

## Preparation and Etiquette

- Learn the answer from the source: [“What is CrossFit?”](#)
- For help finding an affiliate: [Click Here](#). Cross-reference your cities’ affiliates with Google searches, Yelp, and Facebook. Ignore ads, look for client referrals and enthusiasm. Don’t seek out cheapest price, seek out the best results. You get what you pay for. Shortcuts are futile in CrossFit.
- Ask your coach if they believe in continuing nutritional, general fitness, and CrossFit-specific education. If not, you may want to find another coach.
- Invest in an “Elements” or “On-Ramp” program before you step foot in a general CrossFit class. These introductory courses help to prevent injury and they provide confidence for new athletes that are about to partake in Olympic lifts and other potentially unfamiliar movements. (*Megan Parsons*)
- Start a blog to chronicle your experiences and notch your personal records. You’ll find that there will be more than a growth in physical strength. There will be a growth in emotional strength. Plus, the record will come in handy.
- Find out what, if any, nutritional resources your affiliate’s coaches provide. This is key to results. If they do not emphasize dietary restructuring, find another affiliate. (*Megan Parsons*)
- Understand this rule. You can ruin your one hour in the gym with your 23 hours outside of the gym. (*Twitter.com/Perfy*)
- For your first 3-5 training periods, avoid eating one full hour before. This will help you avoid “digestive issues.” (*Jessica Clark*)
- If the likelihood of vomiting is in your cards, scope out an appropriate and sanitary area outdoors. (*Michael Winchester*)
- New to intensive training? Schedule once a week massage therapy. It will help with muscle soreness and recovery. Ask the affiliate’s coaches if they have any special deals with cooperating vendors. (*Jessica Clark*)
- Learn how to tape your hands. Ask a coach who will take the time to show you how to protect hands that may be sensitive to powerful barbell movements and a high volume of pull-ups. (*Carey Kepler*)
- Ask about the meanings behind the following acronyms: SDLHP, HSPU, WOD, OHS, MU, DU, DL, PP, PJ, AMRAP. You’ll be doing quite a bit of each.
- Have an answer to “What’s your Fran time?” If you haven’t done it, quickly learn what the “Fran” workout consists of and prepare to find out! It’s no different than someone asking your name.
- Understand the benefits of the “kipping pull-up” and how, with proper volume and technique, it can improve “dead hang” strength. (*Carey Kepler*)
- If you’re a woman, use the ladies’ room before attempting any workout with DU’s (refer to tip no. 7). If you’re a gentleman, it wouldn’t hurt if you did the same.
- Find the chalk bucket and ask how to keep residual chalk in said bucket.
- Tearing your callused hands is not a *rite of passage*. It doesn’t make you stronger. Avoid it all cost. At the least, it can hinder your training in the short term.
- Try to implement Dr. (and Coach) Kelly Starrett’s mobility exercises in your free time. They will improve: physical performance and orthopedic comfort. The daily Mobility WOD video blog: [Click Here](#)

## Culture

- Watch the [“I Will Commit”](#) video by SICFIT.com. Cease any and all excuse-making.
- You may not want to be an elite CrossFitter. Regardless, support those around you who train at that level. Watch them compete at local, regional, national, and international events. Yes, the CrossFit Games is a legitimate and increasingly lucrative sport.
- Best video summary of the CrossFit Games? Watch the 2010 highlight film by CrossFit Again Faster’s media team headed by Jon Gilson and Patrick Cummings: [Click Here](#).

Your First 50 Days of CrossFit: “Keeping it in the Community” (Affiliate White Board Copy)  
For your copy: [www.CrossFitChron.com](http://www.CrossFitChron.com)

- Learn a bit about the history of the “CrossFit Games”. Watch the trailer for “[Every Second Counts](#)”
- How is the motion picture *300* connected to CrossFit? Did the cast train with CrossFit? Read this informative blog by CrossFit Atlanta: [Click here](#)
- Strong is Beautiful. Ladies, remember that. Visit these blogs: “[4 Better](#)”, “[Strong is Beautiful](#)”, “[Strong is the New Skinny](#)”, “[Strength and Beauty](#).” Download this: “[Beauty in Strength](#)” from the CrossFit Journal. Proceed to print and post in your closet at home. Refer to this when your friends tell you, “You’re lifting weights! You’re going to get bulky.”
- Men, the closer you get to this mentality - the better off you’ll be. Zach Even-Esh’s [Underground Creed](#). This CrossFit affiliate and “Underground Coach” has produced national champion college athletes.

