

CrossFitKids

ISSUE Forty One Forging the Future Of Fitness April 15th 2009



CrossFit Kids Calgary

Sugar

Part 2

**The body's relationship
to carbohydrates**

Cyndi Rodi

CFK HQ

**Is there a Magic Pill for
Higher Test Results?**

Kevin Wood

CF Moncton

Girls & Heroes

"Nancy"

Coach Jeff Martin

CFK HQ

**Concepts for
Creating CrossFit
Kids Games**

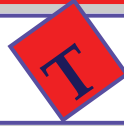
Mikki Lee Martin

CFK HQ

**CrossFit Kids
Community**

Carol Mottes

CFMPower



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A CrossFit Kids PreSchool Class

A CrossFit Kids Class

**An Advanced CFK Class
PreTeen/Teen**

Coach Jeff Martin CFK HQ



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CFK HQ

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CrossFit Manchester
"Murphy" and "Arsenal"

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Kids Community

Ryan of
CFK Central Oregon CrossFit
And CFK Trainer
Carol Mottes
MPower CrossFit



3 CFK WOD's **Page 19**

Coach Jeff Martin CFK HQ

On The Cover: www.crossfitcalgary.ca

Alix, displays amazing form on her Medicine Ball Deadlift and is one amazing girl she has been crossfitting for almost a year now-since the beginning of the kids program. She does dance as well and her coaches have expressed how much stronger and aware of her body she is now. She is always very attentive to form and never 'miscounts' a workout.

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"Nancy"



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CrossFit Moncton

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CrossFit Central Scotland

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The body's relationship to
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Hang Power Snatch



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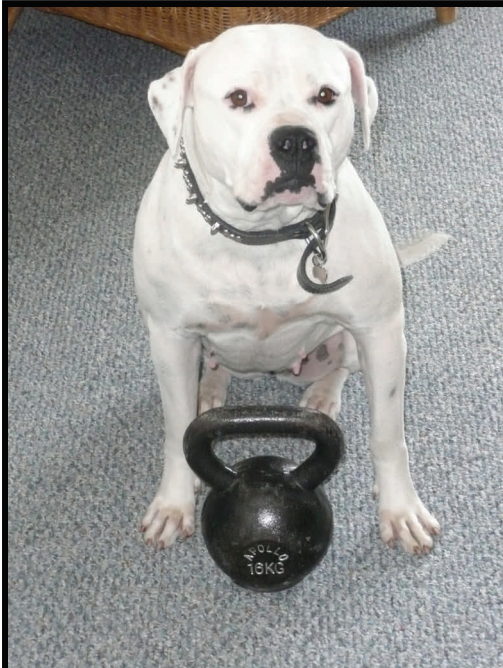
for Common Problems
in Common Movements
Wall Ball
Coach Jeff Martin CFK HQ



Kids Kettlebell Workout

Courtesy CrossFit Central Scotland

Davie Easton



WOD 1

30 seconds of work followed by 30 seconds of rest for each exercise.
3 rounds

KB swing
Broad Jump
SDHP
Walking Lunge

WOD 2

As many rounds in 15, 12 or 8 minutes

10 KB Swing
10 Box Jump

WOD 3

21-15-9 reps for time of

SDHP
Broad Jump
Push Up

WOD 4

Broad jump 100ft, count the reps and do that many of the following exercises

KB Swing
Box Jump
Walking Lunge

Remember, scale all KB weights to suit your child and if you haven't got kettlebells a dumbbell can be used instead

Davie Easton operates CrossFit Central Scotland - www.crossfitcs.com - a small garage affiliate based in Motherwell, Scotland. He is an avid CrossFitter that has been drinking the Kool-aid since 2004. A father of 2 boys, he is happy to fuel the interest his boys are already displaying for fitness. Davie is a Level 2 CrossFit Instructor, and is also a kettlebell instructor with the U.K.K.A (United Kingdom Kettlebell Association www.ukka.org) and he was the 2007 U.K.K.A British Kettlebell Champion in 2007. If you have any questions regarding kettlebells, he can be emailed at crossfitcs@gmail.com

Sugar, part 2-The body's relationship to carbohydrates

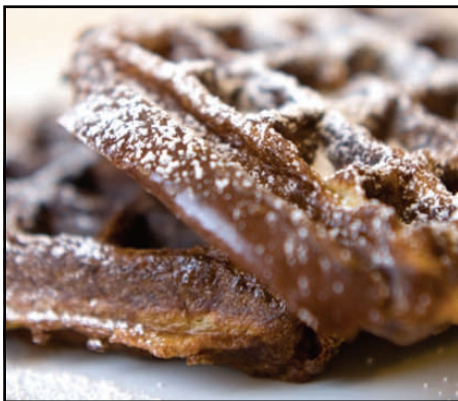
Cyndi Rodi

Sane nutrition for kids in 150 words

Our goal with kids isn't to get them on the zone, but to get them to think and make good choices about what they eat. Our goal is to teach them very basic concepts, sugar is bad, protein is good and you need to eat some in every meal. Nuts and seeds are good fats. Eat them, don't avoid them. Pasta, white bread, and white rice are not that good for you, stuff that's red, yellow, green and found in the fruit and vegetable aisle is good for you. Eat a lot of it.

Look at your plate, make a fist, eat that much meat every meal; turn your hand over and fill it with nuts and seeds, eat that much good fat, fill the rest of your plate with stuff you found in the fruit and vegetable aisle. Fill your plate this way at every meal, don't eat more.

Coach Jeff Martin, CFKHQ



Last month we discussed the mass consumption of sugar and introduced the idea that sugar can make us sick. We begin this installment on sugar with a seemingly contradictory statement. That is, sugar is essential to human health. Our cells use sugar in the form of glucose (aka blood sugar) as an energy source, and we would not fair well without it. The distinction is in amount and kind. This month we set about to understand the body's relationship to sugar.

Our bodies utilize substances called macronutrients to harness the sun's energy. These macronutrients- protein, fats, and carbohydrates – are found in the food we consume. You can gain a greater understanding of how this occurs and how our bodies metabolize these substances by reading the CFK Magazine series "CFK 101" on the metabolic pathways, February through August, 2008.

