

February 2014

CROSSFIT MONCTON

Monthly
Newsletter



2014 CROSSFIT GAMES

By [Aimee Lyons of CrossFit KOP](#)

It is hard to believe it is that time of year again...the 2014 Open is upon us. For those that do not know, the Open is a global competition in which hundreds of thousands of athletes around the globe compete in 5 workouts over 5 weeks to identify some of the fittest people on the planet. Now, most will read that and say, "Well I know that I am not one of those people so the Open must not be for me." You could not be more wrong. The Open is a chance for you to find out where you stand amongst your peers and where you stand in relation to your goals...in this regard it is no different than doing the Baseline that you completed during your Intro session again. It is a data point of your current fitness and this is an exceptionally

important data point to know and appreciate. It is important because it will help direct your future training and it will firmly re-establish your life-long journey towards fitness. We should be proud that we do CrossFit and the Open is one way to show the world just how proud you are. We are a group of people that understand that the things in life that are worth having do not come easy. We understand that blood, sweat and tears are not things that should be avoided; they should be embraced as the obstacles that we must overcome for greatness...whether that is defined at CrossFit Games Champ or Grandparent of the Year in the eyes of your grandchildren.

Similarly to when you walked through the doors of CF KoP for the first time, due not let fear conquer you and hold you back from your true potential. As if that was not enough, here are some more reasons that you should compete in the Open...

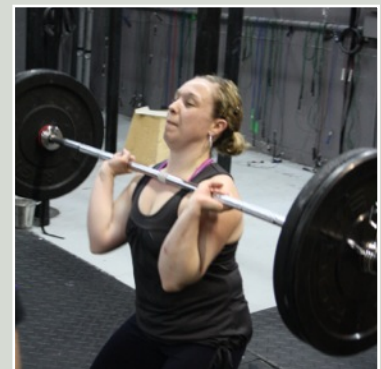
1) The intensity in the gym during these workouts is like nothing I have ever experienced before.

Intensity is amazing as it enables you to do things you never thought possible. During the Open it is routine to see people set PR's and perform their first pull-up or some other movement. The rush of the audience is a drug that you can embrace that brings you to higher levels of performance. Once you show your mind that you can do it, nothing is impossible.

2) So many people differentiate CrossFit from everything else by our community. The Open is a wonderful way to embrace and expand upon that **community**. In years past, people that are not even working out show up at the gym to support their friends...as a member of the KoP community, it is AMAZING to see.

3) **Do not live with regret.** As we do not limit those not signed up from competing, they often find themselves pushing against those that are participating. Year after year, people come up to us and say, I had no idea what this was about but it is awesome, I will surely not miss out on this next year. Don't be one of those people, take advantage of it now. In life, you will have many more failures than successes. We learn from those failures and we define ourselves by how we pick ourselves up and try again. After many failures, many of us aspire to something better and we look back and are thankful for the obstacles along the way as they helped define who we are today. They made us better...they made us stronger. Let the Open be one of those obstacles for you.

Dominate your fear, become great and sign up today at: games.crossfit.com



BLUEBERRY BACON PANCAKES

Ingredients:

- 40g of bacon (about 2 strips)
- 2 eggs
- 30g of coconut flour
- 30g of blueberries
- 3 tablespoons of water

Directions:

1. Chop up the bacon into pieces, not too small. I did them about 2cm pieces.
2. Cook up the bacon and then take half out of the pan.
3. Mix the eggs, coconut flour, blueberries and water in a blender or whatever you use to mix up batter.
4. Pour half the batter into the pan over half the bacon and cook slowly and then flip when it starts browning around the edge.
5. Repeat with the rest of the bacon and batter. You might want to add a bit of coconut oil, or bacon fat before pouring in the batter on the second pancake. (The first pancake cooks in the bacon grease anyway. Yum!)

From: [The Creative Caveman](#)



When did you start CrossFit?

August 30, 2012 - a full 2 months after the drop-in workout. It took that long to convince a certain someone to go with me.

Do you have an athletic background?

I like sports and I've played everything from tennis to football and hockey to biking - but nothing too seriously. While sports have always been a social and physical outlet, I really learned to love sports as a coach. I have spent the past 14 years coaching basketball at almost every level, and I've come to appreciate the dedication, skill, and training that goes into athletic success. Until I found CrossFit, I had never fallen in love with a sport so much I wanted to be a real competitor.

What made you decide to join?

I wanted something Heather and I could do together, something to get us moving. I had seen some of Kevin W.'s Facebook posts, workouts and events that he was doing, and I thought I had found something that either I would love or would kill me.

Were you a member of another gym before? How does this compare?

