucinogen. Technically it is a cannabidiol, not a cannabinoid. CBD derived from hemp has no THC, but is usually a little less potent. CBD derived from marijuana plants has slight levels of THC, but nothing that will mess with your head. Think of it like the slight amount of alcohol in kombucha: it's there but won't get you drunk.

What are the benefits and how does it work?

Most notable for CrossFitters is that CBD is an anti-inflammatory that is thought to help with pain reduction. Think about medical marijuana's historical usage. It's long been considered an alternative pain medication so it makes sense that this could offer some of the same medical benefits without the side effect of getting high. CBD interacts with serotonin and vanilloid receptors in the brain, which affect mood and the perception of pain.

CBD is also thought to help improve sleep and, for some, lessen anxiety. You should talk to your doctor before self-medicating for these latter issues.

Is this all proven and backed by the FDA?

Not quite. Right now there is only one FDA-approved application for CBD: to treat a specific kind of epilepsy. However, many experts and doctors agree that there are many conditions for which there is strong pre-clinical evidence for CBD's effectiveness.

Who should take CBD?

Athletes, epilepsy patients, people who have trouble sleeping, and some people with anxiety.

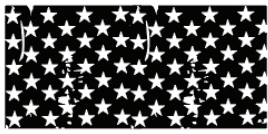
However, CBD interacts with your liver enzymes in such a way that it might boost the levels of other drugs that you're taking. So if you're on other medications like benzodiazepines and antidepressants, talk to your doctor. There is little to no long term data on the supplement so women who are pregnant should also probably avoid.

Are there any downsides?

There's a lot we don't know about CBD because it's so new. We don't know the chronic effects of cannabidiol used and we don't know the interactions it may have with other drugs that people may be taking. There's a dire need for research.

Because there are a lot of legal red strings around CBD, it has also been difficult to regulate for consistency. Most CBD companies don't sell through retail outlets; they reach consumers online and vary in quality. A 2017 study found that 69 percent of the CBD products tested didn't contain the amount of cannabidiol indicated on the label. So when choosing a CBD that is best for you, make sure you seek out that third party certification seal.

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HEMP OIL



The difference between CBD from Hemp and CBD from Cannabis strains

CANNABIS OIL

HEMP OIL

PRODUCT:

Hemp bi-product.

LABELS:

Must state that is is made from hemp.

TESTING:

Due to lax testing outside the U.S. products may be highly contaminated.

INGREDIENTS

GMO's, tranfats & additives

EXTRACTION:

BHO, propane, hexane or hydrocarbons.

HEMP:

Typically low in cannabinoid content. A huge amount of hemp is required to extract a small amount of CBD, raising the risk of contaminants because hemp, a bioaccumulator, draws toxins from the soil.

CANNABIS OIL

PRODUCT:

High level CBD. For maximum therapeutic impact, choose both CBD and THC product.

LABELS:

Show ratio of CBD/THC, a manufacturing date and batch number.

TESTING:

Tested for consistency.

INGREDIENTS:

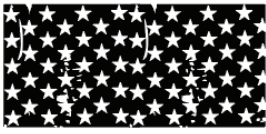
No corn syrup, GMO's, tranfats or additives.

EXTRACTION:

Non-toxic, supercritical CO2.

CANNABIS:

The robust terpene profile of whole plant cannabis enhances the therapeutic benefits of CBD and THC.



COACH'S CORNER

99 Problems But A Snatch Ain't One

-Coach Caroline

What is the sexiest thing to see? A well-executed Snatch. On the other hand, what is the most horrifying thing to see? An ugly Snatch. Maybe you're an ugly snatcher and you know it, but just can't quite figure out how to fix it. Or maybe you feel comfortable with the movement, but something's holding you back from breaking through that weight you've been stuck at for 2 years now. Here are 3 key things to pay attention to when attempting to fix your snatch.

1) **What does your setup and first pull look like?** If your setup, before you even begin to lift the bar, is off (ie: rounded back, shoulders behind the bar, weight on your toes) you have very little hope of being in a good position for the second pull, therefore limiting your power through the extension and ability to get under any significant amount of weight. Likewise, if in your first pull you are popping your butt up like a stripper or pulling your shoulders back, you will not be in a good position for that second, most explosive pull, and limiting its effectiveness.

So how do I fix it? Practice some snatch pulls with a 3 second pause at the knee. Focus on your setup, and maintaining that solid back position as you send your knees back to lift the bar. The 3 second pause will reinforce that position and build muscle memory of where you should be.

