



ROCKET COMMUNITY FITNESS
BLAST OFF BASICS



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WHAT DO WE DO at ROCKET?

Constantly Varied

Unlike traditional “sports,” the goal of Functional Fitness is to make you stronger at life, not better at scoring points. We want you to live with strength and freedom for as long as possible. While you will get measurably stronger, which will serve whatever sports and activities you do, our focus is on well-rounded health and fitness.

Unlike something like cycling or tennis, we steer clear from repetitive movements, trying to keep your body moving in all sorts of ways to get you all sorts of stronger. That also keeps you safer.

The 10 core components of what we do are:

1. **Cardiovascular / respiratory endurance** – The ability of body systems to gather, process, and deliver oxygen.
2. **Stamina** – The ability of body systems to process, deliver, store, and utilize energy.
3. **Strength** – The ability of a muscular unit, or combination of muscular units, to apply force.
4. **Flexibility** – The ability to maximize the range of motion at a given joint.
5. **Power** – The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.
6. **Speed** – The ability to minimize the time cycle of a repeated movement.
7. **Coordination** – The ability to combine several distinct movement patterns into a singular distinct movement.
8. **Agility** – The ability to minimize transition time from one movement pattern to another.
9. **Balance** – The ability to control the placement of the body’s center of gravity in relation to its support base.
10. **Accuracy** – The ability to control movement in a given direction or at a given intensity.

(These come from a well-known company. We wanted to give them credit. But they don’t want us to say their name, since we are no longer affiliated with that brand for ethical reasons. We still believe these principles, which they popularized but did not invent, are the best basis for active longevity.)

In addition to varying movements, we also vary time domains. Why? Your body has 3 metabolic pathways: Phosphagen, glycolytic and oxidative. We want your body to function in all of them, equally well. You should be able to summon up quick bursts of power just as well as you can draw on a need for endurance. Some of our workouts are short, some are long. Some are explosive, some are not.

Constantly coached

We coach every class. That means that not only do you have a coach helping to make sure you move properly and safely, you also have someone there to CHANGE the workout for you. If you can’t do something, for any reason, we can change the workout for you. Can’t run? Don’t worry, you can do something else.

It’s personal training in a supportive community. Best of both worlds.



WHAT IS BLAST OFF?

Blast Off is just the beginning....

Whether you're doing a single Blast Off session or three sessions, we don't expect you to necessarily know what you're doing all the time. Our main goal here is to make sure that you understand the basic form involved in the things we do. And also, to take the edge off of whatever fear you may have in starting something new.

The people who walk through our door have widely varied backgrounds, so our hope is to get to know you a little better. Just as importantly, it's for you to get to know both yourself and us a little better. To open the lines of communication, and start you off knowing that you're not alone.

The Blast Off sessions are designed to:

1. Teach you the safe fundamentals of movement
2. Ramp up your activity level at a safe pace so that you're ready to go
3. Connect you to a supportive community
4. Help you learn how to communicate with both your own body and our coaches
5. Start forming the habit of just coming in and giving it what you've got

After your Blast Off, we will set you up for a 2-week trial membership to take as many Full-On classes as you want, any time, any day. You've already paid for them, so you may as well use them. We are pretty sure that by the end of that, you'll feel a huge difference in your fitness level, and feel connected to our community. And hopefully want to join. But we won't do that automatically, we'll ask before signing you up!



WHAT TO EXPECT

Once you purchase your Blast Off online, you'll schedule directly with the coach via email. After your session, the coach will tell us you're done, and we'll get you all set up with a two-week trial-membership.

On your first day...

Blast Off is personal training. If you're only doing one session, it's probably because you have a pretty significant background in the things we do, so you just wanted a refresher. If this is the case, we'll generally do a quick review of the basics like bracing, hinging and squatting, and then focus on the Olympic Lifts so that you don't panic if you walk into the gym and it's Snatch Day.

If you're doing 3 sessions, it's because you wanted a slower, gentler and more thorough ramp up. If that's the case, the days will probably break into something like: squatting, hinging pressing & Oly.

In either case, you'll get a quick tour (it's a small place, that doesn't take long) and hopefully feel ready to attend full on classes.

We will:

- Discuss Functional Fitness means to us, and how Rocket approaches things.
- Introduce ourselves, tell a little bit about our background and our goals.
- Tour the gym, learn where everything is.
- Get started on learning basic moves and doing our first workout.