For our discussion of sugar, we need to simply understand that the carbohydrates we eat are broken down through various mechanisms of digestion into simple sugars. These sugars are absorbed into the bloodstream where they are escorted into the cells of the body by something called insulin. Insulin is produced and distributed by the pancreas. The release of insulin into the bloodstream sets off a chain of events that involves and/or affects every organ of the body. Insulin is the body's friend unless its relationship to the body is changed. Too much insulin or an inability to utilize it properly can lead to a host of health issues. Still, insulin is imperative for our cells' well being, and we can help our bodies remain efficient insulin users through some pretty simple lifestyle choices.

The speed with which the food we ingest is broken down is dependent on which type of carbo-

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Sugar, part 2-The body's relationship to carbohydrates

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Cyndi Rodi

hydrate is being consumed. There are simple sugars, those with single sugar units called monosaccharides and those with double sugar units called disaccharides, both of which compose a large portion of the standard diet in the developed world. Simple sugars, like table sugar and other natural sweeteners are broken down with lightening speed and immediately enter the bloodstream. Disaccharides, such as fruit and honey, digest a bit slower but still produce a profound physiological response. The same is true of carbohydrate sources such as white breads, pasta and white rice. While this may seem like a desirable scenario, the truth is this causes the pancreas to release large amounts of insulin into the blood in order to move the sugar from the bloodstream into the cells for use as energy. Big spikes in blood sugar play a crucial role in illness and disease. And the fast break down and removal of sugars means that hunger levels remain elevated, which causes one to get hungry sooner. These types of sugars can cause one to gain weight, because ineffective hunger control typically leads to an over consumption of calories. Obesity itself is linked to numerous health issues.

Complex carbohydrates, called polysaccharides, contain multiple units of simple sugars that are bonded together. This bonding makes the breakdown of these carbohydrates a slower process. Hunger is better controlled by these types of carbohydrates (such as can be found in many vegetables), and the sources from which they are derived are often more nutrient dense than simple sugars. Still, these produce a similar insulin response in the body as that caused by simple sugars such that, given too high an intake, even complex carbohydrates can be a health concern.

Many nutrition experts are recommending that carbohydrate consumption in all forms be kept to a minimum. Coach Glassman put it quite concisely in his *World Class Fitness in 100 Words* that became the basis for all CFK nutritional standards, "Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat." For more information about how to safely incorporate carbohydrates into the diet and a more detailed analysis of the insulin response, seek out materials by Robb Wolf and visit his websites at <http://robbwolf.com> and www.crossfitnorcal.com.

In our next discussion of sugar, we will begin to investigate the ways in which sugar and the corresponding insulin response can wreak havoc on our bodies.



Cyndi Rodi is a Level II Certified CrossFit Trainer, CrossFit Certified Olympic Weightlifting Trainer, CrossFit Certified Basic Barbell Trainer, Certified CrossFit Gymnastic Trainer, CrossFit Kids Programmer & Trainer, contributing writer for CFK Magazine, and is a Kenpo Karate student. She recently attended the CrossFit Science of Exercise and the CrossFit Nutrition Certifications. Her background includes working as an assistant with the UCLA-Camarillo Neuropsychiatric Institute Research Program and as a Behavioral Therapist, designing and implementing behavioral change programs for children with disabilities. She is an integral part of the CrossFit Kids HQ Staff. She has been a Homeschooling parent for 15 years.

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I'm sure most people are aware of the benefits of exercise. As a physical education teacher, it's what I preach every single day. My students know that it will help them become better at sports and activities, as well as help them to feel better and deal with the stresses of daily life.

There is also a lot of research on the effects of vigorous exercise on academics in school-age children; some of which are referenced in the May 2006 issue of CrossFit Kids Magazine (currently in revision.) It is known that engaging in vigorous, physical activity over a period of time will increase test results. I wanted to put CrossFit to the test and see if academic results could be improved immediately after a short, intense workout.

Just to give you a little bit of my background, I was introduced to CrossFit by a RCMP officer at a parent-teacher interview during an evening at school. He suggested I try CrossFit with my classes, but I thought it looked too crazy. The first workout I tried myself was the "Filthy Fifty" and couldn't finish it. I was hooked, but didn't think it was something that students could handle. The officer's son, Justin, joined me after school to do some of the workouts, and eventually, we had a little following; some days after school, we had 5 or 6 students come out to try it.

As I began to read more about CrossFit, I found out about the scalability factor. So I started to modify some of the bodyweight workouts for my Grade 11 classes. The next day, most of the kids in the class couldn't walk, so I probably didn't scale it enough.

Fast forward to today, I have since been to two Level 1 Certifications and the CrossFit Kids Certification. I now teach Kindergarden to Grade 12, and have the basic knowledge on how to create workouts for kids.

The Study

As previously mentioned, I wanted to find out if CrossFit would help students in academics in the short term. In total, I tested 81 students from grades 6 to 11. They were all told that they were going to be partaking in a fitness study.

I had two different 20-question math quizzes made on a quiz generator (<http://themathworksheetsite.com/>), each of equal difficulty. With the sheets turned over, I had them write their names on the back. When I said 'GO', they turned over their

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sheets and had 45 seconds to complete as many questions as possible. I also gave them 15 second warnings. When I said 'STOP', they turned their sheets back over and began a modified CrossFit workout.

The workout was as many rounds as possible (AMRAP) in five minutes of 5 pushups, 10 situps and 15 squats. During the workout, I was walking around encouraging students to do their best, push harder and get a little deeper in their squats.

Once the five minutes was up, they went to the next sheet, wrote their names and how many rounds they completed on the back of them. They then had 45 seconds to complete the second quiz.

A couple things to note: They had no rest other than the moving from the exercise to the quiz. I also randomized which quiz students did at the beginning and end, just in case one quiz was a little harder than the other.

Some feedback I received from students, regardless of which test they completed at the end, was that the second test was easier. I couldn't wait to tally up the marks to find out.

