



BEGINNER'S GUIDE

MOBILITY
STRENGTH
CONDITIONING



1 Reserving classes
Starting to train
Passing 101

2 Crossfit 201
Membership & pricing
Specialized services

3 Movements
Making Progress



WELCOME TO CROSSFIT PORTLAND



We are a mobility, strength, and conditioning facility that will lead you to long term health and quality of life. We build mobility, strength, conditioning, and optimal nutritional practices through our classes and personal training.

STARTING TO TRAIN

CrossFit 101 is a pre-requisite fundamental course for all new members. 101 classes have a max capacity of ten students, with some exceptions. Each week, there are three distinct lessons covered in 101. Monday - Tuesday covers Lesson One, Wednesday - Thursday covers Lesson Two, and Friday and Saturday covers Lesson Three.

CrossFit 101 has a total of 12 lessons and is 4 weeks long. Members can, and many do, repeat the 101 course to achieve better mastery of the movements. Each CrossFit 101 class is an instruction focused one-hour session. We cultivate an environment to learn, ask questions, and explore movement.

You will not be "gasping for breath" for the entire hour, there are no synchronized steps or patterns to follow along to, and the coach of the class will be focused on giving you feedback and motivation, not working out with you. You will develop safe technique with the fundamental barbell lifts and body weight movements we use in our training program.


You will learn how to read and understand the daily "WOD", workout-of-the-day, and how a class flows from beginning to end. In each class, we start with mobility work, then move into instruction for the movements of that day, followed by practice, and then with a short

high-intensity conditioning session at the end.

Short high-intensity conditioning seems to be a novel experience for many of you. Many of our members come from an endurance background and belief is that the longer I work, the better it is for me. They heard about how effective and intense CrossFit can be and jumped to the conclusion that CrossFit workouts must be long. Our classes, especially in 101, couldn't be farther from this assumption. The conditioning workouts are short and to reap the benefits from this type of training, you need to push yourself. Get comfortable with uncomfortable.

RESERVING CLASSES

In order to attend a class at our facility, you must sign up online and reserve your spot beforehand. You can sign up for any classes one week ahead of the current day. The latest you can sign up for a class is one hour before it starts. The latest you can cancel your reservation is one hour before the class starts. If a class is full, you can sign up on the wait list and if a spot does open up, you will be automatically bumped into the class and receive an email confirmation.



PASSING 101

Many members repeat the CrossFit 101 course but there will come a time when you will feel ready for 201 classes. In order to pass 101, you will need to have basic proficiency with most of the skills we teach in 101. The skills are listed at the end of this guide. Print it out for your records and keep a tally on what you learn as you progress through 101. When you feel ready for 201, ask one of your 101 coaches.





201

201 classes have a max capacity of 15, with some exceptions. There are a variety of skill levels in CrossFit 201 and everyone is very supportive, encouraging, so feel free to ask questions. Some have been CrossFitting for years and some have just finished 101. No matter your level, we can scale the workout to suit you appropriately. Expect to learn new skills and also be challenged with more complex workouts in 201.

MEMBERSHIP

Membership at CrossFit Portland involves making a commitment to training. By making this commitment, we have seen members radically change their physical and mental fitness. All of our members are required to sign up for their classes online. This little step is very important because it prioritizes fitness into your daily schedule and makes you accountable to the spot you have reserved.

We have different levels of membership depending on how many classes you would like to attend per week. Our memberships are all contracts from 6 to 12 months, we setup direct withdraw autopay each month or you can pay in full for a 10% discount. Only one discount is valid at any time. For current membership pricing, please email or call us.

SPECIALIZED SERVICES

Biosignature Profile

Biosignature modulation is a technique developed by renowned strength coach Charles Poliquin. In a nutshell, it involves measuring skinfold thickness at a number of sites around the body. The ratios between the different sites are indicative of the individual's hormonal status. As an example, if you have too much stress in your life (of any form), then your cortisol levels will be abnormally high. This will lead to fat storage primarily in the abdominal region. Other sites can assess testosterone, estrogen, thyroid function, insulin levels, and growth hormone status.

By looking at the ratios, we can make changes in the diet, correct vitamin and mineral deficiencies, or recommend additional medical tests. This can improve health, and either accelerate fat loss or muscle gain, depending on your goals. For those chasing optimal athletic performance, this is a powerful tool to monitor and accelerate recovery.

Here is an [example of the profile](#) with one of our members, Jenny.

Paleo Challenge

The Paleo Challenge is 6 weeks of being honest to yourself and facing your choices around food, sleep, and lifestyle management. You will be required to track and document multiple aspects of your everyday activities so we can best help you cement life change for the future. The Paleo Challenge is more than just a diet of "meat and veggies". It is a way of life that takes practice to sustain.

The Paleo Challenge is a guide to help you make the transition from a traditional diet to a non-traditional Paleo Diet. If you need help changing your relationship with food, manage inflammation, increase your energy levels, stop cravings, lose inches, and want to learn how the 21st century food pyramid impacts your health, then this challenge is for you.

There are strict rules governing the Paleo Challenge. Before signing up, please understand the commitment you are making. For more information, please visit [Services](#) on our website.

Program Design & Distance Coaching

We can help you reach your training goals from anywhere in the world! You will consult with our coaches regarding your specific training situation and goals and we will provide you with a customized training program that will vary over time as you gain strength and capacity. We take into account monitoring your diet, your work and life stresses, and what kind of schedule and equipment you have available to train in preparing your program. If you are a capable and self-motivated individual, this is a great way to be privately coached and also have flexibility in your training schedule.

For more information, please email scott@crossfitportland.com



02

MOVEMENTS & PROGRESS

BARBELL

- Backsquat
- Frontsquat
- Overhead Squat
- Deadlift
- Hang Power Clean
- Hang Power Snatch
- Press
- Push Press
- Split Jerk
- Rack Position w/ Bar

BODYWEIGHT

- Air squats
- Kip Swings
- Scap Pullups
- Ring Rows
- Kipping Pull Ups
- Burpees
- Rope Climb/Rope Rows

OTHER

- KB Swings
- Wallballs
- Box Jumps
- Double Unders
- Rowing

MAKING PROGRESS: Feel, Look, and Perform Better

You probably want to feel better on a daily basis, want to lose or gain body mass, and/or want to improve your performance in some manner (i.e. do a pull up, push up, run a marathon). You can make progress in all of these areas! To make progress, you have to know where you were in order to see how far you've come. We encourage all of you to track your progress in a measurable and observable manner.

First, get yourself some kind of personal fitness log and write down one or a few (no more than 3) goals. The best goals are SMART - specific, measurable, achievable, realistic, and timely. If you need advice on goal setting, please ask your CrossFit coaches and they will be glad to guide you.

Second, observe and measure where you are at. Do not skip this step! Imagine a "Before and After" picture without the Before...not very encouraging is it?

Third, start training and write down what you accomplish. Every training session is a step towards your goals and an accomplishment. If you have trouble finding a fitness log, we have for sale WOD (Workout-of-the-Day) Books at the gym that will serve your needs.

If your goals are related to body composition change, you need to start with nutrition. We offer nutritional support services, from private consults to weekly nutritional supervision to body composition analysis. Please contact us for more details.

