



ROCKET CROSSFIT • HILLMAN CITY, SEATTLE

ROCKET COMMUNITY FITNESS

MEMBER MANUAL



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MISSION STATEMENT

INSPIRE PEOPLE. EMPOWER COMMUNITY.
EMPOWER PEOPLE. INSPIRE COMMUNITY.

It's really that simple. We could probably wax poetic for hours, which would be tedious. But at Rocket, we believe in inspiring and empowering. We believe that we are stronger together. We believe that communities built by inspired and empowered people have the power to change the world.

It sounds like a lot, after all, we're "just" a gym. But the principle of "inspire and empower" is at the core of everything we do.

Physically, that means always offering people a challenge that they can rise to. Allowing them to reach a horizon that they may have thought impossible.

Emotionally, it means creating an environment that is safe, encouraging and free from shame.

If you are ever wondering if you should say or do something, just ask yourself, "will this inspire and empower?" If so, go for it. If not, don't do it.

If you feel like a member of our staff or our community is not living up to this mission, please contact us and we'll address it. You can email us at admin@rocketcommunityfitness.com and we will address the situation.

WE CARE! WE WANT TO KNOW!

**Don't worry, we won't get mad, no one is in trouble,
but we want to understand and fix misunderstandings whenever possible.*



ROCKET 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.



INCLUSIVITY AT ROCKET

At Rocket, we absolutely strive to be a place where everyone is welcome, everyone fits in, everyone is valued. Our athletes range from firebreathers to people who have never exercised a day in their life prior to joining. Our community members are of every shape, size, color, religion, age, sexual orientation and gender identification you can name. And we like it that way.

Diversity is something that we actively encourage, and go out of our way to support. (We have a rainbow logo for a reason.) You will see it in how we do things, a lot.

- **GREET EVERYONE YOU DON'T KNOW!** *(ALWAYS introduce yourself. If there are still "Strangers" by the time warm-up is over, we missed the mark!)*
- We share our gender in our class-greeting circle. *(We do this just as much to normalize the conversation as to answer the question, since we really get to know each other pretty quickly. You can opt out by simply not sharing your gender, no big deal.)*
- We don't say things like "man up," ever, to anyone. *(The gender shaming that suggests women are weak and there's a right way to be a man is, well, not gonna happen here.)*
- We don't break a large class into groups using "men and women." *(Not all of our clients identify neatly on an outdated gender binary. We don't use the binary.)*
- We don't EVER talk about things like getting a "hot butt" or a "bikini body" or "that 6-pack" or anything like that. *(Fitness is about being strong, not what you look like compared to an arbitrary societal standard.)*
- We celebrate and focus on every body, not just our "best" athletes. *(Focus on accomplishments and progress and reminding people that it's "normal" to struggle with this stuff.)*
- We don't talk about fat and weight loss as a goal. *(We help people set goals of things they'd like to be able to do, both in and out of the gym.)*
- **CHEER EVERYONE ON UNTIL THE VERY LAST PERSON FINISHES!**



EMERGENCY PROCEDURES

IF THERE IS A MEDICAL EMERGENCY, CALL 911. IMMEDIATELY.

Then, call AND text Brady AND Alyssa:

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

IN A MEDICAL EMERGENCY:

- Make sure there is no further immediate danger
- If the person may have a spinal injury **DO NOT MOVE THEM! CALL 911**
- If the person is unconscious or unresponsive, be ready to start CPR. **Call 911**
- **THERE IS AN AED HANGING ON THE WALL ACROSS FROM THE BATHROOM DOOR. TURN IT ON, IT WILL TELL YOU WHAT TO DO.**
- Treat the most life-threatening issue first. Don't worry about a broken leg if the person isn't breathing or is bleeding heavily.

ASK IF THERE ARE MEDICAL PROFESSIONALS IN CLASS. (There usually are.)

Fill out an incident report, COMPLETELY, including witness accounts.

IF THERE IS A SAFETY / CRIMINAL EMERGENCY, CALL 911. IMMEDIATELY.

Then, call AND text Brady AND Alyssa:

Brady: xxx-xxx-xxxx Alyssa: xxx-xxx-xxxx

IN A NON-MEDICAL EMERGENCY:

- Call 911
- Get members and yourself to safety. It's okay to leave the gym. Go behind the garage door and lock it.
- Try to remember any details that will help the police.
- **YOUR SAFETY IS MORE IMPORTANT THAN ANYTHING IN THIS GYM!**



MEMBERSHIP POLICIES

PAYMENT

All of our memberships auto-bill on the first of the month, for that month. For example, on July 1st your payment for the month of July will be automatically made. Some banks process that on the evening before, so you may see the charge on the evening of June 30. That varies from bank to bank and is not something that we control.