The Results

My hypothesis was that the marks would increase, and the results confirmed that. Actually, I was shocked at the results. Every single class I tested had improved marks on the second test. The average mark for the first quiz (pre-exercise) was 13.46 out of 20 or 67.3%. The average mark for the second test (post-exercise) was 15.49 out of 20 or 77.5%. That's a 10.2% increase!

Out of the five classes, the lowest increase was 5% and the highest increase was 14.6%. I also recorded how many students increased, decreased or didn't have any change in their results. With 81 students participating, only 10 decreased (and not by much), 15 had no change (some had none wrong to begin with, so they couldn't increase) and 56 improved their test results.

Because I wasn't counting each students repetitions and rounds individually, I could not come to a conclusion about a relation between the amount of rounds completed in the workout with the results. I noticed that some students may have exaggerated the amount of rounds they actually completed. However, it was certain that the students were working at an intensity that caused muscle fatigue and increased heart rates. Many students were breaking up their sets

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as they neared the end of the workout.

For the Skeptics

A fellow teacher challenged this idea by stating that the results could have increased because they did a pre-test of math, so it gave them a chance to think about the subject before they wrote the post-test. Teachers generally review material before a test is given, so I needed to assess that.

I took a control group of 26 students, had them do a 20-question math quiz, followed by five minutes of light walking (nothing that would dramatically increase their heart rate). I'd like to mention that it was complete torture for the students, as they just wanted to run, skip and jump instead of walk. After the walking, they completed a similar 20-question math quiz.

As expected, there was an increase in results, however, not nearly as drastic as the exercise group. The average score for the first test was 12 out of 20 (or 60%). The average mark for the second test was 12.4 out of 20 (or 62%). The increase was only 2% compared the exercise group of 10.2%.

Why does it work?

Coach Glassman, co-founder of CrossFit, has brought forth the Black Box Theory. It basically states that if you have a certain input, and it creates a desired output, then it doesn't really matter why or how the input worked. If the output is observable, measureable and repeatable, then there isn't really a need to find out why there are improved results.

So, if we now know that short, intense workouts will result in better test outcomes, it doesn't matter why. Teachers should now arm themselves with things they can do in the classroom to help improve test results.

There are a couple theories that may explain why, such as increased blood flow to the brain helps with cognitive processes. Lactate, which is a byproduct of the glycolytic pathway utilized during short bouts of exercise like those repeatedly found in CrossFit WOD's, is used by the brain as energy. The release of serotonin and epinephrine may also play a role. I'll let the real scientists figure that out.

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The fact of the matter remains, this study showed improved test results immediately after a short CrossFit workout.

Teacher's Guide

Here are a few things you can do in the classroom to help your students *physically* prepare for a test. Please note that all of the examples take no longer than 5 minutes.

1) Complete as many rounds as possible in 5 minutes of:

- 5 pushups
- 10 situps
- 15 squats

2) Complete as many burpees as possible in 3 minutes.

3) As fast as you can, do:

- 25 jumping jacks
- 30 standing lunges
- 40 squats

4) Complete as many rounds as possible in 4 minutes of:

- 10 squats
- 10 chair dips
- 10 standing lunges

5) A simple option is doing any exercise Tabata-style. Tabata is doing 20 seconds of exercise, followed by 10 seconds of rest. You can do this for 4 to 8 rounds with your class with any exercise. At the end, they total their score for a final tally.

If you are unsure of some of the exercises, use the links below (provided by Crossfit.com and CrossFit Brand X).

Squat - <http://media.crossfit.com/cf-video/air2boxsquat.wmv>

Pushup - http://media.crossfit.com/cf-video/CrossFit_PushupStandards.wmv

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Is There a Magic Pill for Higher Test Results ?

Kevin Wood

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Burpee - <http://www.brandxmartialarts.com/videos/Burpees.wmv>

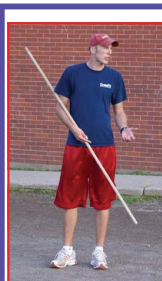
Lunges - http://media.crossfit.com/cf-video/CrossFit_WalkingLunges.wmv

Box Jumps - http://media.crossfit.com/cf-video/CrossFit_BoxJumpVariations.wmv

The short workouts can be anything that increases the student's heart rates. The workouts are only limited by your own creativity and the space available. Try coming up with ones of your own. Get the kids to record their scores/times. If you do the same workout on another day, they can look back and try to beat their score. You'll be surprised at how competitive the students will get, especially with themselves.

Final Note

You are now armed with a magic pill to help your students succeed. It is up to you to use it. There is nothing to lose and a lot to gain from using this new-found knowledge. Maybe now your students will not mind 'test day'.



Kevin Wood has been teaching Physical Education for three years. He has been CrossFitting since December of 2006, and has recently attained his Level 1 CrossFit Kids Certification in March of 2009. Kevin is the owner and head trainer at CrossFit Moncton. www.crossfitmoncton.com

This feature includes video of some of our kids doing a CrossFit or CrossFit Kids Benchmark

“Girls” or “Heroes” workout.

This month we feature several scaled versions of “Nancy”

Keegan (age 15)

- 5 Rounds
- Run 400M
- 15 OHS 65#

Morgan (age 14) *modified to left handed DB only, right hand in cast.*

- 3 Rounds
- Run 400M
- 15 Single DB OHS with 15#

Matt R. (age 12)

- 4 Rounds
- Run 300M
- 10 OHS 25#

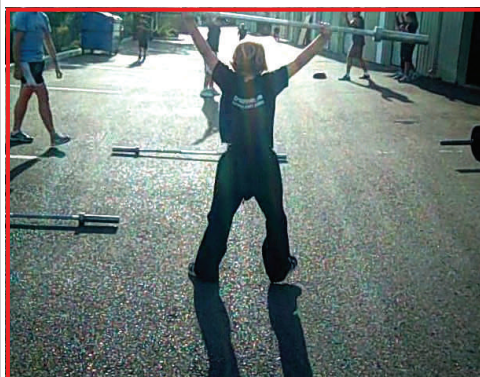
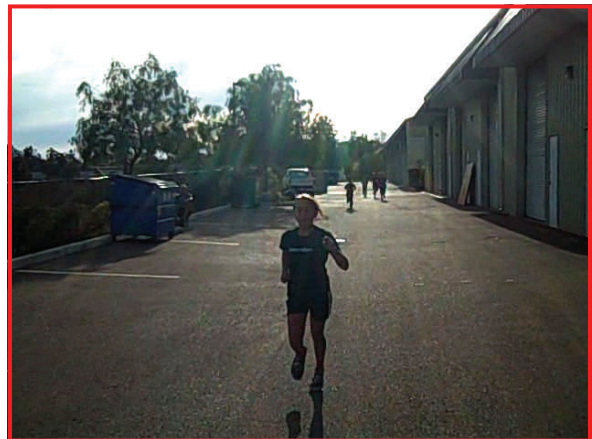
Courtney, Duncan, Justin (ages 10-12)

