



OnRamp Intro Packet

The overall purpose of our On Ramp program is to provide the members with the skills and knowledge necessary for attending the Regular Group classes in a safe and effective way. The regular class is where you can challenge yourself in a group atmosphere, play games and strengthen your knowledge of human performance, nutrition and health. This is where you find out what you are capable of and how hard you can push yourself. We teach Mechanics first, then we build Consistency with those mechanics and then add in Intensity and Volume last. On Ramp is a place you will set baselines for weightlifting movements, learn your movement deficiencies and understand how to scale. CrossFit offers an infinite number of workouts and hundreds of movements to learn, so don't worry if it all feels overwhelming, we do not expect you to learn everything in one month of On Ramp! The following is a guideline for success in the program and our expectations for what you should know heading into the regular group class.

Contact Information:

mail@paradisocrossfit.com - David and Martina

Gym (310) 823-1383

David's Cell (310) 561-4754 – feel free to text as well!

zeb@paradisocrossfit.com

gretchen@paradisocrossfit.com

frank@paradisocrossfit.com

the Basics

First and foremost, we expect you to **check the website everyday**. CrossFit, as well as your fitness and health, will require a great deal of learning and participation. The website has been updated every day for over two years, leaving behind a mountain of useful information to browse. There is a video library that includes over 150 instructional videos to help prepare you for class and show you different scaling options and progressions. The website is also where we communicate with you and the rest of the PCF community about upcoming events, important information about the workout of the day and celebrate our members' achievements!

We expect you to have **memorized the following warm ups**: DROM, Shoulder Prep, Burgener Warm up and the movements in the Classic Warm up. Each of these can be reviewed in our video library. We understand memorizing all of this information can be intimidating, so be sure to check the right hand side of our big whiteboard above the office for a 'cheat sheet' of the warm ups:)

We have outlined four fundamental movements that we expect you to understand: the Squat, Deadlift, Overhead Position, and Pull-ups. If you cannot perform these movements perfectly, due to a lack of strength, flexibility or mobility, that is ok! We are only asking that you have a solid understanding of *how* to properly set up and execute the movement.



Squat

No movement is more foundational or functional than the squat. We squat when we are getting off the toilet, out of the car, off the couch and anytime we move from a seated to standing position. Understanding and executing the squat properly will vastly improve your fitness and life!

SET UP:

- Stance = Shoulder Width
- Full Extension at hips and knees

EXECUTION:

- Weight on heels
- Lumbar curve maintained
- Chest up
- Butt travels back and down
- Bottom of Squat is below parallel
- Actively drive knees out to track parallel to feet or beyond
- Return to full extension at the hips and knees to complete movement
- Head position is neutral

Related Movements: Air squat, Front squat, Overhead squat, Back squat, Thruster, Wall Ball, Clean, Snatch



Deadlift

The bio-mechanically correct way to pick something up. We do this every single day! We may train with a barbell or kettlebell because it has a nice convenient handle, but this movement is the same no matter if we are picking up the groceries or a child. This movement was historically called the "Health" lift for good reason, you cannot live independently without this basic ability.

SETUP:

- Stance = between hip width and shoulder width
- Weight in heels, driving knees out
- Back arched/lumbar curve locked in
- Shoulders slightly in front of bar and pulled back tight
- Bar in contact with shins
- Arms locked out straight
- Symmetrical grip outside the knees, just wide enough not to interfere with the knees.
- The back is slightly slanted up, think pull the chest up
- The hamstrings are above parallel and stretched, think pull the butt up

EXECUTION:

- Drive through the heels
- Extend legs while hips and shoulders rise at the same rate
- Once the bar passes the knees, the hip opens all the way up
- Bar maintains contact with the legs the entire time
- Head neutral
- On return to the floor, push the hips back and shoulders forward slightly; delay the knee bend
- Once the bar descends below the knees and the torso angle is set, return the bar down to the setup position by bending the knees slightly

Related Movements: Clean, Snatch, Sumo Deadlift, SDHP, Med Ball Clean, Kb Swing, Life



Overhead Position

The overhead position is essential to developing healthy shoulders and back. We neglect this area in our everyday lives, often times preferring to sit in a shoulder forward, slouched position; think about how you sit at your computer. We want to get those shoulders pulled back where they belong! The execution below relates to all of our pressing and jerking movements.

