



On behalf of all of the staff, I would like to thank you for considering CrossFit Southie. You have chosen one of the premier boxes in the country, dedicated to making your training and conditioning toward Elite Fitness both rewarding and satisfying. Our coaches are highly trained in the CrossFit methodology and are the best at what they do. No matter where you are in your fitness journey we will provide proper guidance, motivation and world class coaching to help you become the best you can be.

Our carefully structured programs go far beyond standard fitness classes and just getting into shape. We will help you acquire a functional, broad, and elite level of conditioning, giving you the strength and confidence to meet any random or unpredictable situation life throws at you. You will also be challenged to push past many of your previously held beliefs concerning your physical and mental capacities. This is all part of our personal development program, raising the bar and the quality of life for all of our athletes in every way possible.

If you do decide to sign up, the first few months of your training will require you to be patient, consistent and determined. If you can get here, we can help you with the rest. We have all been there and understand the soreness and the frustration with highly coordinated/skill movements (double unders, squat snatch, etc...), just show up! We are here to help, in any way in which we are able, and are happy to discuss your progress at any time.

Please review the following, as important topics relevant to your potential membership and your success with the program are discussed:

Membership - When you first sign up, instead of asking you every month if you would like to renew, we assume that you are going to continue on with your membership unless you tell us otherwise. Membership runs from the day you start to the same day the next month (example 1/19 to 2/19).

Payment – We prefer EFT, which requires a voided check. We do accept credit card for membership payment, however, we add an additional \$10 to the monthly payment to allow for the credit card service fee. In order to get started, please show up 10 minutes early to any of our classes, with voided check in hand, and we'll get you all squared away.

Cancellation - We want to make this as simple as possible. If you would like to stop your membership, please send us an e-mail at info@crossfitsouthie.com anytime before your renewal date. No explanation required; no hard feelings.

Hold - If you are going on vacation, have come down with an illness or something else comes up that is keeping you from getting to Southie, send us an e-mail at info@crossfitsouthie.com (please try not to just let us know in passing, we may forget) and we can put your account on hold. When you are ready to come back in, send us another email and we will start your membership back up. Your membership will extend the number of days you were away for. Please make sure to let us know before and not after the fact. We also ask that your hold is at least a week in length. We are not responsible to go back and put a hold on your membership if you tell us after you have already been out for an extended period of time especially if you were having a case of the idontfeellikeworkingout-itis.

Classes per week - The CFS week runs from Sunday to Saturday. A big part of our program is consistency and one of our main jobs as coaches is to hold each and every one of you accountable. It is easy to fall out of the groove and lose momentum. It's your job to get here, and we'll help you do the rest. If you miss a week because of work, etc...make sure to get your fitness on outside of CrossFit, using what you've learned during classes. Adding to that, classes are NOT transferable from week to week. We operate on a use it, or lose it policy. If you sign up for 3x/week, you may not come

in 2x one week and 4x the next. We are not super strict on keeping attendance but follow more of an honor policy. We only ask that if you are coming 3x/week, be considerate and pay the 3x/week rate.

Free Classes – Designated Open Gym hours and Mobility classes are free with membership. If you sign up for 2x or 3x per week, you may come to as many of these free classes you would like, in addition to your 2x or 3x per week. Some Open gym hours will have coaches available to help you work on movements that you would like extra attention with. You could also utilize these hours to make up a workout that you missed earlier in the week or to do your own strength/skill WOD.

Unlimited members have access to Southie Green during all non-peak business hours. The box will be open from 530am-8pm during the week and during classes on Saturday and Sunday, unless otherwise noted by a holiday schedule or another event taking place. 2x and 3x/week members may still take advantage to the four coached open gym hours scheduled and are welcome to work on skills before or after class but will need unlimited status to use the box at non Open Gym scheduled times for WODs and strength work. Skill work is allowed for limited members at all times except prime time hours (noon, 5pm & 6pm). The class takes preference and if there is not room you will be asked to forgo your skill work. There will be limited coaching during the non-class/non-open gym hours but unlimited members are able to come into the box and work on skills, do competitor programming or a WOD of their own. To go along with this there will be some rules in place that must be followed or open gym privileges may be taken away:

1. Please note: priority goes to any class that is taking place. Please be respectful during class hours and work around the class, especially the busier classes. Open Gym is not permitted during 6pm classes Monday-Thursday.
2. If you have been doing CrossFit for less than 6 months, you may not train exclusively in open gym, you must take classes.
3. This is non-coached time. Coaches have administrative, clogging, cleaning duties, etc.. to attend to during the day. Please respect their time.
4. Please do not do anything stupid, including attempting 1rm's without spotters. Please note #3 and use other open gymers for spotters.
5. All of our coaches have the right to stop you from doing anything that they believe is unsafe.
6. Bring your own music/headphones. The gym music is to be kept at a low level during open gym hours to respect people getting work done and those receiving massage.
7. Please pick up after yourself. Equipment should be wiped down and everything should be put away where you found it and not left out for the coaches to clean up after you.