- 4 Rounds
- Run 200M
- 12 OHS 15#

Matt A. (age 10)

modified weight for flexibility work

- 4 Rounds
- Run 200M
- 12 OHS PVC



Video Link Button



<http://www.brandxmartialarts.com/videos/nancyapril.mov>

<http://www.brandxmartialarts.com/videos/nancyapril.wmv>



How to's on building a CrossFit Kids Class:

This months 30-45 minute class:

Warm up/Skill work

3 rounds

2 Forward rolls => 35 M Bear Crawl => 50 M Run
increase speed of run each round. Try to move
seamlessly from bear crawl to run.

Workout

Describe the workout. Explain the movements.
Have the kids do a few reps of each.
Make necessary corrections.

21-15-9

Ring Dips

Pull ups

Push ups

Progression can be used and reps can be scaled.

Skill work

Handstands

L-sits

Cooldown

Stretching



How to's on building a CrossFit Kids Class:

This months 30-45 minute class:

Warm up 3:00 of Cartwheels Plank holds

Skill work Draw a good meal on a paper plate

Workout

Describe the workout. Explain the movements.

Have the kids do a few reps of each. Make necessary corrections.

As Many Rounds As Possible in 8-10 minutes:

10 Box Jumps

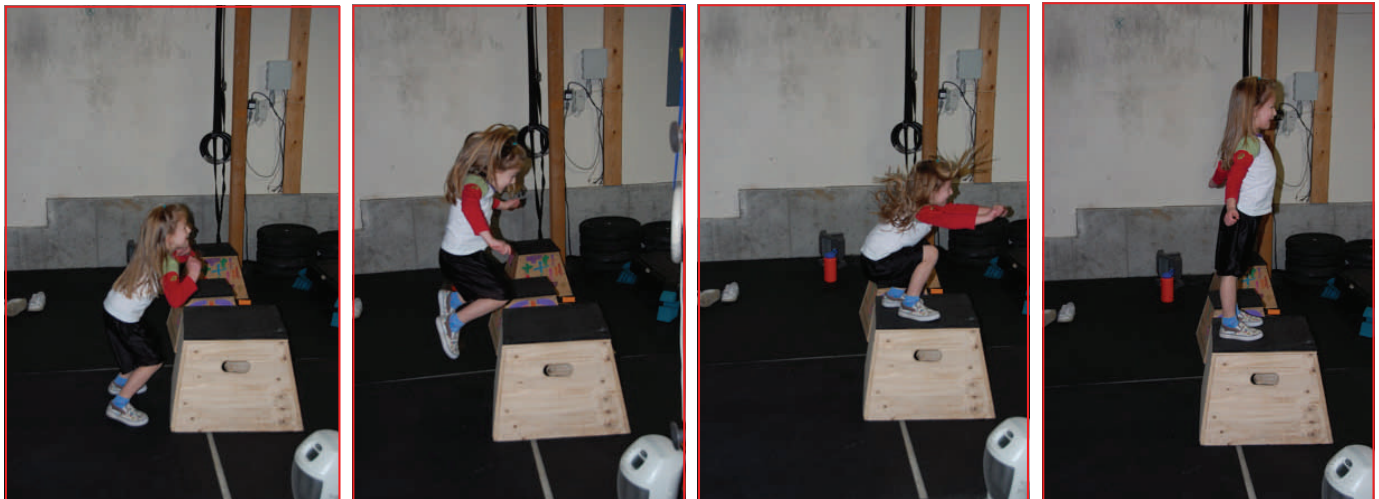
10 Push ups

10 Squats

Time, box jump height, even reps can be scaled.

Game

CrossFit Freeze Tag



Building Blocks: A CrossFit Kids PreSchool Class

Coach Jeff Martin and Debbie Rakos



How to's on building a CrossFit Preschool:

This months 15-20 minute class:

Warm up/Concept development

Press to the sky

Workout/Skill acquisition

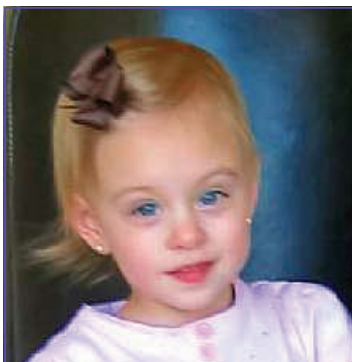
3 "Air" Presses

Walk the Plank

3 Squats

Game

Duck Duck Goose



Please Help !
Donate to a Good Cause

<http://www.marchforbabies.org/658504>

fellow CrossFitter Eva Bigongiari
Team Captain, The Littlest Big Team
March of Dimes March for Babies

I am loving teaching the kids and am blown away that they want to work so hard and listen to what we say! Hey, can you give me the website of games (warmup and fun games for end of class) for kids, I'm running out of ideas ...

How are you guys? I was wondering if you guys have a list of all the games and directions for the games yall play. I have the few from the magazines but I'm kinda runnin out of options and I'm having struggles making my own up. Any help with this would be appreciated.

We get several weekly emails like those above asking for more CrossFit Kids games ideas, motivating us to both write this article, and to create an additional resource for the community (a CFK Games pdf with pictures and video links that will be available in the CrossFit Kids store by July 2009.)

The first thing to remember about CrossFit Kids Games is that they are conceptual, elements can be changed and adjusted as needed, or as equipment, class size and age range dictate.

To create CrossFit Kids Games, we use a combination of elements around which we can create **exercise intensive fun**, simple props, popular childhood games, holiday themes, carnival style games, relays, races and sport.

