

SEARCH [input] Choose Category [input] GO

WaMu Free Checking +5.00% APY Savings. Apply online in just 7 minutes. LEARN MORE FDIC Insured WaMu

GET OUT Sweat and effort

- News
Metro | Latest News
North County
Temecula/Riverside
Tijuana/Border
California
Nation
Mexico
World
Obituaries
Today's Paper
AP Headlines
Business
Technology
Biotech
Markets
In Depth
In Iraq
Pension Crisis
Special Reports
Multimedia
Photo Galleries
Topics
Education
Features
Health | Fitness
Military
Politics
Science
Solutions
Opinion
Columnists
Steve Breen
Forums
Weblogs
Communities
U-T South County
U-T East County
Solutions
Calendar
Just Fix It
Services
Weather
Traffic
Surf Report

SAVE THIS EMAIL THIS PRINT THIS MOST POPULAR

Reader Survey

Please help SignOnSanDiego.com serve you better by providing the following anonymous information. This will take only a moment.

Age: [input] Gender: Male Female
Country: United States Zip Code: [input]
E-mail address: [input] (*OPTIONAL)

No magic tricks; CrossFit puts the work in workouts

UNION-TRIBUNE
August 28, 2007

Bypass the super-jocks jockeying for position around the leg-press machine and say sayonara to pricey gym memberships. CrossFit, a core strength and conditioning program, is out to prove that you can get in the best shape of your life by practicing basic, functional fitness exercises with minimal equipment and limited time.

CrossFit SoCal, a San Diego affiliate of the national program, offers a free Weekend Warriors class Saturdays to introduce the program. Organizers say it can help the out-of-shape whip their workout blahs into action and leave even the exceptionally fit begging for mercy. It is not complicated, but its simplicity is punishing. You do dizzying, ever-changing combinations of exercises like pull-ups, short runs, squats, jumps, push-ups, handstands, medicine ball throws, cartwheels, Olympic lifts, gymnastics and more, and you do a lot of them in a very short amount of time.



NELVIN CEPEDA / Union-Tribune
Aaron Ricciarelli lifted weights during a morning workout at the CrossFit SoCal Weekend Warriors Class. The class was performing a series of five 1-minute workout evolutions in three repetitions.



Quicklinks

- Restaurants Bars
Hotels Autos
Shopping Health
Eldercare Singles

Business Listings

[input] GO

Free Newsletters

- SignOn News Alerts
News as it happens
Sign Up Now!
Cell Phone Alerts
Privacy Policy

Local featured jobs

Archives
E-mail Newsletters
Wireless | RSS
Noticias en Enlace
Internet Access



Sponsored Links

Do you have Mesothelioma?

We can help you and your family, just ask us.
www.askaboutmeso...

AARP Auto Ins Quotes

Over 50? Save \$303 On Auto Ins With The Hartford. Free No Hassle Quote AARP.TheHartford.com

House Payments Fall Again

\$310,000 Mortgage for \$999/Mo. Paying too much? No credit check reqd.
www.lowermybills.com

– PAULA STORY

SIMPLY GRUELING: Greg Glassman, a former gymnast, developed CrossFit as a core strength and conditioning program based on constantly varied, functional movements performed at high intensity. Participants and trainers say the program is the ultimate test of fitness.

“You can literally just put yourself on the floor in four minutes and be down for the day,” said Krista Jones, owner of CrossFit SoCal, who notes that trainers don't pressure anyone to be good or necessarily fast right away.

“What we really stress is proper form,” Jones said.

Many of the exercises focus on functional movements; squatting, lifting and reaching are things we do every day and need to be able to do even in old age, Jones said.

ROUTINE IS THE ENEMY: The CrossFit program is used across the country by police academies, tactical and military special operations teams and by elite athletes to build fitness through combinations of activities like free weights (deadlift, squat, clean and jerk, presses, snatch) as well as gymnastics (pull-ups, dips, rope climb, push-ups, sit-ups, handstands, etc.) along with biking, running, swimming, rowing or any new sport you like. The schedule suggests three days of working out with one day off, exercising five or six days each week.

