Hooray for Summer!

Although summer is not officially here until June 20, summer break at Kansas State University is in full swing. We are still running a full schedule of classes at K-State CrossFit along with some special events just for you!

Saturday Night Ladies

CrossFit training is designed to be constantly varied, functional training performed at relatively high intensity. The majority of the workouts we do will be ones that you have never done before. However, it is also important to track your progress over time with some benchmark workouts.

Those benchmark workouts are all named after ladies: Fran, Cindy, Helen, and Mary to name a few. You can see a full listing of the workouts and their descriptions here. The first Lady of the summer will be Helen: 3 rounds of 400m run, 21 kettlebell swings, and 12 pull-ups. Anyone interested is welcome to come, they do not have to be a member of K-State CrossFit!

Saturday Night Ladies

1941 Strong Avenue—starting at 5pm
♦ June 9: Helen
♦ June 16: TBA
♦ June 23: Nancy
♦ June 30: TBA

Did Someone Say T-Shirts?

K-State CrossFit T-shirts (and ladies tanks) will be here by June 15. We will have extra for those who did not put in a pre-order. See Coach Bryan or Dr. Katie to purchase your shirts. Cost: $25.

CrossFit Class Schedule

Monday-Friday: 5:45am, Noon, 5:30pm
Saturday: 9am, 10am Free Intro class
Sunday: 3-5 CrossFit hours (do the workout posted on the board or work on skills/strength; note that this counts as a class)

Other Programs

Functional Fitness & Mobility: Noon MW
Ladies Boot Camp: 2:30 MTRF
Barbell Strength Program: 6:30pm MWF
**Update on Payment Method**

Note that payments are due on the first of the month.

We are still finalizing the online payment system where you will be able to pay by credit/debit card or online check.

For now, to make payments by check or cash, please stop by Room 4 during LIFE hours: Monday—Friday, 11am-1:30pm. Or, contact Pratik by email: pratik@ksu.edu or phone (913)908-6976 to arrange another time to make your payment.

For our full pricing schedule, click [here](#).

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**Member Spotlight: 10 Questions**

1. What is your name?  **Pratik Patel**
2. Where are you from?  **Shawnee, KS**
3. When did you first start doing CrossFit?  I did my elements last February (2011) and regular classes starting in March.
4. What do you like about CrossFit?  I like how challenging and difficult the workouts can be, both mentally and physically. Nothing is ever really the same and it is difficult to master all of the different elements involved.
5. What is your new role with the LIFE program and K-State CrossFit?  I am currently the LIFE Coordinator in charge of managing and overseeing the daily operations with the LIFE Program and K-State CrossFit.
6. What is your favorite workout and why?  Anything with deadlifts, double-unders, hang cleans, strict presses, ring dips, or handstand pushups (e.g., Diane, Annie, etc..) because I like those movements, and I’m really good at them.
7. What is your least favorite workout and why?  Anything with running, thrusters, snatches, or jerks (e.g., Fran, DT, etc..) because I am not very good at those movements.
8. What would you say to someone who is wondering if CrossFit is for them?  Give it a chance. CrossFit can be tailored for any individual regardless of age, skill level, fitness level, or strength. It will challenge you more than you expect and what you can learn from it you can apply to everyday life.
9. Since you’re an RD, what advice would you give someone who is wondering how to best fuel their body for CrossFit workouts?  Make sure you consume quality calories every few hours to provide you body with the energy to accomplish daily tasks, and hydrate throughout the day. Refuel immediately after workouts with carbs and protein to replenish energy stores and to stimulate muscle building.
10. What else should we know about you?  I am in the process of creating a website dedicated to providing nutrition and exercise science information based upon my experiences and what I have learned as an RD and Kinesiology Grad Teacher. I want to be able to answer any questions you have regarding nutrition and exercise physiology. The website is at [www.nutritionRxD.com](http://www.nutritionRxD.com) (Nutrition Prescribed, from an RD!). Please direct any questions you may have or anything you’ve been wondering about to pratik@nutritionRxD.com, I would be happy to answer them for you!
Updates on Programs and Challenges

**Functional Fitness and Mobility**
In case you were wondering, the smaller noon class on Mondays and Wednesdays with Coach Shely is focused on improving mobility and functional fitness. The lower-intensity, lower-priced class is perfect for beginners, those with functional limitations, or people wanting to improve skills and flexibility.

![Functional Fitness and Mobility Image]

**Rx Checklist Challenge**
So far 11 have taken on the challenge, but only 3 members have been “Certified Rx” by completing 32 skills testing their ability to do every "girl" benchmark CrossFit workout as prescribed. The next challenge will be Saturday, July 7 starting at 8am.

![Rx Checklist Challenge Image]

**Saturday Skills (9am)**
Join Coach Shely to work on one or two CrossFit skills, changing weekly. Learn skill progressions scaled to your individual ability, and do a short workout. June 9-Push Jerk, June 16- Muscle-Ups, June 23-Snatch Balance

![Saturday Skills Image]

**Barbell Strength Program**
If you happen to stay after the 5:30pm class ends Mondays, Wednesdays and Fridays, you will get to see those participating in the Barbell Strength Program. Coach Bryan Heinrich is offering this 9-week lifting program for sport performance from 6:30-7:30pm on Mondays, Wednesdays, and Fridays; focus is on developing proficiency of the main barbell lifts: squat, deadlift, press, jerk, clean and snatch.

![Barbell Strength Program Image]

**Summer Training Program for High School Soccer Athletes**
Coaches Bryan, Christian, and Aaron are providing summer conditioning for the Manhattan High School boys soccer team Monday, Wednesday, and Friday mornings at 9am. The program is focused on developing power, intensity, and cardiorespiratory endurance.
Our Mission

Education
Edcuate students and class participants about CrossFit
methods through exposure to the program.

Health
Have a public health impact by offering quality training
and programming principles.

Research
Conduct scientific research using CrossFit methods with
a variety of populations.

Find us Online at
www.k-state.edu/crossfit

Child Care Details
A supervised play area is available:

M-F 5:30pm & Sat. 9:00am
Ages 6 weeks to 10 years.
Children must be signed up at least 24 hours prior
to the class using the online form found here.

Child Care Pricing

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Want to learn more? Check out the CrossFit Journal: journal.crossfit.com; Gymnastics
Skills and Progressions: www.gymnasticswod.com; Mobility Exercises:
www.mobilitywod.com; CrossFit Kids: crossfitkids.com; Competitive CrossFit:

We are interested in hearing from you how we can improve
K-State CrossFit! Please feel free to email us with suggestions,
ideas, and concerns: CrossFit@K-State.edu.