We want to keep the kids always moving or working on a skill or strength movement, while keeping it fun, for younger kids this generally means a game or race of some kind. If you find that lines form, or kids are backlogged at a base or station, create a requirement to **do something while in line**. An example of this would be to maintain the plank position while in line, or to do pistol squats while waiting. If the line is long, use intervals of planks, pistols, etc.

Observe the things kids enjoy. I simply take time to see what the kids are doing. Watch them at school at recess, while waiting for class to begin at the gym, and observe your own kids and their friends at home. You will get piles of ideas in this manner. This is also a good way to find a prop they will enjoy.

Props— Card Games (Earn a turn with a proscribed number of reps of a favorite exercise, or allow the winner to decide the next exercise for the group) Use www.TheHopperDeck.com the new Scrabble Slam Card Game, etc.

Ipods and I Phones—Use the popular application www.MotionX.com with CrossFit dice.



Build something, move through it, exercise on it or under it.

The most well known version of this would be the use of the parachute in elementary schools. Kids surround it holding the edges then switch posi-



Continued on.....page 16

tions, or crawl or hop or roll, etc. to get to the other side. You get the idea.

Using a team format one child performs an exercise, while the other child has either a balloon or an inflatable punching ball. Length of continued movement/number of squats in this example is determined either by 1 minute intervals or by the length of time a teammate can continuously keep the balloon in the area by tapping it, or the punch ball moving. This concept could have a myriad of variations, it could be used for sport by using a skill specific exercise for basketball a certain type of dribbling while teammate exercises, for soccer juggling the ball, for wrestlers sprawls, etc. etc.

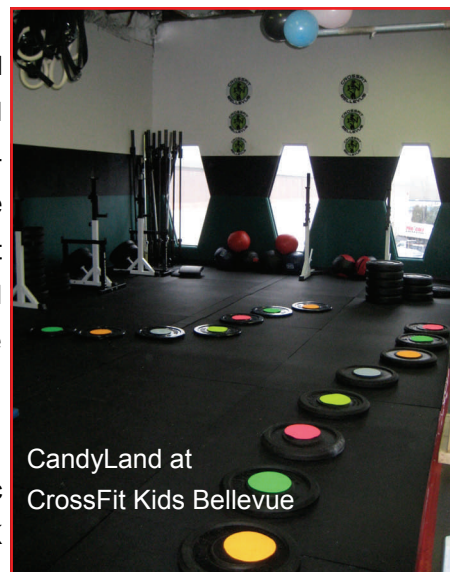
Popular Childhood Games Playground and board games, hopscotch, tic tac toe, dodgeball, checkers and CandyLand have all appeared in the CFK Magazine in CFK Game versions. Kids can literally act as “pieces in the game” or earn turns in a chalk or scratch version through exercises.

Carnival Style Games Games of accuracy like throwing to a target work very well with kids, simply create 3 or 4 lanes with 3 or 4 exercises with a set number to complete before moving forward to earn a shot at the target. Making noise and destroying things are generally popular with boys. We use a game called Medicine Ball Ammo Boxes, where we set up a stack of three (donated) Military Style Metal Ammo boxes in the classic milk bottle carnival configuration and use an overhead soccer throw with a Medicine Ball to knock them over.

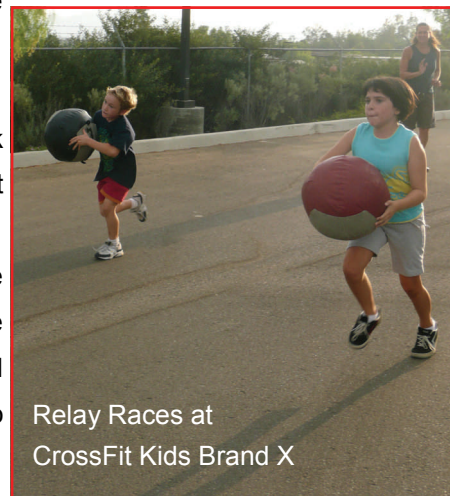
Relays and Races– Relays can be made into circles or squares for continuous movement. Elements of a relay can be added to obstacle courses.

Sprint races can be run forwards, backwards, sideways. Have younger kids sprint while singing or repeating a phrase.

Pit one movement against another, make adjustments to make the race close. For example Walking Lunges v Farmers Walk, the weight can be varied to make the speed become more even. Alternately the distance can be different for the different movements, as in an agility run around cones (longer distance) vs a wheelbarrow walk (shorter distance) Don't forget



CandyLand at CrossFit Kids Bellevue



Relay Races at CrossFit Kids Brand X



Continued on.....page 17

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Firehouse races, the kids run with the firehouse then pull it back (like a standing rope pull) and then race back to the start position.

Sports— Sports based workouts for kids can be created from a sport, substituting CF movements for other movements or using a single element of a sport. Many of these are fun with adults as well, such as CrossFit Baseball (a given number of reps of different exercises at different bases, something extra for a run, 3 fouls (call on bad form) and you are out, return home with no score.

The following example of using the sports concept is from CFK Trainer Cheryl Polack and her family of home gym CrossFitters

We morphed last night's "CF Kids WOD" into a "CF Family WOD" by changing ball throws to basketball shots, and loosely structuring the rules around a mishmash of childhood basketball games. Each time someone missed a basket, he had to do pushups and squats. You were also required to take a "letter" for each missed shot – the first person to spell "kids" was out (started out spelling "CrossFit Kids" but soon realized the game would go way beyond 5 rounds)! If you made the basket, the next person was required to make the same shot from the same position. We literally "wore ourselves out" doing pushups, squats, and even more so from laughing.



The Polack Family

Themes– Holiday themes, (see page 21) seasonal themes even classic CF themes. For Instance, "Spinning Diane," Have the kids spin individually in a circle 5 times before starting each round.

A Playful idea from CFK Trainer Belinda Platts

The Barnyard Race

Basic premise - 3 barnyard chores to be completed by each team in a race: 1) throwing hay bales in the barn (wallballs), 2) taking water to the animals (farmer's walk), and 3) shoveling manure (virtual shoveling).