Many of the workouts have names like Fran, Grace or Helen – akin to storms – and a typical workout might be something like 21, 15 and nine repetitions each of handstand push-ups, ring dips and push-ups, or three timed rounds of an 800 meter run, 50 back extensions and 50 sit-ups.

Weekend Warrior classes last one hour, with warm-up and cool-down, but many of the workouts can be done in 20 or 30 minutes once you know them.

MEET PUKEY: First-timers are often advised to do half the workout with no weight or 10 percent of the weight; a broomstick might stand in for a barbell with weights. The idea is to do the exercises correctly, build strength and endurance, and ramp up your workout.

“You have to be careful and start easy; people are not accustomed to working out like this at all,” Jones said.

In fact, some proponents work out so hard they vomit. That's not the goal, but Pukey, a dazed-looking, green-spewing clown, is a CrossFit mascot of sorts, and you will be asked to sign a release form.

GARAGE GYM: The Weekend Warriors class is only once a week, on Saturday, and Jones recommends several workouts a week. But once you get the fundamentals down, you can do many of the workouts at home or in your regular gym. Track down some dumbbells, a jump rope and a pull-up bar, perhaps at a local park, and you've got many of the basics.

Jones encourages those who are new to the program to get the basic exercises down to avoid injury and get the maximum benefit. You can take group

Cocktail Server
LA JOLLA, CA
LODGE AT TORREY PINES

Accountant/ CPA
SAN DIEGO, CA
BENITO & CO.

Room Service Servers
LA JOLLA, CA
LODGE AT TORREY PINES

Management Chief of Services
SAN DIEGO, CA
Confidential

PATROL DRIVERS
SAN DIEGO, CA
PACWEST SECURITY

[More jobs](#)

Advertisement

Guides

Vegas ▶ Spas/Salon ▶
Travel ▶ Weddings ▶
Wine ▶ Old Town ▶
Baja ▶ Catering ▶
Casino ▶ Home Imp. ▶
Golf ▶ SD North ▶
Gaslamp ▶

classes or get personal training. You can also go to www.crossfit.com to find the WOD – Workout of the Day – along with tips, postings from enthusiasts, video demonstrations and more.

COST: The Weekend Warriors class is free. Fundamental Series class is \$400 for eight sessions; the first class is free. Elite Fitness classes range from \$15 for a drop-in to \$100 for unlimited monthly attendance.

WHEN AND WHERE: 8 a.m. Saturday for Weekend Warriors, 3755 Murphy Canyon Road, San Diego, CA 92123. Reservations: (619) 446-8944 or e-mail Krista@crossfitsocal.com

CHECK IT OUT: Visit www.crossfitsocal.com or www.crossfit.com for info.

Reader comments

Comments containing threats, foul language or thinly disguised foul language will be deleted.

Keep it civil, stay on topic and your posts will remain online. [Terms of Use](#)

[Log in](#) to add a comment. (cookies required)

[Click here to hide all reader comments](#) (cookies required)

[Log in](#) to add a comment. (cookies required)

[Click here to hide all reader comments](#) (cookies required)

[Terms of Use](#)

Sponsored Links

[Deals- New Balance Shoes](#)

Sign up for Exclusive deals on New Balance Shoes. Be in the know!
www.NBWebexpress.com

[Free Weight Loss Plan](#)

Get A Free Customized Diet & Meal Plan. Fitness, Food Tracker & More!
www.SparkPeople.com/free_diet_plans

[Menopause? Cope better](#)

Safe Herbal Relief from hot flashes, mood swings & more. Free trial
www.ChangesForWomen.com

[Bowflex® TreadClimber®](#)

Official Site: Buy Direct & Receive Free Shipping for a limited time.
www.TreadClimber.com

[FREE Health Insurance Quotes & Expert Help](#)

Affordable Health Plans for Singles, Families, and Businesses. Easy Form, No...
<http://www.MostChoice.com>

[Contact SignOnSanDiego.com](#) | [Online Media Kit](#) | [Print Media Kit](#) | [Frequently Asked Questions](#) | [Make us your homepage](#)
[Contact the Union-Tribune](#) | [About the Union-Tribune](#) | [Site Index](#) | [Privacy & Copyright Policy](#) | [Your California Privacy Rights](#)

© Copyright 2007 Union-Tribune Publishing Co. • A Copley Newspaper Site

