



September 2012

Happy Birthday, CrossFit 515!

September 1, 2012 marks the 2nd birthday of CrossFit 515. Thanks to everyone that makes 515 the amazing community that it is! We couldn't do it without you.

Upcoming Events

September 15 - Operation Justice: A Benefit for Our Heroes - Crossfit 515

November 2 - 4 - [Heart of America 4 Crossfit Competition](#) - Springfield, MO

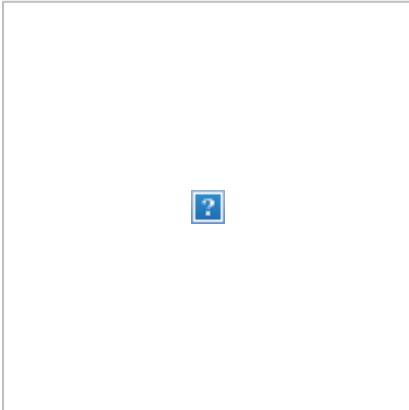
New Faces!

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



Eddie Mrowka

Operation Justice: A Benefit for Our Heros



Please continue to spread the word about our upcoming event! [Click here](#) for details on



the event or check out the [Facebook event invitation.](#)

To make a donation before the event, visit our donation page through the [Wounded Warrior Project.](#)

\$10 minimum donation, additional donations appreciated.

"Like" CrossFit515



We've started posting on our [Facebook page](#) much more. Our primary mode of communicating with our members will continue to be the website, but if you just can't get enough, Like us on Facebook for more CrossFit 515 awesomeness.

Athlete of the Month: Annette DeFrancisco

Get to know the people that make 515 great!



Jess DePhillips



Brian Sender



Adam Mitchell



Noah Wolter

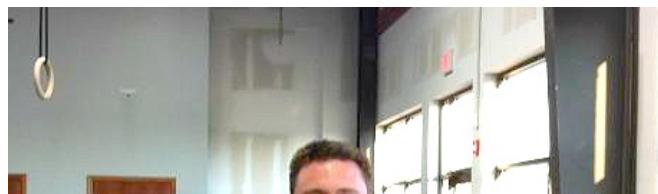


Steve Harms

"For a long time, All the WODs were new and I had no idea how long they would take me - just doing all the reps was an accomplishment. Now I fear the WOD that I can do (or worse have done before) and should do as fast and hard as I can for time. I have terrible butterflies in my stomach before those. I have to learn to push myself to fight through the I-just-want-to-stop-and-

rest-awhile Because when I'm done and I'm not dead, I wish I would have pushed myself harder. See? They never get any easier."

Learn more about Annette by [clicking here](#) to



[read the full interview](#)

Why we do what we do ...

If you missed it, new trainers Billy and Lance led an excellent discussion a couple week ago about "What is CrossFit?" To summarize, CrossFit is defined as constantly varied functional movements performed at a high intensity. We do movements that our bodies are designed to perform, we constantly vary those movements in different combinations and rep schemes, and we complete the workouts as quickly as possible. Why do we do this? Because we want to increase our work capacity across broad times and modal domains, aka "fitness." Our goal at CrossFit515 is to make you faster, stronger, and more physically prepared to handle any task life might throw at you, whether it's moving furniture, carrying groceries, chasing criminals, or giving birth to cute little babies like Landon. Amazingly, you will likely also find yourself more mentally and emotionally prepared for life as well. Here's Jason Khalipa giving an excellent, brief "what is CrossFit" explanation:



What is Crossfit Explanation with Jason Khalipa

As trainers, we have to go about programming workouts to accomplish this goal of making our members as fit as possible. At 515, we generally program the workout of the day posted on www.crossfit.com (aka "mainsite" or "dot com"). Why? No, it's not because



Steve Bierfeldt



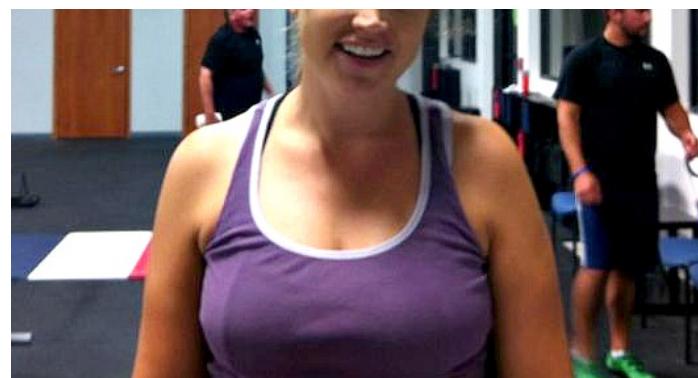
Mark Manges



OR OUT WITH IT? WHY? No, it's not because we're lazy. We simply have never found programming that is as varied or (with appropriately programmed scaling options) works as well for the vast majority of people, and we do not believe that we can make up better CrossFit programming than crossfit.com. As Bobby puts it: what could be more CrossFit than crossfit.com?

We've also found that many CrossFit gyms that don't follow mainsite tend to lose some of the "constantly varied" element. Trainers naturally have biases that tend to come out when programming. On the extreme ends, there are gyms with strength biased programming, maxing out on lifts on a daily basis. Others have an endurance bias, nearly always programming 20 minute amraps or hero-like workouts. Of course, there are CrossFit gyms out there with excellent programming that don't follow mainsite, but by looking to crossfit.com for our workout of the day, we ensure that things don't become too systematic (and stay constantly varied).