REFUNDS

We do not issue refunds if you don't notify us of changes or cancellations to your account prior to billing.

HOLDS

We do not do membership holds, except for medical reasons. We will absolutely do holds for medical reasons, and probably bend over backwards to help you get better. We'll probably tell you to put your account on hold, but feel free to come in and do your PT, or whatever, cuz that's just how we are.

CHANGES and CANCELLATIONS

If you need to make any changes to your account, please email admin@rocketcommunityfitness.com **2 weeks prior to the next billing date**. That gives us enough time make sure we change the system.

FAMILY RATES

We do offer a discount to members of the family (which you get to define for yourself, it's a love thing, not a legal or blood thing) whose accounts bill on a single charge. If a member/s quit meaning you are now the only member on that account, we will raise you to the regular single member rate.

RATE INCREASES

We generally grandfather your rate to stay at the rate you got when you joined. UNLESS you quit and come back, then you will pay whatever our current rate is. Occasionally, if our costs have risen enough that this isn't possible, we will raise everybody's rate by the same %, using your current rate as the base for that raise.



SCHEDULING POLICIES

RESERVE A SPOT

We are a small gym, so we cap all our classes at 12 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 either your Zen Planner or SugarWOD 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."

HOLIDAYS

We are typically open, in some form, 365 days a year. That said, we'll never require a coach to work on a holiday, so if no one wants to coach, we'll be closed. On holidays, we typically do 2 or 3 big classes in the morning only.

SNOW DAYS and EMERGENCIES

If there is snow and ice, or power outages, we will often cancel class in order to keep everyone safe. If that happens we will email you, we will text you and we will put it on the secret Facebook page, on our public Facebook page and on Instagram. We'll do our best to get the word out.



KIDS & DOGS

In general, we like dogs more than we like people. Also, in general, we like children more than we like adults. But we do not allow either on the workout floor, pretty much ever.

KIDS

A lot of our members have kids who are old enough to sit on the couch up front and watch a device of some sort. We're all for it. We do have an "unattended kids waiver" that they need to sign, and it will show in their account on Zen Planner if they've signed it.

Kids should never, ever enter the workout floor, and as a parent, it's your job to remind your kids of that. We are not designed as a safe place for kids, so parents must enforce the rules.

BABIES

Rocket is a baby factory. Seriously, people get pregnant in here like magic. Members will often bring their babies and leave them in car seats along the wall in the workout room. We're cool with this too, as long as parents tend to the baby and baby doesn't become a distraction to the class. If Alyssa is around, she'll hold the baby and cry when the mean parents try to take the baby from her. It's a thing, we're all used to it.

DOGS

Dogs are vastly superior to all humans. This is a given. However, they are also unpredictable, and tend to leave hair around. Not to mention that many people are some combination of afraid and allergic to them. So they are a hard NO for us in the gym. (Even though we love going to other gyms with gym dogs.)

Some of our coaches will bring their dogs and keep them in the coach's nook. But member dogs aren't allowed to hang out during class.

Every now and then one might walk in for a minute to get something, or ask a question or whatever..... that's cool. Kiss them, rub their bellies, acknowledge their superiority as a species and then remind members that we do NOT allow dogs to hang out in the gym.



DRUGS & ALCOHOL

With the exception of special events organized by Brady and Alyssa, there will be no alcohol in the gym.

We expect you to be stone-cold sober when you're in the gym. Not your personality, which can be as goofy, silly or salty as your mood dictates.

What you do in your private life is up to you. Your private life is none of our business, and we want it to stay that way. But the moment it comes into the gym, it becomes our business, literally. Coming into the gym hungover isn't much better.

Why? It's a safety risk, it's that simple. If your dexterity is impaired, your risk of injury increases. If you are weakened because of substances, it is a safety risk. And although Rhabdo is a pretty remote risk, being dehydrated (which is the primary cause of that horrible hangover feeling) increases the risk greatly.

If we suspect you are under the influence, we will ask you about it. If it seems like you are a risk to yourself or others, we will ask you to leave. Come back sober.

WE CARE TREMENDOUSLY. Like, massively. IF YOU ARE HAVING ADDICTION ISSUES, PLEASE TELL US. We have been through it, we will do what we can to see you through it. We can and will connect you with members and coaches who are also battling addiction. We will help you find medical and psychiatric treatment. We will work with you. If you actively seek treatment and recovery, we will stand by your side in any way we can.