CrossFit Kids Monrovia

Pattern of activity - first team member throws hay bales into the barn (station 1 - wall balls) and then progresses to carrying water (station 2 - farmer's walks) and then moves to shoveling manure (station 3 -

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Concepts for Creating CrossFit Kids Games

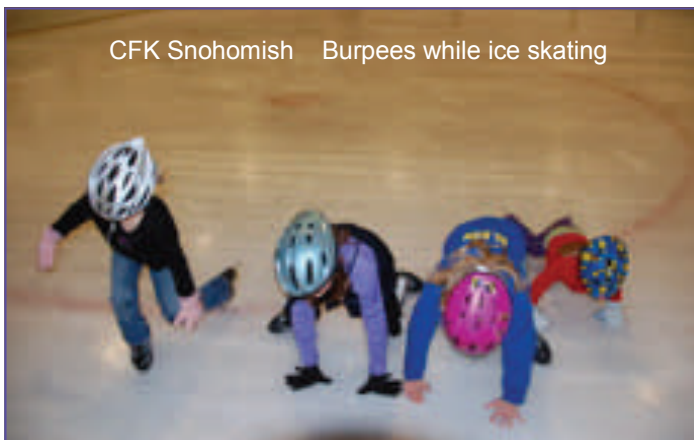
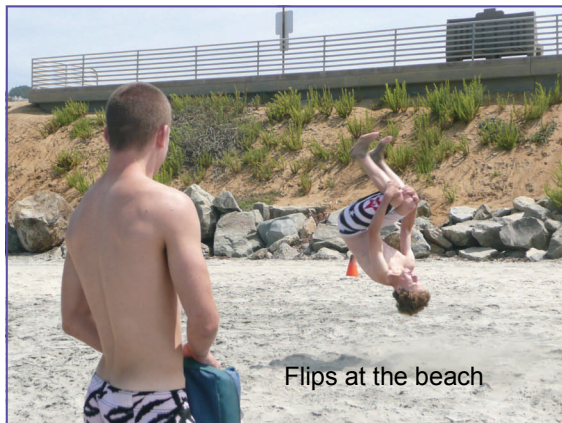
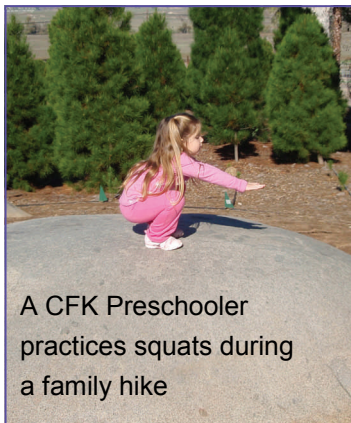
Mikki Lee Martin

(Continued from page...17)

virtual shoveling). Second team member starts when 1st team member finishes wall balls. Team members must wait for previous team member to finish chore in front of them before starting chore. Race ends when last team member completes shoveling. **Rounds/Repetitions** - one round, repetitions at each station to be determined by fitness/group size. Scaling could be done with variable weight at each station. Running between stations encouraged and dependent on size of area available.

Remember, the internet has a wealth of information to help you there are thousands of teaching sites and hundreds of games sites to help with ideas, rules and strategies. Some of our favorites: <http://www.gameskidsplay.net/> http://www.indianchild.com/outdoor_games.htm .

Of key importance are creativity, flexibility and the willingness to throw out or adjust what does not work, but most of all be willing to be playful and have fun !





3 CrossFit Kids Workouts

Coach Jeff Martin

WOD #1

Big Dawgs:

3 Rounds
 Run 400 M
 25 Push press, 45#
 25 Pull ups
 25 Push ups

The Porch:

3 Rounds
 Run 400 M
 25 Push press, 25-35#
 25 Pull ups
 25 Push ups

Pack:

3 Rounds
 Run 200 M
 15 Push press, 15-25#
 15 Pull ups— Beginner or assisted
 15 Push ups

Puppies:

3 Rounds
 Run 100 M
 10 Push press, 5-10#
 10 Pull ups— Beginner
 10 Push Ups

Buttercups:

3 Rounds
 Run 100 M
 10 Push press, PVC-8#

10 Pull ups- Beginner
 10 Push Ups

WOD #2

Big Dawgs:

3 rounds
 30 Box Jumps, 24"
 15 Front Squat 65#
 15 Pull ups

Porch:

3 rounds
 30 Box Jumps, 20"
 15 Front Squat 45-55#
 15 Pull ups

Pack:

3 rounds
 20 Box Jumps, 20"
 10 Front Squat 15-25#
 10 Pull ups
 (Assisted or Beginner okay)

Puppies:

3 rounds
 15 Box Jumps, 12-15"
 10 Front Squat pvc- 10#
 10 Assisted or Beginner Pull ups

WOD #3

Big Dawgs:

As Many Rounds As Possible in
 15 Minutes:
 1 Rope Climb
 15 Push ups
 15 Toes to Bar
 15 Squats

The Porch:

As Many Rounds As Possible in
 15 Minutes:
 1 Rope Climb
 15 Push ups
 15 Hanging Knee Tucks
 15 Squats

Pack:

As Many Rounds As Possible in
 12 Minutes:
 1 Rope Climb or 3 beginner rope
 climbs
 10 Push ups (box or chair push ups
 okay)
 10 Sit ups
 10 Squats

Puppies:

As Many Rounds As Possible in
 10 Minutes:
 1 Beginner rope climb
 10 Box or chair push ups
 10 Sit ups
 10 Squats

Tips & Tricks

For Common Problems in Common Movements
Wall Ball

Coach Jeff Martin

Wall ball is a great exercise. It develops power, coordination, accuracy and it's fun, at least kids think so. A couple of things can cause problems for kids when they do wall ball and they mostly have to do with equipment.

Before we get to the equipment problems we should describe the wall ball. In the wall ball you should squat down holding a ball, at the chest and then stand throwing the ball to a target, the movement ends with a catch of the descending ball. It should be noted that you should have a good air squat before doing wall ball.