Blast Off is not intended to teach you everything, it's a quick introduction to the essentials. If you want more thorough coaching before joining classes, we can totally do that, just let us know! Our default is a low-barrier to entry, but that isn't what everyone wants!

Then...

You will have a 2-week trial membership and be able to attend as many classes of any kind as you want. You should use it! You and / or the coach will email us and we'll get you set up. You will then be able to reserve classes in StreamFit, and be part of the Rocket community, for 2 weeks while you decide if you want to stay one of us for longer.

Starting something new is hard and scary. Expect to be a little nervous. Expect to feel awkward and frustrated. Expect to be sore.

Expect great things to happen anyway.



WHAT NEXT?

YOUR 2-WEEK TRIAL MEMBERSHIP CAN BEGIN!

After you finish your Blast Off session or sessions, we'll get you set with a 2-week membership to take all the classes! Just let us know when you want it to start. (Pro-tip, that should be the first day that you can actually come in to take a class, so you don't waste a few days if you're going out of town for your cousin's wedding or something.)

SIGN UP FOR CLASSES!

Use your StreamFit app to reserve places in classes up to 3 days in advance. You can, and should, reserve classes in advance, because you're more likely to come if you do. We don't know why it works, but it does. Just remember to cancel if you can't use them.

REMEMBER YOU'RE NOT ALONE

You can always reach out to Alyssa, or any coach, or probably any athlete. If you have questions or fears or needs or are just excited, we're all here for you. Every single one of us was new at some point. We know how you're feeling.

JOINING

We obviously hope you'll want to join. But we won't do it for you automatically. Let us know if you want to join after your trial period, and we'll do it for you. Then it will be automatically billed each month unless you tell us to stop.

CANCELLING YOUR MEMBERSHIP

All of our memberships auto-bill on the first day of the month for the upcoming month. If you need to make any changes to your account, EMAIL US at admin@rocketcommunityfitness.com. Please give us 2-weeks notice so that we can be sure to cancel you before the bank's background systems get it all queued up and ready to go.

DO YOU DO HOLDS?

Not really, no. We will do holds for medical situations that last longer than 2 weeks. Other than that, just let us know you want to cancel your membership, and then start again when you get back from *whatever it is.*



USING StreamFit

We use Streamfit for everything from managing your account to tracking workouts AND reserving classes. This is how you reserve spots in a class, and you will be able to look ahead at workouts to come, and backwards at workouts that you've done.

Once you're done with your Blast Off classes, you'll use StreamFit to schedule your classes.

RESERVE A SPOT

We are a small gym, so we cap all our classes at 14 people. If a class is full and you don't have a reservation, you will not be let in. That's neither safe nor fair.

You reserve a spot by logging into your StreamFit account, selecting the class, hitting "reserve" in the upper right hand corner. Super simple. We highly recommend doing this on a smart phone.

CANCEL YOUR SPOT

PLEASE cancel your spot if you reserved and cannot make it. We ask you to cancel at least 1 hour prior to class, so that if there is anyone on the waitlist, they can get to Rocket in time. Canceling 1 minute before doesn't do anyone any good.

You cancel a spot exactly the same way you reserved it, just hit "cancel" instead of "reserve." If a class is full and you don't have a reservation, you will not be let in. That's neither safe nor fair. (If it's not full, you can totally pop in!)

LOG YOUR WORKOUTS

Some people love to track their workouts. Some don't. We often use a % of 1RM to help members figure out how to choose weights for workouts, so if you have that information handy, it's a lot easier on everyone. It's also an awesome way for you to see how much progress you've made. But it also feeds disorder in some people, and others just don't GAF. That's all normal and okay, you do you, boo.

Setting it up:

1. DOWNLOAD THE APP
2. Select Rocket Community Fitness as your gym.
3. Email us to get the password.

Please log your workouts, ESPECIALLY your lifts. We often use a % of 1RM to help members figure out how to choose weights for workouts. So if you have that information handy, it's a lot easier on everyone.

If you are no longer a member of Rocket, we will delete you from our account, but you will not lose any data that you have entered.

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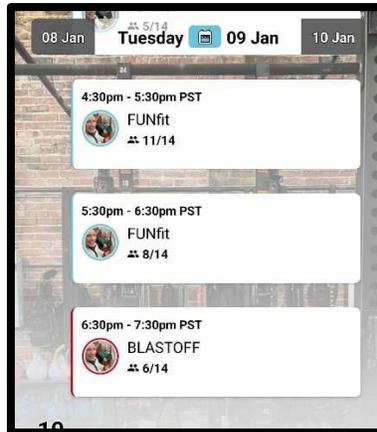
How To Use StreamFit:

Open the app, it will open to today. You can change days by scrolling or hitting the calendar icon in the upper right.

