

Tada gan iarracht

WARRIOR CROSSFIT MUSCATINE

**WE MOVED!! Come see us at our new location:
103 Ford Ave., Suite 1 (the old Sears Appliance next to O'Reilly Auto)**

February 2013

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Warrior of the Month

Jan Fasse



Jan came to us when we first opened in September 2011. She twice-conquered the Paleo Challenge since then. Additionally, her lifts continue improving and her one-rep max numbers keep escalating. Congrats on that 95# power clean! You can see the focus, thought, and determination that goes into Jan's lifts and WODs. All that effort pays off in continuing strength and endurance gains. Further, she's mastered the handstand, continues getting deeper on her handstand pushup, and nearly has continuous unassisted kipping pullups as an achievement. We enjoy watching Jan's progress, and we love her positive, can-do attitude. Jan looks at everything as an opportunity to learn and progress, whether it's a Paleo challenge, a new movement, or practicing additional skills. Keep it up, Jan!

Coach's Corner

by Jacob Garvin

Dear Soon-to-Be Paleo-fied Warriors -

So this is the 3rd semi-annual paleo challenge for some of us, and I'm hoping we at least learn something about our eating habits during an entire month focused upon healthy eating. Before reading on, let me first say it's not hard to eat clean for 30 days. Cancer is hard. Not having the financial stability to know when you're going to eat again is hard. That being said, if you find yourself falling off the Paleo wagon (which everybody does to some extent according to the previous score sheets), I encourage you to try 'Halving the Junk' instead of throwing in the towel.

Here's an example: Let's say you approach Valentine's Day and you're really craving booze to take the edge off since you forgot to pick up flowers for your cyber partner. Instead of mailing in Paleo Month, try halving your typical weekly consumption of crap.

Quick and dirty math: 2 Budweisers per night=14 per week. 145 calories=1 can of Budweiser, which equates to 2,030 calories per week. If you cut that number in half to 7 beers per week, you're cutting over one thousand junk calories on a weekly basis, which extrapolated out is about 15 pounds of pure junk on an annual basis by simply moderating, not eliminating.

The same rule can and should be applied to chips, soda, sweets, and cheese. Look at the calories you would typically consume eating these foods on a weekly basis (be honest) and find a way to slash that number in half. If you can live with this amount, then all of the sudden 'Paleo Month' can permeate into a sustainable healthy eating plan.

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Mobility, Mobility, MOBILITY

I spent the Jan. 30 and 31 watching the free 2-day online seminar from Kelly Starrett of www.mobilitywod.com and my mind is BLOWN (again). So much of what all the presenters had to say resonated with me AND the entire seminar gave me a language for what comes intuitively (to me). YOUR body is YOUR responsibility. Avail yourself of the tools necessary to keep it in top condition - e.g., exercise, stretching, nutrition - to extend your functionality and maximize the abilities of your body! What I am saying is this: spend the time to not only work your body by coming to CrossFit, but also to RECOVER your body and EXPAND its potential by working those trouble spots (front rack position, anyone? bottom squat position anyone?) AT HOME and by cleaning up your nutrition. Pain is NOT normal, and neither is limited range of motion. Own your body and maintain it. See also: <http://www.yogatuneup.com/yoga-therapy-pain-relief>

Upcoming Events

Wed. 01/30 - *Registration Opens for The CrossFit Games Open* - This is the start of the Olympics for the sport of CrossFit. The worldwide Open will lead into the same 17 Regionals, and the same number of athletes will qualify from each region to the Games. More details can be found here: <http://games.crossfit.com/article/welcome-2013-season>

Fri. 02/01 thru Sat. 03/02 - *30-day Paleo Challenge v3.0* - Spend 30 days eating clean and feeling great! Find out if nutrition is the missing piece in reaching your fitness goals and learn something new about your eating habits and where your food comes from! Details on rules and prizes here: <http://wcfmuscatine.blogspot.com/p/paleo-challenge.html>

Sun. 03/06 - *The CrossFit Games Open BEGINS* - We hope you registered to see where you stand with other CrossFitters from around the world!

Sun. 03/17 - *1st Annual MuscaVegas St. Paddy's Day Throwdown, 12-4 PM* - WCFM is hosting it's first CrossFit competition! 30 teams of 2 will compete for cash prizes. Registration is \$30/person, which includes a t-shirt. A portion of the fees will be donated to the Wounded Warrior Project. Registration for WCFM begins 01/21 and lasts through 02/14. Registration for the general public begins 02/15. Details on divisions, weights, skills, and volunteering available here: <http://wcfmuscatine.blogspot.com/p/1st-annual-muscavegas-st-paddys-day.html>

Sat. 09/14 & Sun. 09/15 - *Tough Mudder St. Louis* - Here's a goal for 2013! Complete a 10-12 miles long obstacle course with your fellow Warriors. To join the WCFM Tough Mudder Team, please visit this link to join the team: <https://www.raceit.com/register/groups/join.aspx?event=17999&id=1451264&group=298898>
[Team Password: WarriorCF]

CURRENT MEMBERS:

Remember, you earn \$15 off your next month for each new person you get to sign up as a WCFM member.

Confused about acronyms used in the gym? Looking for bodyweight WODs you can do on the road? Curious about our nutrition recommendations? All this and more can be found on our Resources page online here: <http://wcfmuscatine.blogspot.com/p/resources.html>

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Coach Sarah will be MIA from WCFM the week of February 4-8. She will be helping with the public comment hearings for a proposed rule to list 66 species of corals as endangered or threatened under the Endangered Species Act. Read more about this rule here:
<http://www.nmfs.noaa.gov/stories/2012/11/82corals.html>