For most people, we think mainsite programming provides what is needed to reach your fitness potential, but we like to be flexible and allow you to use your own judgment if you want to do something other than the programmed workout. If you have specific goals (i.e. training for a triathlon or you want to qualify for Regionals), we are happy to work with you and discuss more targeted training.



Lora Trost



Klay Queck





Tiffany Kragnes



Nic Valley

We spent a lot of time during our "What is CrossFit?" discussion talking about intensity. We give you the constantly varied functional movements, but the most important element -- high intensity -- is up to you. High intensity is what causes the insane results that CrossFit can provide. At 515, we structure our classes to encourage the intensity element. We aren't concerned with filling an hour of class time because we want you to put all your focus and intensity into the workout of the day. For example, we don't want you holding back on Fran because you know you will be doing 100 sit ups for time 10 minutes later. We want you finishing Fran with your body hating you and you wondering if you will ever feel normal again.

If you do have extra time after completing the workout, that's a great time to work on skills (i.e. handstands, muscle ups, double unders) and technique. But if you feel like doing another high intensity workout, you probably didn't go hard enough on the main event.

Trust the Programming. **Work hard.**

Paleo Recipe of the Month

Eat like a caveman...often. Thanks to

#TwoEleetTooKair

Rants on the LOLerz of CrossFit

We love a lot of things about CrossFit and the community it nurtures. That being said, unfortunately there are several things within the community that drive us nuts as CrossFit coaches/fanatics. This is our vehicle to rant.

This month's ramblings brought to you by B. Noyce.

"If You Don't CrossFit Then F*** You!!"

I know the title is a little extreme, but it gets the point across. There's a mindset that I often see in CrossFit culture that there is absolutely nothing productive

Lauren Springer for the recipe this month!

Coconut Chipotle Fried Chicken



FUNNY PICTURES ON [KUHFOTO.COM](#)

Ingredients:

1 pack skinless chicken tenders
1-2 eggs
1-2 cups shredded coconut
2 tablespoons Mrs. Dash chipotle seasoning
1 teaspoon cayenne pepper
Coconut oil

Instructions:

Wash chicken. Beat egg(s) for coating. Mix coconut, seasoning, & cayenne pepper in a bowl. Dip chicken in egg then coat thoroughly with mixture.

Meanwhile, in a large skillet, heat coconut oil on high then after melted put on medium. Place chicken in oil turning frequently (to avoid burning) until thoroughly cooked.

Makes 2-4 servings. Leftovers are great served cold over a salad.

Make sure to add coconut oil throughout the cooking process to keep from burning and to keep the chicken tender. Add more seasoning and cayenne pepper for extra spice. For extra flavor, squeeze a lime over the chicken prior to destrominating.

Life at Level 11

I drive by a Farrell's everyday and can't help but notice their new motto of living "Life at Level 10". No offense to the Ferrell's folks but 515 will now be striving towards

culture that there is absolutely nothing productive outside of a CrossFit WOD. That any other fitness routine is a complete waste of time. That any other physical activity is a joke because it is not the "workout of the day."

We expect more from you Outlaw...actually, probably not

Anything is better than nothing, but nothing is better than CrossFit. This is true, but it looks douchy when CrossFitters only remember the "nothing is better than CrossFit" part. This attitude differs from what I witness everyday at 515, and I believe that is because the atmosphere is simply very positive with no need to belittle others to feel good about what we do. However, some CrossFitters love to bash on any and all other fitness programs. Everyone that does CrossFit long enough and truly buys into it quickly realizes that there is no other way to workout that will make you as physically fit or as prepared for any given task at a moment's notice, but that does not mean that all other fitness programs are just a joke and are not beneficial. We all started out from a different fitness background, and none of that was a waste of our time. We just now realize what we were missing and wish we would have known about or tried CrossFit sooner.

I guess all this rambling adds up to me wanting to point out that we should be trying to convince non-CrossFitters to try CrossFit because it can improve their lives in all aspects, but we should not look down on people that are "dancing around in their living room." And if you are going to make fun of people for not CrossFitting then make fun of the ones not even attempting to get in shape.

"Real Athletes Don't Play Real Sports. They Do CrossFit"



achieving the status that comes with Living Life at Level 11. It's science...or something.



These Go To 11... | This Is Spinal Tap | Classic Clips



Usain Bolt doesn't care that you can beat him at "Annie"

People that become completely geeked out about CrossFit inevitably begin to wonder how good athletes playing conventional sports (amateur or pro) would be at CrossFit workouts or exercises. Once again, it is just a way for CrossFitters to feel better about themselves because "sure Usain Bolt is fast but I bet I can clean & jerk more than him" or "yea Dmitry Klokov just snatched 500# but he's got nothing on me in a 5k." The fact that someone is a freak at one aspect of fitness and has the ability to specialize does not make them a bad athlete. Yes, they could most likely be more well-rounded but that requires giving up some ground at the extremes of the athletic performance spectrum.

As CrossFitters, we like to be able to run fast as well as pick up heavy \$#IT, but our goal should not be mediocrity. One of my least favorite CrossFit quotes is "Faster than a Lifter, Stronger than a Runner," because in my mind that isn't really something to brag about. Sure it is better than "Slower than a Lifter, Weaker than a Runner," but striving to "not suck" is really not what breeds champions at sport or at life. Shouldn't we try to be "Stronger than a Lifter, Faster than a Runner"? Our goal should be to be able to keep up with specialists at both ends of the spectrum, and CrossFit will continue to push those physical limits of what is really possible while not giving anything else up.

Well there is a look into my mind for 5 minutes.....I know it's exhausting :)

Expect problems and eat them for breakfast.