Register

Just open up StreamFit, and click on the class you want to attend. It will open up and show you what's happening that day.

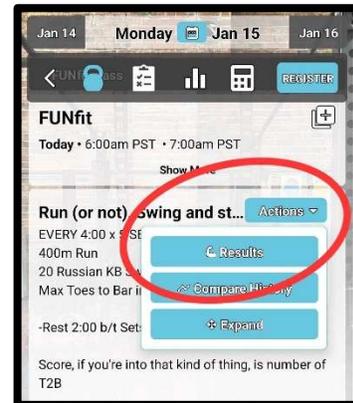
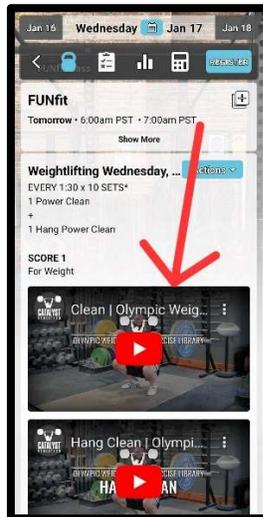
Click the "register" button and you'll be all signed up.



Prepare and Record

Before the workout, you can watch videos to get your head around what's in the workout and how you'll approach it. (But we will modify for you, don't worry!)

After the workout, you'll record your scores, not to compare with others, but so that you know where you are in your journey.



- * You can register for classes 3 days in advance.
- * If no one has registered for a class within 1 hour of start time, it is automatically cancelled.
- * Registration closes 5 minutes before start time, but if there's room, you can still come.
- * Please cancel within 1 hour if you can't make it, that gives someone else time to take your spot.



TYPES OF CLASSES

All of our classes are 60-minutes long. They're all coached, and all infinitely modifiable for you, your mood, and your body. Our programming is cumulative, which is to say, if you keep doing it, it works. We often work on long cycles, so things like weight and reps will change in a way that are designed to improve strength and stamina over the course of time. This also means that we have periodic "test weeks," in which some folks will try to find a new "max." Others completely opt out of that kind of tracking and just show up to do work. We're happy either way. And it works, either way.

FUNfit

This is our classic, all day every day, Functional Fitness class. It's a solid mix of moving both weight and your body in constantly varied ways that mimic the movement patterns that keep you strong for life. You'll be lifting, jumping, throwing, swinging, holding and sweating in a way that is always challenging and never boring.

FUNrox

This class has a heavy cardio endurance bias, geared towards training for Hyrox events but perfect for anyone. One day a week will be almost pure cardio, usually sustained for about 40 minutes. Other days are cardio mixed with strength moves like lifting, squatting, pushing and pulling weighted objects. This is a "high burn, low brain" class. Moves aren't technical at all, but physically challenging.

Flex!

This is a classic, old-skool, pump sesh. Bis and Tris, baby. You'll rarely find any cardio here, but a whole lot of pumping iron and chatting with your friends. The easiest way to think of this class is "something Arnold Schwarzenegger would do." But instead of a bunch of dude bros, it's just nice people who will support you and be happy to see you.

Oly

A full hour of Olympic Weightlifting and the accessory moves to make you better at it. Snatch and Clean & Jerk, and nothing else. Why? Because it's awesome. And, these are the most technically difficult things we do at Rocket, so it makes sense to give them their own class for those who want to get good at them. The Oly lifts also use every single muscle in your body, and demand great power and accuracy, so we think they're the most perfect expression of all the things.



Yoga

Yoga is yoga. It's bendy and stretchy and strong and fun. We firmly believe that your body needs to be well-balanced in terms of strength and mobility. Too much of one without enough of the other leads to injury over time. But this is Rocket yoga, so it's in a gym and there's almost no focus on the "woo" aspects of yoga. It's all about your body and your breath.

Kettlebell Fitness

Don't be fooled by the "simplicity" of "just a kettlebell. This class is an absolute sweat show. That mighty bell will force you to use every muscle in your body, while also balancing and breathing. We've long said that if you only have one piece of fitness equipment, it should be a kettlebell. Try this class, and you'll see why we say that. It can be a little frustrating to learn, but once you get it, you'll "get it."