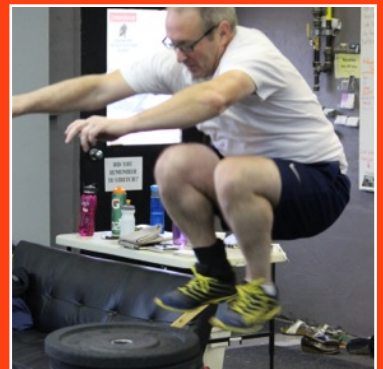
I had been a member at the Y a couple of years prior but didn't do much there. I followed a program I found in a book (Body by Science) - promising to get you fit by working out 15 minutes a week.... I never worked up a sweat, and (shockingly) it didn't turn me into a weightlifting beast.

Nothing compares to CrossFit.

What are your goals? Have you reached any yet?

My goals have changed since I started. I thought I was in shape back then. I would hop on the bike and ride 25-30k without any difficulty. Then I came to a free drop-in one Saturday morning in July 2012 and ended up on Pukie's Wall. Two days later it still hurt when I walked. (Of course, I couldn't wait to join.) Getting a muscle up is still my biggest goal even though I lost the bet to have it by June last year. Of course Heather keeps reminding me I yet have to get the tattoo to pay that debt.

KEVIN MACKENZIE



Stats

-CrossFitting since August 2012

Do you have an accomplishment that you're very proud of?

Handstand, strict pull-up, competing in the Open last year, there are so many things I'm proud of. I've done a lot of things I wasn't sure I could ever do. What I am the most proud of, though, is seeing Heather's growth with CrossFit after I had to drag her along those first 3 months, and finally convincing (or bullying) my daughter Debbie to join also.

Do you remember your first workout? What was it like?

As mentioned earlier, it was Baseline, and it was brutal. I remember going through the explanation and demos of the movements with Kevin and Joanna and afterwards Kevin suggested I get a drink of water. I told him I was fine since I thought that had been the actual workout and I wasn't thirsty. I still laugh thinking about it. Then the workout started. I remember being on the rower next to someone and leaving him in my dust. That was the last good thing that happened that day...lol. After that I struggled with everything. They got me an abmat for my situps, and then had me switch to Supermans. Amanda was there and was counting my reps...loudly. I was pretty sure that we would be asked to "do what we could", then we could stop. I didn't realize that we were expected to finish no matter what. I remember all the people coming in for the class that would be starting at 10:00 and they all looked like super athletes. Then I was on my knees in the bathroom...lol.

Describe the atmosphere at CrossFit Moncton.

There is nothing like CFM. It is my second family, my second home. It makes good days great and bad days so much better! I have never seen a sport where the person that you are trying to beat next to you is screaming at you to get moving faster and pushing you. Then afterwards they are first one to pat you on the back.

What do you tell someone that's hesitant to try CrossFit?

Just do it. I hear people say they will do it once they get in shape. That always makes me laugh. I'm not sure where you go to get in shape to do CF but if they can tell me where that is, I'd love to know. CF is where you go to get in shape for life.

Favorite lift?

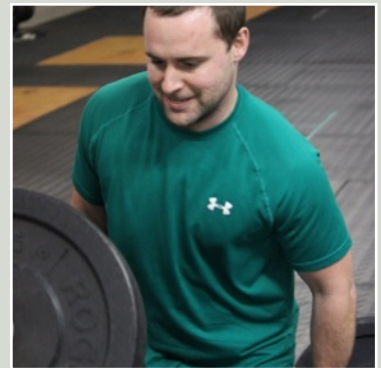
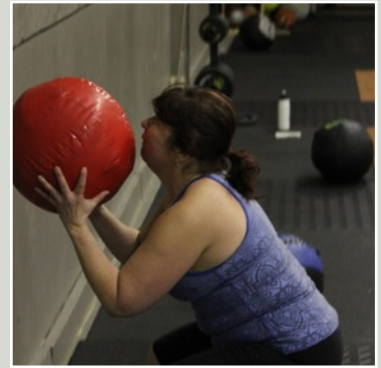
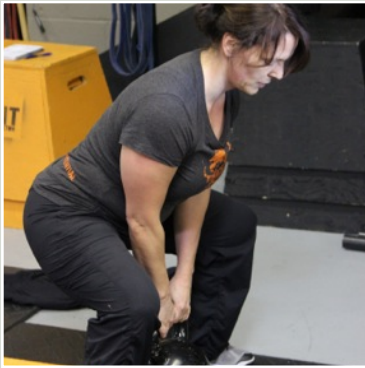
Back Squats

Favorite workout?

Running Christine

Any other questions or comments?

I don't know what trainers are like anywhere else but I can say I love our trainers, and more importantly I trust them. Getting hurt and being unable to do CF for a long period of time would be unimaginable for me. I value knowing that we are being taught to do things the safest way possible while still pushing us to the limit of our own potential.



Interested in joining?

Come try a **FREE** workout on Saturday morning at 9am. Leave your money at home. We don't want to sell you anything; we just want you to feel the difference CrossFit can make.

Contact Kevin Wood at info@crossfitmoncton.com to confirm your **FREE** session, or call (506) 962-0710.

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