2) **Are you keeping the bar close?** A key indicator of a good lift in the snatch is bar path. You want as much energy and momentum carrying that bar straight up as possible. When the bar escapes from your body and heads away from you, the bar is not able to get as high, and gives you less time to get under it – not to mention it will likely be too far forward when you go to catch it. Think about bringing the bar into your hips and focus on keeping your upper back very tight to allow you to do this.

So how do I get better at keeping the bar close? Barbell rows are a great way to strengthen the upper back and lats, all of which play an important part in keeping that bar nice and close as you extend through that second pull.

3) **Do you take your sweet time to get under the bar?** The second you have finished your extension and begin your decent underneath the bar, that bar is racing you at $9.8m/s^2$. That's not much time especially as the weights get heavier and you're not able to lift it as high. Speed under the bar is key to catching heavy weights... no arguing it's just physics. Hand in hand with that, you need a strong receiving position. You might be able to get under the bar, but if your shoulders and overhead position are not stable, you will likely lose the bar either in front of or behind you. This tends to be my problem... I can get under a weight, but have trouble stabilizing it enough to stand it up and lose it in the hole.

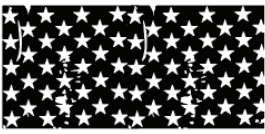
Well then, how do I get faster? Try some drop snatches. A drop snatch begins with the barbell on your back, but with a snatch grip. You then drop to the bottom of your overhead squat, or snatch receiving position, while driving up simultaneously on the bar so that you land at the bottom of the overhead squat. If you're not quite comfortable just dropping under the bar, the snatch balance begins in the same position, but add a dip and drive (as if you were doing a push jerk), but immediately after driving back up, on the bar, drop into your overhead squat position, driving up on the bar. To work on your overhead stability, do some snatch grip presses. Start in the same position as your drop snatch or snatch balance – bar on your back in the snatch grip. Then dip and drive (like in a push press) while pressing the bar overhead. The Snatch is one of the most complex movements out there, so this is just a starter pack of things to think about to improve your snatch game. Catalyst Athletics is my go-to for all things Olympic Weightlifting. They have loads of free resources and videos that will answer any question you've ever had about weightlifting, including a Snatch learning manual and weekly newsletter to keep you up to date:

<https://catalystathletics.com/>. Another great resource is the Shrugged Collective – a podcast formerly known as Barbell Shrugged.

They have tons of resources online as well, not only about Olympic Weightlifting, but a lot of good training and CrossFit info as well:

<https://shruggedcollective.com/>.





CRUSHIN' IT

Cara
First MU :)

Anthony
First BMU

SPONZ

- BENCH 330

- PWZ SNATCH 225

- YOKE WALK 615

- 85 lb DB Thruster

DAM SON

MEH

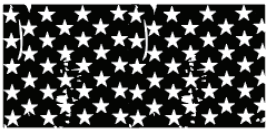
WELCOME NEWBIES



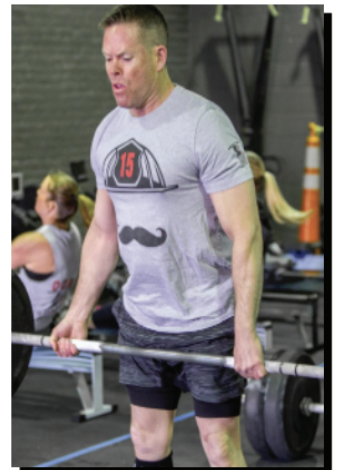
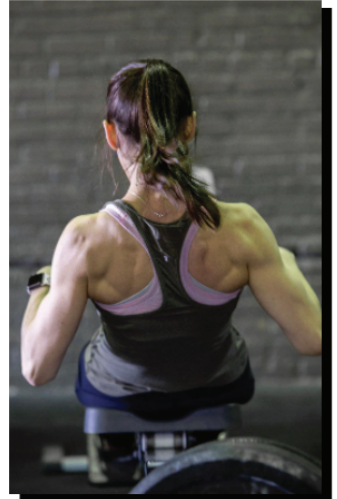
Maira Pono

Meghan Panteleakos





THROW IT ON THE GRAM





CROSSFIT FLORIAN



APRIL, 2019

THE HOOK- A CROSSFIT FLORIAN JOINT

VOLUME 5, ISSUE 3