Kettlebell Sport

This is the only class that we ask you to "test" into. This class specifically focuses on the movements of competitive kettlebell sport. It's essentially set up as a competition, but there is ABSOLUTELY NO competitive energy in the room. It's all support, but the focus is on hitting the standards and flow of a competition. Yes, we have some very competitive Kettlebell athletes in the gym, but they only compete at competitions. In the gym, they're helpful and kind and just want you to love their sport as much as they do.

Extra Programming

In StreamFit, you'll see a bunch of extra "classes" that are NOT really classes. This is just extra programming that you can use any time anywhere. Great for working out at home, or on the road. Some of it requires the gym, and is just a little extra something if you want to improve a skill or a lift or something.

Sweat & Go

These are both great for minimal equipment, maximum burn, sweaty aerobic fun. Some of the workouts may have dumbbells, but can easily be done with just your body.

EMOM 40

Like Sweat and Go, this is a great HIIT style, big burn program. Often it does use equipment, it's a great workout for open-gym time, or to do in the Loft if you need gear that you don't have at home. Most hotel gyms will have what you need, though.

Focus & Accessory

Focus and Accessory are skill-building programs that are specific to our class programming. Generally about a 20-minute "bonus" push to add something to what we're doing in class. But, do it before or after and out of the way of class itself.

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RULES

These don't really apply to your Blast Off session, but they're pretty core to how we run our full classes once you join those. So it's good to know how we do things once you walk into the big gym!

DO

- DO introduce yourself to anyone you don't know.
- DO tell the trainer about any injuries or issues BEFORE class starts.
- DO cheer for your fellow-athletes until the last person is finished.
- DO be patient. With everyone. Including yourself.
- DO train to your weaknesses.
- DO celebrate your victories.
- DO wipe down your sweaty equipment when you're done.
- DO ASK QUESTIONS. We can't read your mind.

DON'T

- DON'T drop an empty bar!
- DON'T drop Kettlebells and Dumbbells.
- DON'T sacrifice form for a score!
- DON'T do it if it hurts!
- DON'T clean up until everyone is done.



WHAT TO WEAR AND BRING

WHAT TO WEAR

Comfort is key! Whether you like it long and loose, or skimpy and skintight, we don't care. Shirt on, shirt off, couldn't care less. Just be sure that you have full range of motion and feel comfortable.

Good Shoes! Wait, what's a good shoe? For our purposes, you want a shoe that is relatively flat, so that you're stable for lifting and jumping. Pretty much the only shoe that makes us go "NO" are what we lovingly call "puffy runners." Those just aren't stable.

Over the years, we've seen the best success with Reebok Nanos, Nike Metcons, and NoBull trainers. We also like Converse, actually, we love them. Alyssa has every color of the rainbow and uses them as her dress shoes.

Lifting Shoes? Sure, we love lifting shoes. If you get serious about lifting, you can and should get lifters. But, if you're just here to get fit and stronger and have fun, no, you totally don't need them. When and if you're ready for some, ask us for our opinions, and try some on.

WHAT TO BRING

Water Bottle! We have filtered water at the gym, bring a water bottle and fill it up.

Sweat Towel! If you're a sweater, wait, a sweater? You know what we mean. If you sweat a lot, bring a towel.



HOW TO APPROACH YOUR WORKOUT

MAKE IT YOUR OWN

This stuff has a reputation for being intense, and ya, it can be. It will be different, however, for every single person in the gym with you. You are here to workout for YOU. Not for anyone else. So keep that in mind as you're figuring out how to approach your workout.

It's more important for you to feel good, and be able to keep coming in than it is for you to lift any particular amount of weight.

DON'T PUSH THROUGH PAIN

We know the old saying "no pain, no gain." We'd like to find the person who started that and smack them. Pain is your body's way of telling you that something is wrong. As you get started in trying to push your boundaries, your body might send you signals that you don't understand. So talk to us, and we'll help you sort out the difference between pain and fatigue, pain and fear, pain and soreness. But when in doubt, don't push through it until you're pretty sure.

Things to look for that mean "stop:"

- Pain that is sharp and stabby.
- Pain that starts in one spot and radiates.
- Pain that increases in a specific place at a specific range of motion.

When in doubt, back off. Wait and see. If it goes way in a couple days, you were probably sore. If it doesn't, you're probably injured.

You'll get better, but there's no reason to push it.