### **CrossFit Gear**

- Buy flat shoes! Go to your nearby shoe store, [Zappos](#), or [Again Faster](#) to pick up some low top *Chuck Taylor’s* or *Inov-8’s*. These are the industry standard. Buy some high top Chuck’s if your name is Chuck or Sherwood.
- The best in sports bras and training shorts can be purchased at [lululemon athletica](#). Invest early and once. Pick up at least one of each. It’s worth the price.
- For Gents, the best bet is the Hybrid Camo Shorts by [FORGED](#). They are well worth the \$59.99. And the founders, Ryan and Mike, donate a lot to their former branch specialty, the U.S. Navy S.E.A.L.s.
- For training tees, cover all of your bases. Pick up a shirt from Life As RX, FORGED, SICFIT, PROGENEX, and ROGUE Fitness. CrossFitter’s around the world recognize that you are one of them. You can get one of each for about \$150 total and be covered for a year.
- The best knee-high socks for men can be found at [CEPSocks.com](#). If it’s a dead lift day, you’re going to wish that you had them. For women, the best socks are at [Fashletics](#).
- If it is a) perpetually cold b) your first of three workouts for the day, invest in some [SKINS](#). The compression gear will keep you warm and reportedly help you recirculate blood, helping recovery.
- If you’re an advanced weight lifter, you’ll need some Olympic lifting shoes for those specific WODs. [ROGUE](#) sells Nike [Romaleos](#). Those are by far the coolest and the most functional.

### **Nutrition**

- Find your neighborhood’s Whole Foods Market or the grocery equivalent. Nutrition is paramount if you want CrossFit to be a transformational experience for you.
- For nutritional guidance, start here: [CrossFit Nutrition](#)
- Read the [Paleo Diet for Athletes](#) to gain better perspective on what needs to be done to maintain energy levels, perform at your best, and achieve the most drastic change in body composition.
- Invest in Fish Oil. Pick some up from [SFH](#). They sell the best in the industry.
- To Forge Elite Fitness, elite nutrition and supplementation is non-negotiable. Which brings me to my next point...
- The most proven protein goes to [PROGENEX](#). At \$70, their recovery formula is used and endorsed by CrossFit’s best athletes. If it works for the people that train at elite levels of strength and volume, it will work for new clients. They do the most to support the community, affiliate owners, and CrossFit’s events. Some protein supplements market to athletes who *train to endure*. PROGENEX is for athletes who *endure to win*, at whatever the game, in sport and in life.
- Invest in some aspirin for post WOD recovery. It will help with inflammation and the ability to “get up and go”, the next morning.
- Buy Tim Ferriss’ New York Times’ Best Selling new book after the initial CrossFit consumer shock. [Four Hour Body](#) will keep you motivated for training and ample nutrition. It also features CrossFit rockstars: [Zach Even-Esh](#), [Kelly Starrett](#), and [Brian Mackenzie](#).

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- The best collection of Nutrition/Training/Supplementation links can be found here on the home page of [CrossFit Vancouver](#).
- When in doubt, have [Paleo Kits](#) (high-quality macronutrient mix) on you. You can order from Steve’s Original. It benefits *Steve’s Club*, a program for inner-city youth.

### **Tips for the first 50 days.**

- Know how to take a compliment. Your life will change, your body and outlook will change with it. Surely, your friends will notice.
- Be on time for your training and get a good warm-up.
- Be resolute when it comes to your shopping. Focus on real food. Buy groceries that are alive and organic. Not packaged and processed. I can’t say this enough!
- If nothing else, maintain the 80/20 rule. When it comes to bad meals, no more than 2-3 per week.
- Continuously set your goals. Achieve them and set more.
- But start slow. Remember, though you may see quick results, CrossFit isn’t a quick fix. This is a lifestyle change. You’re in this for the long haul.
- Look to your peers and training partners for inspiration. You’ll find that they are there for you as much as they are for themselves. CrossFit is all about community.
- After day 50, reflect on your introduction to the CrossFit community. Reach back and help someone along. Pass this along to them. As you grow more aware of how this community works, you’ll find that it was of more help to you than you originally thought.
- **ONE FOR THE ROAD:** Don’t be discouraged by scaling your workouts. The best of us have scaled, once upon a time, not too long ago.

This document was produced by [Web Smith](#) | *websmith media, L.L.C.*. Better known as “Lindsey Smith’s husband” (smile, Dave Castro). He is the President and C.O.O. of SICFIT and a 2010 CrossFit Games Competitor (6th Place - CrossFit Central). Their family blog is a CrossFit Affiliate: [WeAreCrossFit.com](http://WeAreCrossFit.com), also known as *CrossFit Chronicles: The Smith Family*. They eat, breathe, and sleep CrossFit. It is awkward to write in the third person.