



January
2014

Upcoming Events

January 11 - Ask the Coaches: Open Forum

January 15 - CrossFit Games Open Registration Begins

January 25 - Intro to CrossFit Class

February 1 - 515 Throwdown 3.0

February 27 - 1st CrossFit Games Open workout released

New Schedule

New Class Schedule for 2014
effective immediately:

Weekday Classes:

5:30 - 6:15 AM (M-F)

6:30 - 7:15 AM (M-F)

7:30 - 8:15 AM (M-F)

8:30 - 9:15 AM (M,W,F only)

*9:30 - 10:15 AM (M,W,F only)

12:00 - 12:45 PM (M-F)

*4:45 - 5:30 PM (M-F)

5:45 - 6:30 PM (M-F)

Weekend Classes:

8:30 - 9:15 AM (Saturday)

10:00 - 10:45 AM (Sunday)

*New class times

"What do you eat?"

We get a lot of questions around nutrition and what foods to eat to optimize performance in and out of the gym. We do not adhere to any strict meal plan but eat when our bodies tell us to and do our best to make sure we are putting as much healthy/fresh/non-processed foods in as we can.

Eating this way just becomes natural after awhile. But for those new to eating quality foods or attempting to drastically change the way you live, it can feel very foreign. Our advice: Don't over think it. Consistently eating quality foods coupled with CrossFit and sufficient rest will do amazing things to the body. We will definitely get more specific and will continue to offer more information around nutrition to help you make that shift.

We can kick off the discussion with one of the most common questions our trainers and competitive athletes receive..."What do you eat?"

So we took snapshots of what some of us typically eat on a normal day. Nothing is perfect. Nothing is completely Paleo/Zone/Meal Plan based. Everyone's is a little different. Despite their differences, there are some big commonalities and overlap.

[Click here to be directed to a PDF](#)

Athlete of the Month: Sean Wood

**Get to know the people that make 515
great!**



"It's gotta be the shoes"



Retro Michael Jordan
and Spike Lee Commercial

In CrossFit, we pride ourselves in the ability to adapt quickly and to be ready for any physical challenge thrown our way. Because of the variations of movements we see in a workout, most people tend to lean towards cross-training shoes or a training shoe with minimalist characteristics. Either of those two choices are great for a majority of CrossFit workouts.

A lot of athletes break out weightlifting shoes on lifting days for a number of reasons. A couple of the main reasons to pull out some lifting shoes on heavy squat days:

- More stability - Olympic Weightlifting shoes have a wooden sole which means your foot is going to consistently be on a stable surface. Compressible soled shoes are inconsistent and will lack stability in lifts.
- Heels - Olympic Weightlifting shoes have a raised heel which allows you to utilize more of your muscles (specifically hamstrings/posterior chain). The raised heel also allows the lifter to squat into a deeper position due to the increased range of motion for the ankle joint. The raised heel also aids in maintaining an upright chest throughout the lift.

Lifting shoes can range in price anywhere from \$70 - \$200+ depending on style, height of heel raise, brand, and overall quality. Here are a few things to take into consideration and be aware of before purchasing.

- How much are you willing to spend?
- How much lifting are you doing outside of WODs?
- Do you want a lifting shoe that you can also wear for a lot of CrossFit workouts (not just lifting)?

In my opinion, if you are looking for the greatest blend of lifting shoe



"It seemed like a good idea at the time."

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

Mobilize Yo Self

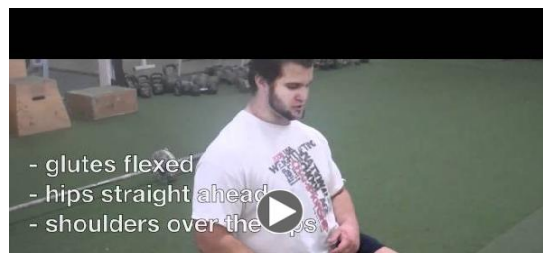
"Mobility for Sitting on Your Ass All Day"

For some reason, the corporate world hasn't adopted to gym attire and doesn't provide foam rollers, bands, or lacrosse balls. Until then, we are required to sit in chairs at desks, internally rotating our shoulders typing on keyboards and tightening our hips, hours at a time. [Here are some tips](#) of things you can do at the office and at the gym to fight the effects of the physical punishment from the office.

Weightlifting Flexibility

"Flexibility is easily the biggest limiter for athletes starting to use the Olympic lifts." Truth.
"Of course, stretching is also the most boring thing you can possibly do." Double Truth.
[Here is a great and manageable program](#) of mobility stretches to do everyday and definitely before Oly lift days.

Below are also some quick hip and upper body mobility movements.



and versatility of a CrossFit shoe, Reebok Oly Lifter does a great job. It won't be as stable as a shoe specifically designed for lifting but will fit a majority of CrossFitters needs because of it's flexibility.



If you need more stability, more heel height, and have no desire to be able to do box jumps in them, a lifting only focused shoe is going to better meet your needs. There are plenty of options in this category and mainly comes down to personal preference. Some of the popular choices are the Adidas Power Lifter Trainer, Adidas AdiPower Weightlifting Shoe, and the Nike Romaleos.



Adidas Power Lift Trainer



Hip Mobility Stretches



Upper Body Flexibility for Olympic Weightlifting

Paleo Recipe of the Month

Eat like a caveman...often

Paleo Fried Chicken

Ingredients:

- 1 lb of boneless chicken
- 1-2 eggs (scrambled in bowl)
- 1 cup almond flour (in a separate bowl)
- Coconut Oil



Instructions:



Adidas AdiPower

1. Grease a pan with coconut oil
2. Cut chicken into smaller strips
3. Roll chicken in egg
4. Roll egg-coated chicken in almond flour
5. Fry chicken in coconut oil in pan until fully cooked
6. Destrominate

You can add cayenne pepper or one of your favorite spices (I like thyme or rosemary) to the almond flour for extra flavor.



Nike Romaleos

"Strive not to be a success, but rather to be of value"
- Albert Einstein

