



ROCKET CROSSFIT

BLAST OFF BASICS

ROCKET CROSSFIT

BLAST OFF HANDBOOK



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WHAT IS CROSSFIT?

Constantly Varied

Unlike traditional “sports,” the goal of CrossFit 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.

The short version is: Constantly varied functional movements done at high intensity. 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 principles of CrossFit 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.

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, carefully. 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.

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WHAT IS BLAST OFF?

Blast Off is just the beginning....

We don't expect anyone to be an expert after 6 hours of instruction, that's not what we're trying for. But we do want you to feel safe learning, that's our goal.

The 6 Blast Off classes 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

You can also do YOGA! In fact, we encourage you to come into yoga on the days you aren't doing Blast Off. The mobility will do your sore body some good, and you'll also meet other members of our community, which will make coming to CrossFit classes a whole lot less scary.

And then....

After those 6 classes, you have through the end of the NEXT month to take as many Full On CrossFit 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 month, you'll feel a huge difference in your fitness level, and feel connected to our community. So use it, because you don't want to lose all that momentum that you worked for.

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WHAT TO EXPECT

In general, you'll arrive for class as the last class is finishing up. Just hang out in the lobby until the last class leaves and the coach calls you in.

Once your class starts, you'll all gather in the back at the Blast Off whiteboard and the coach will lay out the upcoming class for you.

On your first day...

You'll arrive a little early to fill out some paperwork and have your picture taken. Once your class begins, the coach will bring you into the gym and y'all will gather and do introductions and talk about what to expect.

The first day is A LOT of talking. It's the only day that is a lot of talking, but we want to make sure we're all on the same page.

We will:

- Discuss what CrossFit is, 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

For the rest of Blast Off..

There's a whole lot less talking and a whole lot more doing and learning. In general, in each class we will:

- Reinforce basic movements by using them in the warmup
- Learn new moves
- Do a little workout for metabolic conditioning that uses the moves we just learned
- Have a small discussion about things that are important

Expect to be a little nervous. Expect to feel awkward and frustrated. Expect to be sore.

Expect great things to happen anyway.

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USING ZEN PLANNER

When you signed up for Blast Off, you created a Zen Planner account. You will use that email address and password for all things Zen Planner.

Members can both make and cancel class reservations on their mobile device or on their computer.

Members will check-in for class using the computer in the front of the gym.

Members can use the iPad at the gym to pay for retail items. If that's a pain in the ass (which it always is,) they can also pull up Zen Planner on a computer to pay for their items.

Setting it up:

1. DOWNLOAD THE APP
2. Select Rocket CrossFit as your gym.
3. Set up your account using the same email address and Password that you used to register for membership at Rocket. If you forgot it, email admin@rocketcrossfit.com

Once you're done with your first 6 classes, you'll use Zen Planner to schedule your workouts.

RESERVE A SPOT

We are a small gym, so we cap all our classes at 14 people. (Except 6:00 am, which also uses the platforms up front for experienced athletes.) 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 Zen Planner account, selecting the class, hitting "reserve." 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."

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USING SUGARWOD

We use SugarWOD for WOD tracking. Because it is AWESOME. You will be able to look ahead at workouts to come, and backwards at workouts that you've done. We also use it to share news, announce events and give you workouts you can do when you're not at Rocket.

It's a pretty robust app, so we encourage you to just get in and dig around, but especially in Blast Off, we want to make sure that you know how to use it to get a preview of what you're going to be learning and find extra instructional videos.

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. It's also an awesome way for you to see how much progress you've made.

Setting it up:

1. DOWNLOAD THE APP
2. Select Rocket CrossFit as your gym.
3. The password is: blastoff

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 SugarWOD:

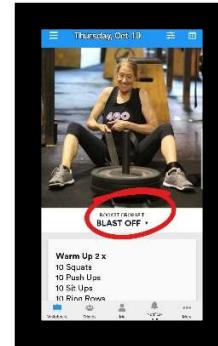
Open the app, it will open to today. You can change days by swiping or hitting the calendar icon in the upper right.

Select your “track.”

For the first 3 weeks, you'll select Blast Off. After that, you'll select Workout Of The Day.

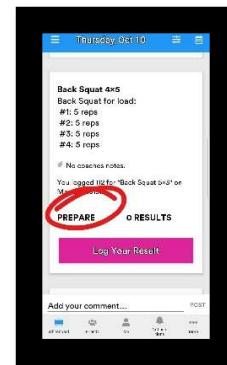
If you're doing the competitor track, select that.

If you're doing personal training, your trainer can put in a track for you, that only you can see.



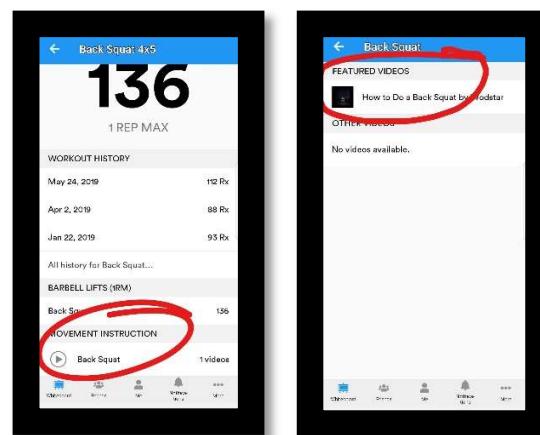
Prepare

For many, probably most, moves, you'll see the word “prepare” right above the button to log your workout. Click that, and it will show you your history with that move, as well as links to video tutorials.