Schedule- The [schedule](#) is not the same Monday through Friday and is subject to change on Holidays, as well as, when we host CrossFit certifications and other events. Any changes to the schedule will be posted in the blog and will be updated on the Google calendar. Make sure you check the blog/schedule before coming in, especially around holidays. If changes to the schedule force you to miss your designated # of classes that week, feel free to make one up the week before or after.

Southie Orange vs. Southie Green - CrossFit Southie is comprised of two campuses located less than 100ft from one another. Our original campus has come to be known as Southie Orange and our newer facility, as Southie Green. These campuses can be distinguished by the corresponding color of the painted pillars inside each box.

Scaled vs. Rx vs. All Levels vs. Burnt Toast - Our *Scaled* classes are slower paced, focusing on the technical movements involved in CrossFit. These classes are great for the 2x/week athlete or the newbie looking to ramp up their fitness level and fitness education. Being surrounded with peers of similar ability levels, in a less intimidating environment, provides for a comfortable learning experience, with more focused individual attention and guidance to help build a strong foundation during the early stages of your CrossFit career. The *Scaled* classes are NOT exclusively for

beginners, they are for anyone who wants a more detailed overview of the movements being covered that day, and for those who want to be surrounded by athletes of their same level.

To go further, during our busier hours at 5pm and 6pm, we have 2-4 coaches on which enables us to break off based on experience level of the days movements and essentially run somewhat separate newbie and intermediate classes. Instead of having an elements program we are able to effectively ramp up newbies fitness and fitness education in a comfortable learning environment.

In order to take an **Rx** class you do not have to complete the prescribed weights or unassisted body weight movements, we just ask that you have previously done the movements before in a class or are comfortable with some sort of modification. There will not be as much coddling during the *Rx* classes and time will be spent on furthering skills. For example, on muscle up day we will not review pull ups and dips during *Rx* classes. Instead, we will spend most of our time working muscle up technique and transitions. If you are a newbie (don't have the kip quite down yet, have never set up a ring dip with the bands), we suggest you show up to the *Scaled* classes or the *All Levels* classes as time will be spent going into detail on technique, how to setup, how to scale appropriately, etc.. Lastly, if you have been a member for 2+ months and have seen all the movements a few times don't be fearful of jumping into the *Rx* classes. These classes are going to help further your skills, push you a little harder and free up some room in the *Scaled* classes for more newbies to learn.

All are welcome during *All Levels* classes. These classes are at non-high traffic times and we will have multiple coaches on when necessary to help all ability levels.

Burnt Toast is our competitor programming. This program assumes that you have taken 3+ months of *RX* classes and have developed efficiency in the movements and can complete most workouts as *RX*. Your work capacity is now higher and you will benefit from more volume, including more strength and more technical work. You are expected to watch the videos on the site (Burntoastwod.com) and start the class on time, stay on pace with the suggested times on the site to keep things moving and start the WOD with the class. Coaches are here to guide you through and help with improving technique on platforms but there will be little drilling and more time moving and feeling the movements. Burnt Toast runs alongside classes on the hour in Southie Green on Mon, Tues, Wed & Friday and athletes are expected to show up on time. On Saturday the only Toasty class will be at 8am. Burpee penalties will be assessed where necessary. There will be coaches on to help out at busier toasty hours such as 6,7,12,5,6 &7.

Pre-Registration – not required for any of our classes. Just show up!

Blog -The [blog](#) is updated each night around 8pm. At this time we post the Workout Of the Day (WOD) and any relevant/important information about CrossFit or events going on in the community.