SEXUAL HARRASSMENT

We know that most of us are adults, and that there are a lot of bodies hurling around in a small space. We know that we are asking you all to trust us with your bodies, in every way. Some of which feel very vulnerable.

Because of that, it is super important to us that everyone feels safe and respected, AT ALL TIMES. We also know that no one is perfect and everyone has different boundaries and ideas about what is okay.

All of which makes this a tricky subject to address. That said, we take it very seriously. So here are some guidelines:

Remember that you do not know the history and /or identity of everyone in the gym. Anything you say might mean something very different – potentially harmful or frightening – to someone else.

JOKES

- Do not to make sexual jokes.
- If a coach is making sexual jokes, tell us and we'll put a stop to it.
- If a member is making sexual jokes, tell the coach and they'll redirect it.
- Email Alyssa, no matter what, and she'll address it.

TOUCHING

- ALWAYS ASK BEFORE TOUCHING SOMEONE. At least until you have an established, safe and consensual relationship with them.
- Hugs, hand-shakes, and even tapping someone as you move past are all examples of simple everyday ways we might touch others without thinking of it as "touching."

TALKING ABOUT ATHLETE BODIES AND MOVEMENTS

- DO NOT tell someone they look "hot" or "sexy" or anything like that.
- Discuss their bodies in terms of what they can do, NOT what they look like.
- Discuss improvement in form or performance, not appearance.

IF ANY MEMBER TELLS US THEY FEEL UNSAFE OR HARRASSED, WE WILL TAKE IT SERIOUSLY.



MEMBERSHIPS

Full-On:

We really only have one membership. That membership gives you access to all the regular classes on our roster: FUNfit, Yoga, Kettlebells and Olympic Weightlifting. All memberships also include 24/7 access to the gym, you just need to email us and get the additional waivers signed. Once you do that, we will send you a unique code to the door that is yours and yours alone.

- **COST:**
- **INDIVIDUAL:** \$225 per month, plus tax (ACH)
- **FAMILY:** \$200 / each per month, plus tax (Must bill to the same card / from same account.)

PRIVATE BLAST OFF:

People with no previous experience may choose to do Private Blast Off.

Private Blast Off meets 3 times with a personal trainer to go over everything we do. You won't be an expert, you might even still be nervous, but you will learn the basics of bracing, pushing, pulling, hinging, squatting and all that jazz. Most people choose this, and we HIGHLY encourage it. After your 3 sessions, you have a 2-week pass to take classes and make sure you like us, which we hope you do. (If you don't, please tell us what we could do differently, unless it's just not your thing, which is obviously fine, no hard feelings!)

- **COST: \$300 per person or \$250 per person for 2 or more**

PUNCH CARDS: NOPE. We've tried it, it never works. We just don't do it. People pay, then never come, then it's just a waste of money. And coming only sporadically doesn't increase your fitness, or help you get safe and comfortable with the moves we're doing. Or bond with the community. It's just not our thing.



CLASSES

FUNfit

FUNfit, which is short for FUNctional FITness, is our core offering. What does that mean? It's a high-intensity hour that, if you come regularly, will use your whole body across multiple planes of movement, using a wide variety of equipment and moves. At its best, it should look like kids on the playground: running, jumping, swinging, throwing, pushing, pulling and having a blast. There's usually laughter. And swearing. Sometimes it's hard to tell the difference between the two.

All our classes are coached, so you'll never be expected to just magically know what to do. And you'll always have someone watching to make sure that your form is safe, hopefully efficient. You'll also be in a room with people who are all good at different things, struggle with different things, and are as different and diverse as you'd expect. That's how we like it.

For all those reasons, classes are capped at 12 people. That's the maximum number that we think allows for good coaching, good energy, and enough space in our small, but wonderful, gym.

SPECIALTY CLASSES

These classes are all FREE to members, but you can easily bring your friends to these! They require no experience, and have a \$15 drop-in fee so that they're accessible to the community. The coaches of these classes also get 50% of the drop-in fee, in addition to their regular class rate, so it's a great way to help these awesome folks make a thriving wage.

Yoga

We're always seeking that balance between strength and mobility. We offer Yoga 2 times a week, and it is included in your membership. Do it. Really. It's good for you. If the classes fill, we'll add more!

Kettlebell

Full-body, high-intensity, sweaty and fun, this is an hour of using kettlebells in a variety of ways. Swing, pull, push, lift, squat.....

Olympic Weightlifting

An entire hour of working on nothing but Oly technique and gainz. This class typically focuses on one of the Oly lifts – Snatch or Clean and Jerk – in each session. **If you are ever interested in competing, let us know.... Celia would LOVE to help you with that.**



HOW TO 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 and keep feeling good 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 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.