SETUP:

- Stance = Hip Width
- Hands just outside the shoulders
- Bar in front, resting on the "rack" or "shelf" created by the shoulders
- Elbows down and in front of bar; elbows are lower than in the front squat
- Tight midsection
- Closed grip, with thumbs around the bar

EXECUTION:

- Drive through the heels; keep the whole body rigid; tight belly
- Bar travels straight up to locked out, with active shoulders, directly overhead
- Head accommodates bar (bar path has a straight line)
- To move head out of way of bar path, pull head back – Do not look up

Related Movements: Press, Push Press, Push Jerk, Split Jerk, Handstand, Handstand Pushups



Kipping Pull-up

Hanging and swinging on bars and trees just doesn't happen that often in our daily lives anymore (unfortunately), so teaching the pull up can be challenging and rough on the hands, but that does not mean you should avoid this basic gymnastic movement! Everyone in our gym does some variation of pullups, the following will be an overview of our standard 'kipping' pullup.

SETUP:

- Grip – athletes choice a long as the arms are fully extended. Wide, narrow, hands facing either direction, etc.
- Shoulders are active with lats engaged
- Tight belly and butt, toes slightly in front of the hips with straight spine, the “Hollow” position

EXECUTION:

- Initiate the swing through the lats, not swinging the legs
- Maintain a tight midline throughout the movement, do not overextend the back
- Arms remain straight until you pull
- Initiate the pull on the backswing, head will be behind the bar, feet in front of you, the “Hollow”
- Drive the hips to extension to finish the movement
- Finish with chin over the bar
- Push the bar away from you upon completion of the movement to fall back and away from the bar
- Control your fall into the same backswing “Hollow” position with straight arms

Derivatives: Strict pull up, L Pull up, Weighted Pull up, Jumping Pull up, Ring Rows, Muscle-ups, Toes to bar, Knees to Elbows, Pull Overs



Long Term Approach

Paradiso CrossFit offers a long term approach to health and fitness. This means taking the time to perform movements correctly and safely. Keeping this in mind, we want to develop our skills in the following order:

1. Technique/Mechanics
2. Consistency
3. Intensity
4. Volume

Many beginners make the mistake of skipping the first two points and head straight to Intensity and Volume. Don't be that person! We know how much you want to be in shape, but this is a no nonsense approach, and we must take the correct path by learning the progressions, addressing our individual movement issues and developing good habits. The program is called "On-Ramp" because we are "ramping up" your intensity and volume slowly over time.

We expect you to understand the concepts of scaling and progressions for the more common CrossFit movements. There is a mechanical and metabolic stimulus to any given WOD that can be preserved through scaling load, reps, and rounds. There is a motto in CrossFit, "The Magic is in the Movements." Even though a weight may feel light, if you perform the movement correctly, you will reap greater rewards than the individual that is using a heavier weight with poor form.

Be sure to review the scaling options and progressions through our video library. These are some of the more common movements that you will need to know progressions for: Muscle ups, Handstand Push ups, Kipping Pull ups, Strict Pullups, GHD machine, Double Unders, Push-ups, all Squatting movements, Hollow position, Pistols, Dips, Rope Climbs, Knees to Elbows and Toes to Bar.

Nutrition

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

-the first two sentences from our "World Class Fitness in 100 Words"

Nutrition is the foundation of our athletic development and the above statement is as straightforward as we can make this controversial topic. We understand that there are varying levels of commitment and lifestyle changes people are willing to endure, so we will be here to educate and support you in whatever manner you choose. No matter how hard you work

inside the gym, whatever you are looking to get out of this program, proper nutrition is the key to success and optimal health.

We offer a CrossFit 201 class that goes into great depth on this topic and serves as a jumping off point for most people to adjust their diet. We offer you not just nutritional advice, but an understanding of how both the quality of foods you consume and their quantities affect your performance in the gym and overall health. If you would like to learn more immediately, feel free to watch our CrossFit 201 lecture series in our Video Library and peruse our PCF Nutrition Blog.