Watch Videos

If there are videos, you'll see them here. Select them, watch them. Neither we, nor SugarWOD make these videos. Rather, they are posted on YouTube by coaches that SugarWOD trusts.



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RULES

DO

- DO introduce yourself to anyone you don't know.
- DO tell the trainer about any injuries and modifications 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.

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.
- DON'T count "no reps."

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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 CrossFit 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.

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HOW TO APPROACH YOUR WORKOUT

MAKE IT YOUR OWN

CrossFit 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 stabbing.
- 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.

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BLAST OFF CLASS 1

On your first day...

You'll arrive a little early to fill out some paperwork and have your picture taken. Once your class begins, the coach will bring you into the gym and y'all will gather and do introductions and talk about what to expect.

The first day is A LOT of talking. It's the only day that is a lot of talking, but we want to make sure we're all on the same page.

We will:

- Discuss what CrossFit is, 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.

We will introduce basic concepts:

- Bracing. Butt! Belly! Back!
- Hinging. Butt back, not down!
- Squatting. Butt down, not back!

We will teach you the foundational moves that become the core of everything we do:

- Squat! Knees out, chest up!
- Push Up! Plank (bracing), elbows back!
- Ring Row! Plank, shoulders together, like an upside-down Push Up!
- Sit Ups! Butterfly, knee-up, swing those arms!

We will do our first workout, which is also going to be your last Blast Off workout:

Run 200 M

15-12-9

Push Up

Squat

Ring Row

Run 200 M

Enter WOD score in SugarWOD!

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BLAST OFF CLASS 2

Just like every class, once the last class leaves, the coach will gather you in, around your whiteboard and talk about what's to come. In class two, you will:

Basic warmup X 2

- 10 Squats
- 10 Push Ups
- 10 Sit Ups
- 10 Ring Rows

LEARN TO JUMP ROPE

LEARN TO DEADLIFT

WORKOUT

10AMRAP

20 Rope Jumps

10 Ring Rows

5 Light deadlifts

5 Burpees

DISCUSSION: PAIN & SCALING

If you're new to fitness, it can be hard to tell what's going on with your body. But know this, WE DO NOT PUSH THROUGH PAIN. Pain is your body's way of telling you that something is wrong. If it is stabbing, pinching, radiating, or otherwise screaming at you, stop. But we will push through soreness (hint, it's worse the 2nd day) even if we push more slowly. We'll push through fatigue, and fear. So take it easy as you're starting, you'll learn. And we're here to help. You can find a post called [No, We Never Push Through Pain](#) that Alyssa wrote in the Blog on our Website at www.RocketCrossFit.com

We also scale EVERYTHING, all the time. Some people just can't do something for some reason, and that's fine. If you can't run, you can probably row or bike. Can't Pull-up, you can ring-row. Pull-Ups too easy? You can learn muscle-ups. Scaling is what we do, and we can do it to make something harder or easier. Or just to use a different part of your body and rest an injury. We're all about scaling, just talk to us. There's a piece called [Scaling Your Workout Goes Both Ways](#) on our Website. about scaling to make it right for you; whether that means harder, easier, or just plain different.

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BLAST OFF CLASS 3

Just like every class, once the last class leaves, the coach will gather you in, around your whiteboard and talk about what's to come. In class three, you will:

Basic warmup X 2

- 10 Squats
- 10 Push Ups
- 10 Sit Ups
- 10 Ring Rows

LEARN TO ROW

LEARN STRICT PRESS (AKA SHOULDER PRESS)

LEARN KETTLEBELL SWINGS

WORKOUT

3 Rounds
250 M Row
20 KBS
10 Push Ups

DISCUSSION: Sleep, Nutrition, Frequency

Sleep. Nothing will make you feel better, faster, than sleep. When we do challenges, we prioritize it!

Nutrition. The general CrossFit mantra is "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar." We won't bug you about food unless you ask us to, or do one of our Nutritional Challenges that we do 3x a year. That said, nutrition is everything. You can't outrun bad nutrition. It is literally your fuel. Your body won't run on garbage any more than your car will run on soda.

Training Frequency. You need rest days. As you're ramping up 3 times a week of something is great. Once you're used to it, we shoot for 5 or 6. And it can be varied. CrossFit, by nature, is varied. But you can also run, bike, kayak, swim, ski, dance.... Use your body. It's here to bring you joy, so play play play! Mobility is also important, we have yoga 4x a week, it's part of your membership.

