



April 2012

## Upcoming Events

**April 29** - [Crossfit "Baby Shower" and Grillout](#)

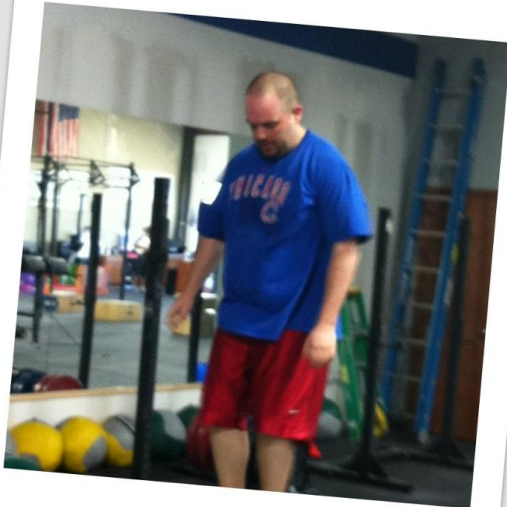
**May 12** - Regional Prep BBQ (at gym) - 3 pm

**May 18 - May 20** - [Crossfit Games North Central Regional Competition](#) (Chicago)

**July 13 - 15** - [2012 Crossfit Games](#) (Los Angeles)

## Athlete of the Month: Travis Bell

Get to know the people that make 515 great!



## New Faces!

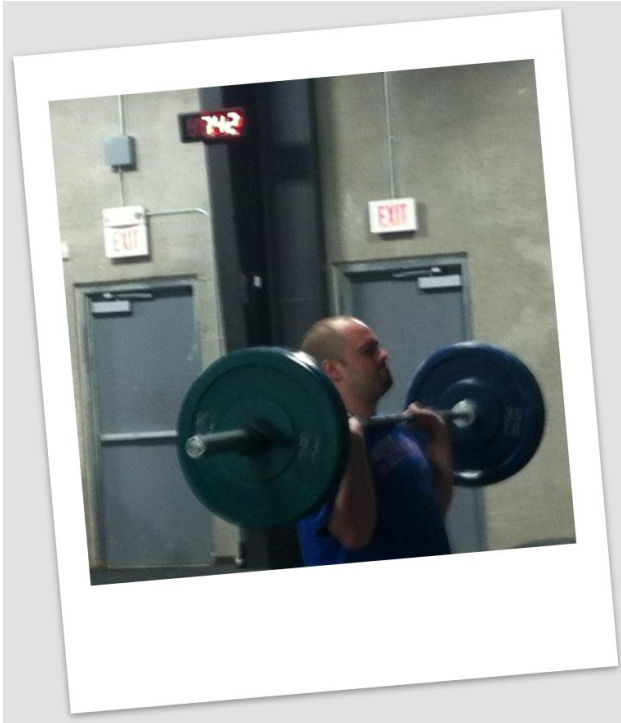
Welcome our newest members to 515!  
Introduce yourself, and cheer them on!



Priscilla Otto



JoAnn Beeman



Down 40# with no plateaus in sight

Travis Bell  
Birthday: 11/9/1980  
CrossFit Birthday: 1/9/2012

**How did you hear about Crossfit?**

I had done Crossfit about 4 years ago for 2 or 3 months, but had to drive forever to get to it and quit going. I recently decided I needed to make a change in lifestyle, looked for Crossfit gyms in Des Moines, came across 515 and haven't turned back since

**Learn more about Travis by [clicking here](#) to read the full interview**

## Paleo Recipe of the Month

**Eat like a caveman...often**



Ester Reinere



Steve Thompson





**I'll Have The Roast Duck  
With The Mango Salsa.**

### **Frittata for all!**

- 6 bacon strips (bare minimum), diced
- 10 eggs
- 1 bell pepper, finely diced
- 5 green onions diced
- 1 tablespoon dried oregano

**Prep Time: 15 minutes**

**Cook Time: 12-18 minutes**

**Serves: 5**

In a large skillet, cook the diced bacon until crisp. While the bacon is cooking, whisk the eggs together with the oregano and black pepper and set aside.

Add the veggies to the bacon and the bacon grease and saute another 3-4 minutes or until the veggies are tender.

Spread bacon and veggie mixture evenly over the bottom of the pan. Turn up the heat until the layer is sizzling hot and then pour the eggs evenly over the mixture. Turn heat down to low and cook for 3-4 minutes. Make sure the heat is not too high or the bottom will burn.