WHAT TO WEAR & WHAT TO 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. Of those, Nike and Reebok always have great clearance sales on their Web sites, so we tend to go where the deals are.

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.



ALL ACCESS

In order to meet the needs of as many of our members as possible, we offer 24/7 access to members who have signed all the waivers and been cleared by our coaches as knowing what they're doing and being safe.

There is no additional charge for this.

We also offer access to friends and family of members who have proven proficiency for \$100 a month. There are also a carefully selected few folks who have their own thing going on and just need the space to pursue it.

EACH PERSON USING THE GYM IN OFF-HOURS IS REQUIRED TO HAVE BOTH THE MEMBERSHIP AND THE EXTRA WAIVERS. It's not one of those "I have access, so I can let my friends in thing." (We have, and will, fire coaches or members for that. It puts us in tremendous risk from a liability perspective, and shows us that you can't be trusted.)

The all access rules are:

- 1. Keep the door locked at all times. (Lock the deadbolt behind you.)**
- 2. Do not let in anyone who is not also a member.**
- 3. Have a mobile phone near you at all times in case you need to call 911.**
- 4. No max attempts if you are alone in the gym. Ever. Keep loads to 80% if you are alone. NO BARBELL BENCH PRESSING IF YOU ARE ALONE.**
- 5. NO pets.**
- 6. NO drugs or alcohol. Not even legal ones.**
- 7. Leave it tidier than you found it. (The vacuum is by the coat hooks, use it.)**
- 8. Make sure the door is locked when you leave.**

THERE ARE CAMERAS IN EVERY ROOM.



CAN YOU BRING YOUR FRIENDS?

Sure, sort of, maybe, it depends. We love guests. We're willing to assume that any friend of yours is someone we'll be happy to know.

YOU CANNOT BRING A FRIEND TO OPEN GYM!

If they have prior experience, they can drop in for any class. Please go to www.RocketCommunityFitness.com to reserve a drop-in. If they're around for an extended visit, just let us know and we'll come up with a rate for their whole visit.

If they DO NOT have prior experience, they can email us at admin@rocketcommunityfitness.com and we'll find a class that suitable for a visit. Or maybe even work with the coach to get a plan in place for how to handle someone with no experience, depending on the workout.

EVERYONE FILLS OUT A WAIVER. NO MATTER WHAT.

- Ideally, using a computer, have them go to www.rocketcommunityfitness.com and register for a class online.
- Paper waivers are in a folder on the desk by the computer. They MUST sign a waiver.

GENERALLY SPEAKING, EVERYONE PAYS

Our classes are small and our members pay for space in them, and for coaching. There's no good reason for drop-ins not to pay also. Drop-ins actually take a little extra energy and focus from coaches, for that reason, coaches actually get 50% of the drop-in fee added to their paycheck, which they deserve.

Are there exceptions? Sure. People who are considering joining get a couple free classes to make up their mind. But, generally speaking, everyone pays. It's only fair.

REFERRAL BONUS

We assume that your friends are awesome folks and we want them to be members. While we don't want to turn you into salespeople, or some weird pyramid scheme nonsense, we do want to say "thanks." So if a friend of yours joins AND YOU TELL US ABOUT IT AT THE TIME, you get \$50 off of your membership for each of the first 3 months that they are members. We know it's not huge, but we hope it shows our gratitude to you.



PRIVATE FACEBOOK GROUP

A whole lot of the magic that is Rocket happens in our private Facebook page. You should have been sent a link to it in your “welcome” email, but if you didn’t get it, just send us an email and we’ll get you added.

This is your place to ask anything, and we don’t just mean fitness related. Ask for restaurant ideas, plumber recommendations, if anyone wants to start a knitting circle or can walk your dog. For that matter, find carpools, vacation recommendations, WHATEVER. This is your place to connect with community members on a human level. The communing part of community.

We do have a very few rules:

- No talking about diets, weight loss, or any sort of toxic body talk like that. If that works its way into the page, we will either delete it or use it as a learning experience.
- No selling MLM garbage. We cannot overstate our hatred of that stuff and we will be more likely to stage an intervention that support it.
- If you’re posting memes, make sure they’re not body-shamey, fitspo nonsense.

Other than that, really, the private Facebook Group is a really wonderful, helpful, supportive place and you should use it. You don’t even have to write “not gym related,” because most of the stuff in there isn’t gym related. It’s people related, which really is what makes the gym great. So....

THIS IS ALSO THE FIRST PLACE TO LOOK FOR SCHEDULE CHANGES AND IMMEDIATE UPDATES. All of our coaches can post to FB instantly, so that’s the first place to look.