Nutrition Support Services

Local, Organic Produce Delivery

Too busy to make it to the Farmer's Market? Don't know what to buy when you get there? Don't have the money to buy organic? We have you covered! Here is the process:

1. Sign up at the bottom of the stairs for a full (\$25) or half (\$13) order by Sunday night
2. From that list we create our budget, order on Monday and the food is delivered every Wednesday morning before they go to the Santa Monica Farmer's Market!
3. We split the orders up and you come and pick it up!
4. We cannot charge this to your account, so bring cash or check. After pick up, just cross your name off the list on the fridge and you're done!
5. If you like the service and don't want to have to sign up each week, you can put your name on auto delivery and only let us know when you DON'T want the produce.

Grass Fed Meat Delivery

By ordering as a group, we receive a bulk discount on high quality 100% grass fed and pastured animals. The company is called US Wellness, check out their website at www.grasslandbeef.com if you have never read up on why grass fed is so important. If you are interested in trying this service, here are the details:

1. Go to their website, build a shopping cart of items you would like and print out the order. They provide, beef, chicken, pork, bison, and even rabbit selections!
2. Bring the order into the gym with a check or cash for the total amount, minus 15%. There is no additional tax or shipping.

3. There are no minimum orders and we don't get a discount on top of the already discounted bulk items
4. We typically have an order go out every 7 to 10 days and we will let you know when it arrives

Please note: many people's first reaction is to comment on the cost of the steaks, but please check out the more common purchases (ie, ground beef, skirt steak, roasts) before you come to any conclusions. The value and selection is amazing when compared to Whole Foods and the cheap meat at the local grocery store.

PCF Nutrition Blog

Cooking most of your own food is a big change for some of you. We developed the Nutrition Blog to assist you with ideas for what to do with the produce delivery and to show you that eating healthy can be easy and delicious. You will also find answers to, "What is Paleo," and, "What is the Zone," as well as recommendations for places to eat out in the area and tons of delicious recipes. We are looking to add helpful videos in the near future as well!

Check it out on the left side navigation bar of our website or go to:

<http://paradisocrossfitnutrition.blogspot.com/>

Attendance Policy

Arriving on time and prepared is critical to your advancement in this program. While we want to make sure you are enjoying yourself along the way, our priority must be to prepare you for the regular class and long term success. This means that if you arrive late, we will give priority to teaching the movements of the day, not the workout! If you cannot attend a class for any reason, you must contact your trainer by 8pm the previous evening, otherwise you will forfeit that class time.

the Graduation Process

Moving into the Regular Class does not mean that you will be performing all the workouts "as prescribed." The majority of members scale the workout of the day every day! Moving into Regular Class only means that you have an understanding of the information provided in this packet: Checking the website daily, four Fundamental movements, Warmups, Scaling and Progressions.

Depending upon athletic ability and knowledge of the program, some members will be advised to attend a second month of On Ramp.

Frequently Asked Questions

Am I allowed to attend any other classes besides On Ramp?

You are allowed to attend the Rowing class on Sundays, as well as the track nights at Santa Monica College. The open gym times and regular class times are open once you finish the On Ramp Program. We also encourage you to participate in any of our group activities outside the gym (ie climbing, hiking, snowboarding, etc.)

How often should I schedule classes?

We suggest the 3 classes a week to allow for proper recovery between workouts. We are more concerned about you receiving proper coaching and improving your fitness than we are about how fast you are finishing the program.

What is the next step after On Ramp?

Once you have completed the 10 session program and your instructor has approved you for the Regular Group class, you will have your choice of monthly membership options. Check out the breakdown of different memberships in our "How do I start" link on the website. If you have any questions, feel free to contact us.

What if I don't feel ready for the group classes after the On Ramp program?

Entering the group class can be an intimidating transition. Depending upon skill and comfort level, we may advise another 10 sessions to bolster knowledge of the core movements and increase confidence prior to entering the group class. We may also advise you to enter the group class if we feel that you do have the required skills and knowledge to succeed!

Is it ok to exercise between sessions?

The general recommendation is to ensure that you recover properly between sessions so that you can arrive at each class ready to work hard. We encourage you to continue with your regular activities and leave the high intensity training to us for now.