

May 2012

Upcoming Events

May 18 - May 20 - [CrossFit Games North Central Regional Competition](#) (Chicago) Good luck individual competitors (Jaime and Bobby) and Team 515 (Lance, Billy, Bart, Michelle, Mindy and Tara)!!!

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

Help us help you!

Please take a moment to complete this quick, [member survey](#) so we can continue to improve CrossFit 515.

Your responses are anonymous, and your feedback will greatly assist us in improving your experience at CrossFit 515.

Athlete of the Month: Leann Gudenkauf

Get to know the people that make 515 great!

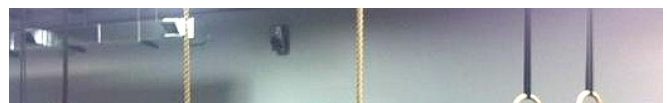


New Faces!

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



Levi Traeger



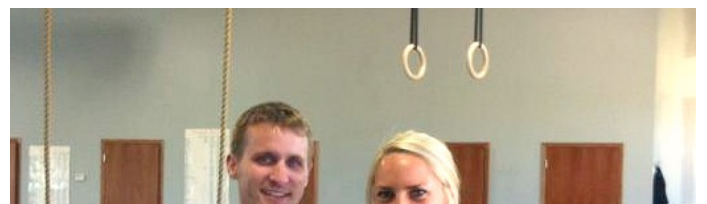


Dan Kennedy



Curtis Russell

Favorite saying: I have two that I apply to crossfit. Don't compare yourself to others, compare yourself to the person from yesterday. And on the impossibly hard wod's I think of this one: If you can't run, then walk. If you can't walk, then crawl. Do what you have to do. Just keep moving forward and never ever give up!



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

Paleo Recipe of the Month

Eat like a caveman...often

Meatloaf

- 1.5 lbs ground beef
- 1 egg, whisked
- 3/4 cup almond flour
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 red onion, chopped
- 1 garlic clove, minced
- 2 tablespoons hot sauce (or Cholula)
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon fat (i.e. olive oil or coconut oil)



Eat bread? No, I won't do that!

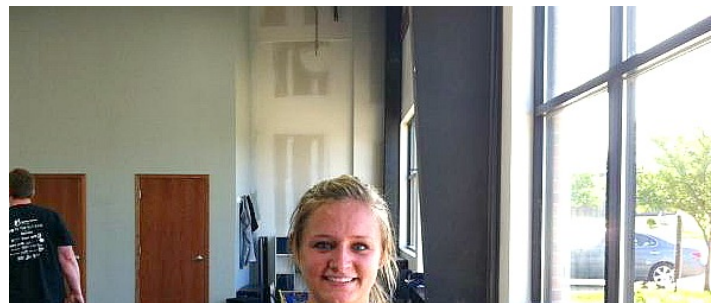
1. Preheat your oven to 400 degrees.
2. Heat a large skillet under medium-high heat, add fat and minced garlic to the oil. Once the garlic has become fragrant, add your green pepper, red pepper and onions.
3. Cook until onions are translucent then remove from heat.
4. Add your meat, egg, almond flour, spices, hot sauce and cooked veggies to a large bowl. Mix together.
5. Place meat mixture in two bread loaf pans (at least they're useful for something) and pat down.
6. Cook for 30-35 minutes.
7. Destrominate!



Jared & Trish Burma



Seth Wicks



515 Coaches' Corner

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

Set up - Routine is the enemy in CrossFit...except in your set up of movements, in particular your olympic lifts. Your approach is essential to starting off the movement correctly and should be the same every time and become a [routine](#). Familiarity is a good thing for your oly lifts and all the magic starts with your set up. Before you go through your routine (which may or may not include talking out loud to yourself) you need to address the bar. If the weight is starting on the ground your shins should touch the bar before you bend down and grip. The feet are going to be directly under your hips in a "jumping stance". Knees bent, chest up, back tight, posterior fully loaded. This set up is the same for all of your pulling lifts (clean, snatch, deadlift) only the grip will differ. It's a lot to think about, but the sooner we all get this down to be automatic and routine we can all expect safe movement with better efficiency. Watch all three parts of K-Starr talk about this set up to help you visualize, and talk to us at the gym to make sure your set up isn't holding back your lifts.



CrossFit - The Setup Part I, Kelly Starrett



Kady Onken

Constantly varied, functional info at high intensity

Random fun

Play outside - Blair Morrison is one of my favorites in Crossfit. I am blown away with his physical abilities (5th overall in 2011 Crossfit Games) as well as inspired with how he views and approaches fitness. Blair tends to take the "gym" with him when he WODs.



CrossFit Games - Blair Morrison by Reebok

It doesn't hurt he lives in beautiful northern California.

Since I started Crossfit it has redefined how I view fitness ([shameless plug](#)). It has also redefined the equipment I thought necessary to get fit. You may have noticed the gym is open space with pull up bars and weights in the corners. This is for a reason (we didn't accidentally throw away the leg curl machine). The reason is to improve human movement with (gasp) functional real life human movement.