FEEDBACK (OMG talk to us!)

No matter how well-intentioned we are, and how hard we try, we will never be perfect. More than that, we'll never be omnipotent. We can't see, hear and know everything that's going on at all times.

THAT'S WHY WE NEED YOU TO TALK TO US.

- Is a coach doing / saying something that isn't up to our standards?
- Is a member behaving inappropriately?
- Is there just a misunderstanding that you want us to explain to the community so that you don't have to be an educator all the time?
- Do you wish we had a different class?
- Do you wish we had a piece of equipment?
- Do you have an idea?

Look, that little thing that's nagging at you, that's bothering you? It's probably not intentional, but that doesn't mean it shouldn't be addressed. It can't be addressed if we don't know about it. And it's not gonna get better if we don't address it. (The same is true for nagging aches and pains!)

We've changed a lot of the years, and all of that change has been because people talked to us and pointed out things we hadn't thought of.

We used to have leaderboards in the gym, THAT WERE ORGANIZED BY GENDER! You know why we don't now? Because we learned better. We used to do nutritional challenges! US! We don't now, because we talked with members about it and realized that it didn't live up to our standards.

We're not perfect. And not everyone is going to like us. We know that.

But we ALWAYS, ALWAYS care. We want to hear from you if you're worried, concerned, hurt, excited, or thrilled about anything.

Email Alyssa at alyssa@rocketcommunityfitness.com.



PROGRAMMING – Warmup and Workout

After 7 years of writing WODs and warm-ups at Rocket, we now outsource all of our programming to Pat and Taz Barber at Warmup and Workout.

Although there is an entire booklet about their programming and why we believe in it, we'll put the nutshell here, and explain how we use it.

Rocket is a GPP gym. General Physical Preparedness. We're not necessarily trying to train competitive athletes, even though we do have a core who like to compete and generally kick ass at it. We are here to help "plain old folk" be as strong as they want to be, but mostly, to be physically fit in a way that allows them to live as long as possible with as much joy and as little illness as they can. Lofty goals. For us, that means programming that is truly constantly varied, and doesn't specialize.

The 10 core principles that we focus on 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 principles were outlined and codified by Greg Glassman at CrossFit. Regardless of our misgivings about him and that brand, we think this is an excellent framing of how to look at the elements of fitness.

The Warmup & Workout programming address all of those things in a way that is rarely repetitive, never boring, always challenging. And they include time to properly warmup and really teach the principles of movement.

Generally speaking, we post their workouts without an RX, because we think that it's better to get people to focus on the desired stimulus than hitting an arbitrary goal. Every now and then we'll do a benchmark workout as a "test" for those who care about such things. If you don't care, then ignore it.

ROCKET CROSSFIT

MEMBER HANDBOOK



ROCKET CROSSFIT • HILLMAN CITY, SEATTLE

COMPETITOR TRACK

We also purchase a competitor track from WUWO. Those workouts are designed as a compliment, not a substitute for, the daily workout. Every now and then, a Rocketeer will want to come in early and / or stay late to do the comp track in addition to the workout of the day.

We're a wee-tiny gym, and people know that there usually isn't space for that, unless they can do it up front or in the loft. Those are the people who we created 24/7 access for. If they want to be able to come in when there is not a class in session to do more, we're here for that. Email admin@rocketcrossfit.com to get that set up.



TERMS AND LINGO

We use these shortcuts because we're lazy & saying all those words, writing all those letters is just a lot.

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.....



OUR SOFTWARE

At Rocket, we use two different software programs. We use Zen Planner for everything having to do with membership and payroll. We use SugarWOD for all WOD tracking. You need to have both apps installed on your phone.

ZEN PLANNER

All of your basic account information is managed through Zen Planner. Members can both make and cancel class reservations on their mobile device or on their computer.

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@rocketcommunityfitness.com

SugarWOD

We use SugarWOD for WOD tracking. Because it is AWESOME. We're 50/50 on whether or not it matters to track all your workout, but we do encourage people to track their primary lifts. We often use a % of 1RM to help members figure out how to choose weights for metcons. So if you have that information handy, it's a lot easier on everyone.

Setting it up:

1. DOWNLOAD THE APP
2. Select Rocket CrossFit as your gym.
3. Ask Us for the password

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.



CONNECT WITH US

EMAIL: admin@rocketcommunityfitness.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: xxx-xxx-xxxx
- Brady: xxx-xxx-xxxx

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: [RocketCommunityFitness](#) 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:

@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. (And hey, Fu*k Elon Musk.)