WOD – Example

“McGee”

30 min AMRAP

5 Deadlifts (275,185)

13 Push ups

9 Box jumps (24, 20)

L3 – (225,135); L2 – (185,115); L1 – (155, 95) (20, 12)

We are all at different stages of our fitness journey. Here at CFS, our WOD is programmed for all ability levels. The *Rx* version is the original one written without any modifications and as CrossFitters our goal is to eventually work up to the suggested weights, rounds, etc.. in the *Rx* version. Once we are able to complete the

Rx version, in most cases we wouldn't go any heavier but rather would try and get through the workout faster or in the above case get more rounds. With the exception of those with a strong athletic background and/or experience in weightlifting/gymnastics/sprinting, most of us first coming in will not be Rx athletes. Instead, we would start by scaling the workout to our abilities. We post different levels as guidelines to help to give you an idea of where you should be. For example, if you usually come in and do the L2 weight, you will most likely be somewhere around the level 2 weight for the above WOD. Now these are merely guidelines, you can always pick a weight that is in-between levels, or we can help substitute an exercise due to an injury, etc... Also, coaches are here to help you determine weights but we also expect that you start to become responsible for your fitness and learn the movements and your ability levels. WODs are well thought out and carefully planned. They are different day to day and from week to week. For example if you come the same days every week you won't have to worry about completing the same movements or same time duration over and over, there will be a lot of variety.

Important Blog Posts/Info - On the right side of the [home page](#) you will find a list of helpful blog posts. These range from the best shoes to wear while CrossFitting to refueling after a workout. We also have an Info category that includes some travel WODS, athletic milestones, and important CrossFit articles. If you have some free time, check these blogs/links out.

Events - We are more than a gym here at CrossFit Southie, we are a community. We are constantly holding events, whether it be a CrossFit competition, Paleo challenge, a Halloween bar crawl, holiday party, group ski trip, etc... These events will be plastered all over the blog in addition to being updated on our [Upcoming Events](#) page and they may also be shown under the upcoming events tab on the right side of the page. We have an unbelievable group here and would love to get everyone involved. If you are interested in being on our social committee shoot an email to info@crossfitsouthie.com and we'll get you involved.

Mobility - Mobility is extremely important to your success and longevity as a CrossFitter. As a result of the information age we are constantly put into poor positions, which leave us prone to injury when it comes to everyday activities and exercise. The CrossFit program exposes these inadequacies/deficiencies and forces us to address them. By performing mobility during class and outside of the gym, we are able to put our bodies into better positions to build a more functional body and prevent injury. Buy a foam roller, baseball and stretch band and check out mobilitywod.com. Attend mobility class, and use what you learn here at CrossFit Southie to work on getting into better positions during your time away from the gym. If you're sore, foam roll to release the adhesions and stretch the muscle to get it turned around for the next WOD. Spend some time everyday working on improving your squat, mobilizing your hips, etc. Again, this is a critical part of the program and is integral to your success.

Parking - We share a large parking lot, with three of our own dedicated spaces. With the exception of the CES and HILTI dedicated spaces, the rest of the lot is on a first come, first serve basis. The two businesses that we share the lot with are 9-5 Monday – Friday and CES remains open on Saturday. During these hours please do not park in CES or HILTI dedicated spaces. If the lot fills up, there is additional street parking available to everyone, not just South Boston residents. We are also restricted from parking in the Blue Cross and Blue Shield lot or on their fence line along our 400m running route. Please do not park in the transmission lot to the left of our building (when facing) during normal business hours as tow trucks require in and out of the lot during the day. Each of these businesses have threatened to tow and we are not responsible if that ends up being the case.

Penalties - Make sure you show up to class on time, there is a 5 burpee penalty that we will hold you to for every minute you are late. Don't worry; the burpees will not exceed 50. The rule is in place to ensure that you are properly warmed up for the class, not to punish you. Also, please respect the [equipment](#), the safety of others and your instructors. Please do not drop empty barbells, watch the [weight room safety video](#), and respect your coaches when they are speaking. Any

failure to do so or comply with the weight room safety video guidelines may result in a burpee penalty. Please accept the penalty; it's for your own good and the good of the community!

Member Login - At the top of our home page, you will find a member login. The code to access the site is **02127**. Once your login is setup you will be able to create your own personal profile, also to browse our member directory and access our Paleo tracker to enter information for challenges. Lastly, we will have a scoreboard where you can enter your times/scores on the current days WOD and see how you stack up against the best sores/times for the day.

Guardian Coaches - Every member of CFS is appointed a guardian coach as your main resource. You will receive an e-mail within a few weeks of signing up from your coach. Your coach's responsibility is to make sure you succeed with the program, whether that be making it to class regularly, help with your nutrition or improving your squat. The rest of the coaching staff is also here as your support group and we are always willing to help but we strongly encourage you to reach out to us. Show us you want to get better and are willing to take steps on your own and we will help you get there.

That's all for now, if you have any other questions feel free to ask your coaches. Looking forward to getting you involved!