Although you may not find a barbell and a set of bumpers at the local park, you will find enough space to help get you fit



CrossFit - The Setup Part II, Kelly Starrett



CrossFit - The Setup Part III, Kelly Starrett

Muscle Up Utopia - Getting your first muscle up is an overwhelming feeling that may have resulted in reactions like [this](#). Yes, it's awesome.

Unfortunately, it doesn't take long until you start worrying about how you are going to start stringing multiple muscle ups together. After all, now that you can do them it's time to start incorporating them into the WOD. How you string them together first depends on what grip you use on the rings (false grip or without false grip). If you are utilizing the false grip you want to descend slow and controlled from the receiving position so you don't lose the grip you have established on the rings. If you can muscle up without the false grip you want to push away from the rings at the top of the movement mimicking that of a kipping pull-up. Jason Khalipa goes into more description in the demo below.



Syncing Muscle Ups with Jason Khalipa

to help get you started.

Lindsay and I put this to the test last year when we visited San Francisco. We did visit a couple Crossfits but we also wanted to get creative and make up some workouts and experience an area we are unfamiliar with. We had a trail loop, a soccer field and a bench.



Bench Jumps



Dr. Lance Kellow: Delivering the knowledge sauce

FEAR (False Evidence Appearing Real)

"Do the thing you fear and the death of fear is certain." - Ralph Waldo Emerson

3...2...1...Go

These numbers spark a little something in us CrossFitters that is somewhat indescribable. Excitement, nervousness, and even fear. Yet we continue to pick up the bar and push forward. Also indescribable is the feeling of accomplishment you get when you finish a difficult workout knowing you gave your all and overcame, whether it's the 30" box, your first pullup, or the first time you make it up the rope. This parallels perfectly into the world you live in outside CrossFit 515. Daily we face fears and challenges that force us to dig deep and overcome. After crossfitting for a while, you start to realize that big things in life start to look smaller and life's mountains easier to climb.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure." - Marianne Williamson

What fears will CrossFit help you overcome in life today?



Lance E. Kellow, D.C.

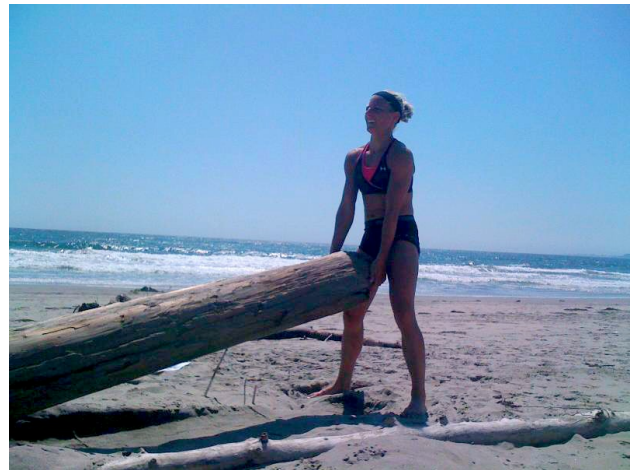
To learn about Dr. Lance and his chiropractic practice



Lunge it out

4 Rounds:
460 Meter Run (thanks Google Maps)
Lunge width of soccer field
20 pushups
30 Bench Jumps
10 Pushups

A couple days later we decided to get even more creative. We had a beach, a log, a gallon water jug and ourselves.



I pick things up and put them down

21-15-9:
R arm squat snatch (gallon water jug filled with sand and water)
Log deadlift
L arm squat snatch
Burpees



and how what he does could help improve your CrossFit and overall life experience, see www.authenticspinalcare.com or call his office at 515-270-1700.

Team in Training

MichelleMindy



If you have seen Tara Krueger workout at 515 before it's easy to see her passion for the sport and improving herself. Outside of bustin' WODs at 515 she is part of an amazing group that is doing some great things for the Leukemia & Lymphoma Society. Her connection hits close to home and is definitely inspiring. [Read Will's story here.](#)

We got a great workout and got to take in some amazing scenery doing what we love. I challenge people to observe their surroundings and think "outside the box" (Crossfit puns!).

The reason of this rant isn't because we don't want to see you in the gym, we most definitely do. But every once in a while you need to get outside and get creative. It will help keep you sane and get you to experience new things. I'm still working on a way to import some mountains and an ocean to Iowa.

Spoiler Alert: We are currently planning some outdoor fun for the gym. More details to come!

Inspiration 101 - Amazing commercial, filmed in one shot with no special effects.



Canadian Paralympic Committee: Running
(Unstoppable)

\$55 for 1 hour deep tissue sports massage at

[Waukee Wellness and Chiropractic](#)

(Regular price \$65)



Show coupon and state you are current 515 member

"The greatest mistake you can make in life is to
continually be afraid you will make one"
Elbert Hubbard