The first problem we see with kids is target height. I'll state the obvious, kids need lower targets. Much lower. Young ones in our preschool class throw to a target slightly above their heads, they commonly use a soft foam ball. Our standard Kid's class wall ball height is 5-6 feet. The kids use 4-8# balls. Most of my advanced kids throw to an 8 foot target, the older ones use the standard 10 foot target. Because of the disparity in age in the advanced kids the weight of the balls used range from 8#'s up to 14#'s.

The throw can sometimes cause a problem for the kids. Many kids assume a basketball throw position with their hands and will try and "dunk" the ball. We find that the use of the wall ball position with no implement as focus work helps solidify the movement. Balance is affected once an implement is introduced and kids have to adjust, as is mentioned above a good air squat is required. Solid, even balance on the feet, enough flexibility to keep heels down and the capacity to maintain an upright chest and back position all must come together to allow an effective throw.

The next equipment problem we see is the medicine balls. Dynamax balls are soft, but large. While the balls are very forgiving on the return from the target, little hands have trouble holding them and throwing them to the target. Because of their size, Dynamax balls can also be unwieldy and throw off the kids' squats. On the other hand the medicine balls found at local sports shops are a great size, but unforgiving if the kids miss the catch.

The best med balls we have been able to find are from S and S worldwide. While not as forgiving as Dynamax, they are softer than the standard fare found in sporting goods stores. The S and S med balls can be found here:

<http://www.ssw.com/search/?v=medicine>

We have also discussed with some manufacturers about creating a "Dynamini."

We will keep you posted as they are developed.

Video Link Button



<http://www.brandxmartialarts.com/videos/wallballapril.mov>

<http://www.brandxmartialarts.com/videos/wallballapril.wmv>

The Footie Workout Courtesy of CrossFit Manchester

www.CrossFitManchester.com



"Murphy"

2 rounds of;
Row 500M
30 Thrusters (45# bar)
20 Pull ups
Rest 1 minute

Big Dawgs and Porch: as Rx'd

Pack: as rxd with
20 Thrusters (25# bar) and
10 pullups

Puppies: 1 round
with
20 Thrusters (15-25# bar) and
10 pullups



"Arsenal"

As a team of 3 complete;
2000M Row
150 press ups
200 KB swings
250 Squats
2400M run

Big Dawgs: 16kg KB

Porch: 12kg

Pack: 8kg

Puppies: 4kg

Only one athlete can be working at any time. Each exercise can be partitioned as you see fit, but all reps/metres must be completed before moving on. The run must be done in 200M intervals.

Karl Steadman of CrossFit Manchester

Hi, my name's Karl and I co-own CrossFit Manchester, England. I have been CrossFitting since 2005 and am a Level 2 instructor. I hold qualifications in diverse fields such as olympic weightlifting and pre-post natal care. My background is in athletics, but like most English lads, I have played football for many years! I hope you all enjoy the w/o! :)

Mark Beck

Mark's sporting background is in soccer, playing semi-professionally for over 10 years. Mark found CrossFit in January 2004 and has trained himself, individual clients and classes using CrossFit principles ever since. He was the first of the UK community to venture to California for a Level 1 CrossFit Certification and has also become a USA Weightlifting Certified Club Coach under the tuition of Coach Mike Burgener. He is a qualified Personal Trainer in the UK and has additional qualifications in Concept 2 Rowing, Speed and Agility Training, Kettlebells, and Soccer Coaching. His commitment to CrossFit is profound and he wants to play a leading role in developing both elite fitness and the powerful sense of community and support which define CrossFit. **Mark is the inventor of the Beck's Burpee.**



Pot O'Gold Game

Supplies needed:

- 10 leprechaun hats (dollar store)
- Bag of plastic gold coins (party store)
- 4 plastic caldrons (dollar store/party store)
- 4 plastic green necklaces

Set Up:

Put the kids into teams of 3 or 4 depending on how many kids you have. Give each team one plastic caldron to use for holding their gold. Line the kids up shoulder to shoulder at the far end of your space. In the middle of your area make a line with the gold coins that divides the area. At the opposite end of your space you will also outline the end line with your gold coins. Take the hats and make two lines going from the start wall to the end wall. The hats will cross the line of gold in the middle.



Game:



On go all the kids must run to the first line of gold coins and do 2 burpees before they pick up a gold coin. Then they must run back to their pot and put the coin inside. They also have the option to broad jump the hats all the way to the line of coins. If they do that and they do the 2 burpees they may take two coins. When all the coins are gone on the first line they can run to the second line of coins. Before they take a coin from the second line they must do 2 squats. They also have the option of doing broad jumps all the way to the end of the hat line and then 2 squats for two coins.

The team with the most coins will be the winners. They get a green beaded necklace and they get to pick an exercise out of the bag and roll the dice to see how many reps the other teams will have to do of that exercise.



CrossFit Kids Central Oregon CrossFit

www.centraloregoncrossfit.com

Ryan, wrote the following after **breaking the school record** with 142 rope jumps in 60 seconds!

Hi my name is Ryan and I am 9 years old. I started doing CrossFit when Central Oregon CrossFit had a free trial at my school. The CrossFit workouts challenge me to work at a harder level. I don't think I could have broke the school jump rope record without CrossFit because CrossFit has made me stronger in my mind and in my body. The CrossFit coaches encourage me to work harder and do my best. CrossFit has helped me and my family to be healthy.

Thank you CrossFit.



Teen Challenge

Mikki Lee Martin

Hang Power Snatch

Advanced Max reps 55#-65# in 1 minute

Intermediate Max reps 35#-45# in 1 minute

Beginner Max reps 15#-25# in 1 minute



My name is Carol Mottes and I am a newly certified Level 1 and CF Kids instructor. I was turned on to CrossFit about a year ago from my then personal trainer, who now owns an affiliate in Bernardsville, NJ, www.MpowerCrossFit.com, Karianne Dickson.

I am a mother of three girls, ages 11, 10, and 6. After about 6 months doing CF WODs, my kids started showing an interest in my workouts and wanted to come along and participate. This is when I became aware that CrossFit had a program directed towards kids.