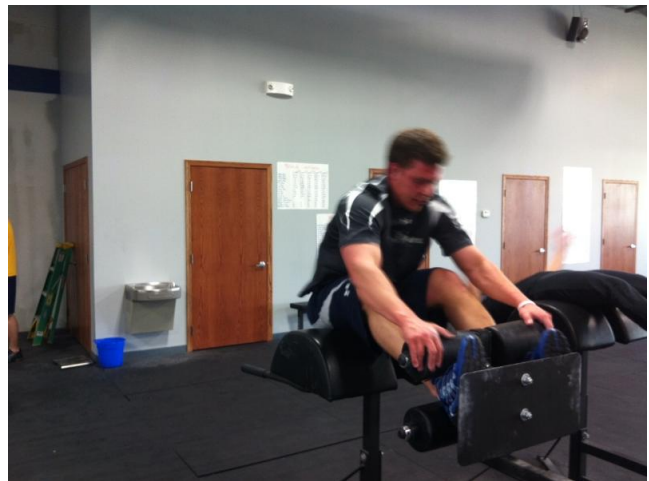
Move the skillet into the oven and under the broiler. Cook on high for another 3-4 minutes or until the eggs are cooked through

Slice like a pie and destrominate!

**Constantly varied,  
functional info at  
high intensity**



Rebecca Cates (left) & Kelsey Aikin (right)



Jim Martens



Angie Hyer

## Random fun

We all want to be better, that's why we come to 515.

Be proud of your effort and what you have accomplished each day. Beyond writing your daily time on the white board you should be keeping personal track of your workouts. We don't do the same workouts often, but when we do it is great to be able to compare your previous times/loads and gauge your improvement. We are big advocates of tracking progress and there are lots of ways to do it:

- [Beyond the Whiteboard.com](http://Beyond the Whiteboard.com) - This service is free to use for members of 515! Track WODs, meals, power output and see how you rank outside of your gym. Very cool.
- CF 515 WodBook - \$20 at front desk - Track your PRs for the Named Girls, Heroes, major lifts, and tons of other workout suggestions. Also has food suggestions, overviews of the movements and great workouts to try when you can't make it into the gym.
- Post on the 515 [Daily WOD page](#) - We always need more gym commentary on the WOD page. The people that work out in the morning don't really get to see how they stack up on the white board at the gym by the end of the day. The WOD page is a fun way to show support to others and keep your score locked in the interwebz of cyber space.

## Is there anything better than bacon?

Yes. More bacon.



Jim Gaffigan - Bacon - KING BABY

## Cool. But what's your "Fran" time?

I can't get tired of watching people do amazing things. I can't get tired of this song (we all know I have tried at the gym). It makes for 5 minutes of watching people do cooler things than I can do. That being said I am ordering customized 515 flying squirrel suits. Let me know if you want in to help save on shipping.



Amber Smith



Alyssa Wilhelm

## Nutrition Nuggets

If you havent watched this then you definitely should. If you have seen it, it's worth a second look. Your body will reward you if you give it what it wants. Hint: Your body wants real food! Ask us how we can



help you make the switch to eating better which leads to WODing better.



CrossFit - "The Foundation Is Nutrition"

**Do you know Gary Taubes?** He's got a lot of interesting things to say about health and the human diet. Broken down simply, fat = good. sugar = horrible. But he is a lot smarter than me so it's worth a listen to see what he has to say. Below is a quick Q&A about his recommendations vs. the Crossfit recommended Zone diet. We also recommend viewing the video ["Why we get fat"](#).



CrossFit - Q&A with Gary Taubes

## 515 Coaches' Corner

**Tips, Cues, Articles, Info. Knowledge is delicious.**

**Double Unders** - For most people, double unders are a love or hate movement. Ultimately, it takes a lot of practice to get down the rhythm but [here](#) are some great tips to make sure you are making the most out of your practice.

**Cool it** - It's tempting to not want to move after completing the WOD considering the intense stress you just put your body under. But just as important as warming up your body before the WOD, it is extremely important to cool down afterwards. [Kelly Starrett talks about the importance of this in this post](#). Check the "Post Workout" board or ask a coach for ideas.

**GHD** - Unlike most gyms, our gym doesn't have any machines...except for one, the Glute Ham Developer (GHD). It may appear intimidating (I have heard it referred to as a medieval torture device) but is an essential machine to help build midline stability. Here is a video going over the basic setup and movements, scaling options and why you should be using these scary machines.



CrossFit - The Glute-Ham Developer

Knowing is not enough; we must apply.

Willing is not enough; we must do.  
Johann Wolfgang von Goethe