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BLAST OFF CLASS 4

Just like every class, once the last class leaves, the coach will gather you in, around your whiteboard and talk about what's to come. In class four, you will:

Basic warmup X 2

- 10 Squats
- 10 Push Ups
- 10 Sit Ups
- 10 Ring Rows

LEARN BACK SQUAT

LEARN SLAM BALLS

WOROKOUT:

Tabatas!

- Jump Rope
- Slam Balls
- Hollow Body Rocks
- Burpees

DISCUSSION: What is Progress and how to set goals

What is progress? It's not linear, that's for sure. And your body will go through stages. Some days you're stronger than others, some days you're faster than others. We try to look at the big picture, in and out of the gym. Do you have more energy? Less fatigue? Clear headed? Happier? It's all connected. And it's all progress.

Goal-setting. Find things that bring you joy, and train for those. Set goals around commitment more than achievement, so that the process itself brings you joy and strength and pride, regardless of the outcome. But also, try not to set goals around what you want to look like, we can't always control that. But we can control what we do with our bodies, and learn to find joy in that.

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BLAST OFF CLASS 5

Just like every class, once the last class leaves, the coach will gather you in, around your whiteboard and talk about what's to come. In class five, you will:

Basic warmup X 2

- 10 Squats
- 10 Push Ups
- 10 Sit Ups
- 10 Ring Rows

LEARN OVERHEAD SQUAT

LEARN BOX JUMPS

LEARN WALL BALLS

WORKOUT

10 AMRAP

- 8 Wall Ball
- 4 Bar hanging knee raises
- 8 Box Jumps

DISCUSSION: General Questions. How to use Zen Planner

General questions? Ask us anything. We mean anything. What have you learned, what are you scared of, what do you need to know to be ready to join the regular classes.

How to use Zen Planner. This is the app that you'll use if you join, to reserve classes, and now is the time to reserve your classes for next week. You're almost done with Blast Off, so it's time to commit to coming in and doing the Full On classes.

Find a workout / accountability buddy. We've learned that it helps if y'all commit to coming to your first class with someone else you know and feel safe with. Look around, connect. (Hint, it's even easier to connect if you join our secret Facebook group.)

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BLAST OFF CLASS 6

Just like every class, once the last class leaves, the coach will gather you in, around your whiteboard and talk about what's to come. In class six, you will:

Basic warmup X 2

- 10 Squats
- 10 Push Ups
- 10 Sit Ups
- 10 Ring Rows

LEARN HANDSTAND VARIATIONS

INTRODUCTION TO OLYMPIC WEIGHTLIFTING We love the Snatch and the Clean & Jerk. They're the only lifts cool enough to be in the Olympics, which is why they're called "Olympic Lifts." That said, they're super hard and have reduced more than one person (like Alyssa,) to tears. It can literally take years to get it. But we do them because that coordination and frustration, in and of itself, is a kind of fitness. We'll introduce you to them tonight, but we don't expect you to get it. (Believe it or not, you will, eventually.)

WORKOUT:

Run 200 M

15-12-9

Push Up

Squat

Ring Row

Run 200 M

DISCUSSION: Fears and Moving to Full On

Fears, and you have nothing to fear! Everyone was new once, and we know it can be intimidating. But honestly, these are the nicest people you'll ever meet. And they're excited to help you. Coaches are always there for you, but so is everyone else in the class.

Remember, this is a long process. This is about a long, strong and healthy life. Every day you show up you are making yourself better, and that's all that really matters.

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WHAT NEXT?

YOU DID IT!

You finished your 6 Blast Off classes. You may not fully feel it, but we know you're ready to join the regular classes at Rocket.

You are all paid up for unlimited classes until the end of next month, so use them!

SIGN UP FOR CLASSES!

Use your Zen Planner app to reserve places in classes for the next week. You can, and should, reserve classes a week in advance. Remember to cancel if you can't use them.

JOIN OUR FACEBOOK GROUP

Search for RockIt Space on Facebook, request to join, we'll add you. Say "hi." Ask questions. Respond to other people. That's how you really connect with our community, even if you're on a different workout schedule from folks.

REMEMBER YOU'RE NOT ALONE

You can always reach out to Brady and 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 FOR FULL ON?

You will get an email from us towards the end of next month, asking if you want to join after your Blast Off month is over.

IF YES: Respond to that email and we will switch your membership over to Full On. You will then be on auto-pay, and good to go unless you stop it. If you need to make changes to your account, email admin@RocketCrossFit.com. We need 2 weeks-notice to cancel your account.

IF NO: You don't have to respond. BUT, we'd love it if you did, let us know if there's something we could do differently to get you to stick with it. Or, maybe it's just not your thing, let us know that too. We're always up for feedback on what we can do differently.

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CONNECT WITH US

EMAIL: admin@rocketcrossfit.com

PHONE: We are REALLY BAD at the phone. It is, by far, the worst way to try and reach us. If you must, TEXT US rather than, or before, calling us.

- Alyssa: 206-931-9541
- Brady: 206-853-9181

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 CrossFit Seattle. We share article 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:

@RocketCrossFit We mostly share photos of our awesome members being awesome, and some “food for thought” kinds of posts. 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.

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CROSSFIT 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 a 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.

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.....