USING THE SPACE

Rocket has 3 main spaces. And we use them all differently.

THE FRONT:

As you walk through the door, you'll see two lifting platforms on your right, the main gym through a doorway in front of you, and a wall of shoes on your left. Generally, this is a space where people gather, but sometimes, members are using the lifting platforms for their own workouts. Anyone can use that space when classes are in session to do their own workout. Full members who have signed the 24/7 waivers also have access to this – and the whole gym – in the off-hours when there aren't classes.

There's a "foyer" between the front and the main gym. That's where you'll find the bathroom, a shelf for your things, and hooks for your coats and bags. It's not fancy, but it works.

THE MAIN GYM:

As you might expect, the big gym is the main space where all of our classes take place. If you get to the gym early, just hang out and do your thang in the front or in the loft. But if there's a class, that class has priority.

You cannot do your own workouts in the main gym during class time. BUT, all of our full members can set up free 24/7 access, and then the full gym is available to you any time that there is NOT a class in session.

There is filtered water on the wood wall close to the coaches' nook. We don't have cups, so bring a water bottle, or borrow (and wash) a coffee mug.

THE LOFT:

Currently the loft is just an extra space for members to do whatever they want. You can use it during class time, or if you have your 24/7 access set up, you can use it any time. There are rings and a rower up there. You can bring up dumbbells or anything else you want, you just have to put it all back when you're done. And there is a very low ceiling up there, so it's hard to put anything overhead. But it's a great place to do the extra programming that's in our app if you can't get into class today. Even if it's just a mood and not a schedule thing. That's cool.

THE BATHROOM:

We only have the one, so please don't dilly dally excessively. If you need a quick changing space, there's a curtain in the corner in the loft that you can pull and use for some privacy.

ASK ANYONE IF YOU HAVE QUESTIONS ABOUT THE SPACE. People are nice, they'll help you!

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CONNECT WITH US

EMAIL: admin@RocketCommunityFitness.com

FACEBOOK:

We have a private FaceBook page, which is probably the heart and soul of our community. Members support each other both in and out of the gym here. Talk about doing things together. Give and receive help. As questions about..... everything.

Search for “RockIt Space,” ask to join, and we’ll approve you.

We remove people from the page when they leave.

Our Public page is: Rocket Community Fitness. We share articles and info there. Good stuff, but stuff that’s for the world at large, not just for our members. Follow us and see what we’re up to.

INSTAGRAM:

@RocketCommunityFitness We mostly share “food for thought” kinds of posts. Sometimes (not often enough) photos of our awesome members being awesome. But follow us, you never know when you’ll see your smiling face.

TAG US. We love it when you tag us, it helps us get the word out. It also reminds us to follow you, so we can learn more about what matters to you.

TWITTER:

Nah.



TERMS AND LINGO

WOD: Workout Of The Day

BENCHMARK WOD: A workout that we repeat periodically to see your changes. Maybe you'll go faster or use more weight or do a harder move or..... It's how you check back in to gauge your progress.

TIMECAP: Some workouts are written to last a certain number of minutes and you do as much as you can in that time.

REP: One single instance of doing a thing, like a single squat is one rep.

ROUNDS: A collection of reps and moves.

ROUNDS + REPS: If you're counting your rounds plus reps, it's the total number of rounds you completed + however many reps are leftover at the timecap. (Specialty classes might do this a little differently, but that's the most common way.)

METCON: Metabolic Conditioning

RFT: Rounds For Time

AMRAP: As Many Reps As Possible

REP SCHEME: How a workout is organized. It's written rounds first, then reps. So, in lifting, 5 rounds of 10 reps would be 5 x 10. It could also be something like Fran (a Benchmark WOD) which is 21-15-9 Thrusters and Pull ups. In that case, you do 21 Thrusters then 21 Pull ups, then 15 of each, then 9 of each.

EMOM: Every Minute On The Minute

RX: Sometimes a WOD has a "prescribed" weight because it is a benchmark WOD. You'll also see RX in competitions, because really, in order to figure out who "wins" in a competition, you have to be doing the same thing.

SCALING: This is the default at Rocket. Finding a version of the workout – the right moves and right weight – that is appropriate for your body to get the workout that you need today.

DOMS: Delayed Onset Muscle Soreness. It's real. So real. Soreness is usually the worst 2 days after the exertion.

And then there are lots of specific moves that get abbreviated, and we won't list them all here, because you'll get to know them and there are just too many to get into here.....