After our NJ box opened in October of '08, I approached the affiliate owner, Karianne, and asked her if she had an interest in pursuing Crossfit Kids at our box. Without hesitation, she said yes. However because she was overwhelmed with starting up the new facility, I made the proposition to take on the CrossFit Kids program myself. With that, the ball was rolling.

Since opening, we are finding that most of our area is still unfamiliar with the name CrossFit. Our hope is through the CF Kids program we will bring awareness and exposure to a broader population in our community. Our goal is to share how CFK can help their child's performance and development, both physically and mentally.

Preparation has been paramount in bringing the kids' program to our affiliate. Upon returning from the certification in California, we began developing our curriculum and marketing strategy immediately. Dividing the kids into 4 age groups, as well as offering various times to accommodate school and sports schedules was part of our planning. In addition we scheduled two family nights as an open house to educate parents and introduce kids to the program. A few swings on the rings and a slice of pizza later, the kids did not want to leave!!

Our goal with regard to fee structure has been to keep it affordable and competitive with sports specific programs in our area. One benefit is the discount we are able to offer current members who are signing their own children up, making it a family affair. We have relied heavily on our current clientele to spread the word as well as flyers to friends, classmates and teammates of their children.

We are proud to announce that we begin our first 6-week session Monday, May 4th. We are looking forward to this new endeavor and especially to introducing a fantastic program like CrossFit to kids in our community teaching them that exercise can be hard, yet fun and very rewarding!!!

Carol B. Mottes. I grew up in a small town just outside of Rochester, NY called Victor. I went to college at Niagara University in Niagara Falls, NY, where I graduated with a bachelor's degree in Hotel, Restaurant Management. Out of college I filled my life long dream of being a manager for TGI Friday's. I moved to Connecticut and worked there as a manager for a year, and then got transferred to Long Island to open a brand new Friday's. I moved all around Long Island for about 3 years with the company before getting married. Once married, I realized that the restaurant business was not conducive for "family life." I then found a job as a District Development manager for Coca-Cola Bottling, Co. I worked for them for a few years before getting a job as a General Manager in NYC at a small, independently owned coffee/sandwich company. After two years of doing the city thing, my husband and I built our first home in New Jersey, where we have since settled down with our 3 girls. Ever since having my first child (11.5 yrs. Ago), I have complained and done everything, yet nothing, about my weight. I came across CrossFit through a bootcamp about a year and a half ago and have found my new career path. I love sharing CrossFit with my own family and cannot wait to begin sharing this passion with others.

Rowing Workouts

courtesy **Chris Kemp of CrossFit North East England**



WOD #1

Big Dogs:

15 min AMRAP partner workout
Partner 1 Row 250M
Partner 2 1 round Cindy (5 pull ups, 10 push ups, 15 squats)

Swap only when both Partner 1 AND 2 have completed their drills
If you want to scale up try Cindy +1 (i.e. 6 pull ups, 11 push up, 16 squats) +2 etc.

Pack:

12 min AMRAP partner workout
Partner 1 Row 200M
Partner 2 1 round Cindy
Swap only when both Partner 1 AND 2 are completed their drills

Puppies:

9 min AMRAP partner workout
Partner 1 Row 150M
Partner 2 1 round 3 pull ups, 6 push ups, 9 squats
Swap only when both Partner 1 AND 2 are completed their drills
Use an appropriate pull up progression if necessary

WOD #2

Big Dogs:

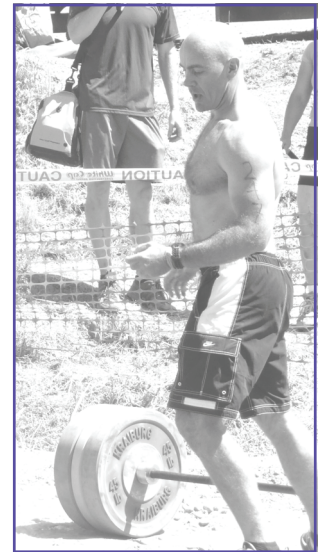
Row 500M - fast, try for a PB
Then within 5 minutes do a modified
Fran
21-15-9
Thrusters, 45# or more
Pull ups

Pack:

Row 500M - fast, try for a PB
Then within 5 minutes do
15-12-9
Thrusters, 25-35#
Pull ups

Puppies:

Row 250M - fast, try for a PB
Then within 5 minutes do
15-12-9
Thrusters, PVC-15#
Pull ups
Use an appropriate pull up progression if necessary



Chris Kemp Hi, I'm Kempie and I've been training in one form or another for over 15 years in my native Australia and here in the UK. For the last four I have been lucky enough to make a living out of bringing fitness to other people. In my search for more effective training methods I found CrossFit. After a year or so of testing it on myself and my clients I traveled to Santa Cruz in California for certification. A short time thereafter I became an Affiliate and opened CrossFit North East England www.crossfitnortheastengland.com.

Warm-Up: labats → 1 min
 Rest-Up: 1 min
 4x of 20 sec work
 10 sec rest

Skills: Med Ball Deadlift

Workout: 10 skips
 10 long jumps } As many rounds as possible
 10 box push-ups (8-10min)

Game: Rat Race

7
 x 7
 1
 x 7
 6
 x 1
 3
 x 4
 7
 x 2
 2
 x 4
 8
 x 7
 4
 x 2
 7
 x 8
 8
 x 9
 x 2
 6
 x 4
 5
 x 2
 3
 x 3
 9
 x 4



CrossFit Kids Calgary
Squats

CrossFit Kids Magazine is an electronically distributed magazine (emailed e-zine) detailing fitness training and coaching with kids, pre-teens and teens in the CrossFit method. CrossFit Kids Magazine is directed to the CrossFit Community, coaches, teachers, homeschoolers, kids and parents who want to work out with their kids. Features may include monthly workouts, team training, sports conditioning, self defense information, and articles on related subjects. Focus skills, games, tips for the home gym and Affiliates are also often included. CrossFit Kids may also feature Affiliate Kids programs, and a child or teen in Focus on CrossFit Kids and Community. (Send your info, questions or comments to mikki@crossfitkids.com)

Go to www.CrossFitKids.com for a daily workout and don't forget to post your times!

For subscription information go to the CrossFit Kids store at www.CrossFitKids.com/index.php/store/

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