

Everything is Everything:

Fitness, Health and Lifestyle Challenge

Start Date: Monday, February 25th

End Date: Monday, April 8th

Notes: The challenge officially begins on the 25th to provide time to plan and educate yourself, but we suggest starting as soon as you can! After all, it won't really end on the 8th either, will it?

Cost: \$25 – All proceeds go to the winners!

Notes: Sign up in the office and pay either cash or have it charged to your account!

The Prizes:

1st Place – Two-thirds of the collected cash, two free months membership and a bottle of fish oil.

2nd Place – One-third of the collected cash, one free month membership and a bottle of fish oil

3rd Place – One free month membership and a bottle of fish oil

How to Win:

- Using the below data as a guide, the coaches will select the top 20 athletes
- These top 20 athletes will be voted on by all Challenge participants to find the top 3 winners

*Notes: The statement that we are using the data “as a guide” is due to the fact that there are inherent imbalances between athletes and ranking the data. **If you make the top 20, no pics will be shared, released to other challengers or used without your prior consent.***

The Hard Data:

- Bodyweight
- Body Measurements: wrist, forearm, waist, hips, chest, relaxed/flexed bicep, neck, mid thigh
- Front/Side/Back Photos of yourself
- Max Effort Strict Pullups
- Max Pushups

- Mile Time Trial
- Max Snatch
- Max Clean and Jerk

Notes: **Print out your data form [HERE](#).** You can start filling the information out as soon as now and turn it in to the office when you are done. We will be offering times and programming to support these tests, but it can also be done during open gyms and slower class times if the coach agrees. Email your pics to mail@paradisocrossfit.com. All the judging details about the above criteria can be found [HERE](#). **No information will be shared, released to other challengers or used without your prior consent.**

The Nutrition Part:

-Nutrition is the key to winning this challenge! However, we will not be scoring or keeping track of your nutritional behavior. We want you to start making changes in your own way and to discover the connection between your lifestyle choices, your performance in the gym and the quality of your life. **If you want to win this challenge, read our 201 nutrition guide [HERE](#) and start now!**

-First time participants in a challenge like this and those looking to make big changes should adhere to something similar to the Whole 30 Challenge. This is a very strict 30 day challenge that has transformed many lives within our gym. Their challenge has similar recommendations to our template and is designed to 'reset' your body. Click [HERE](#) for their template.

-For those that have gone through previous challenges and already adhere to our template, this can be a time to work on those last pieces of the puzzle to up your game. This can be cooking more of your own food, cutting down on alcohol, getting more sleep, drinking more water, or tweaking your carb/protein/fat ratios.

-Be sure to attend the [Paleo Potluck](#) to have any of your specific questions answered or email us at anytime!

What to Expect during the next 7 weeks:

-We will be keeping regular contact with you through daily blog posts and a tip of the day. We will also create a Facebook group to share recipes, experiences, ask questions and provide daily support.

-The next week and a half leading up to the challenge, the coaches will be posting their thoughts on past challenges, their approach to nutrition and lifestyle choices

and other tips to 'winning' at health! We will also be programming some of these tests and be expecting you to attend Open Gym to have your scores verified.

-As additional motivation, we have coincided this Challenge with the worldwide CrossFit Games Open. This is not a mandatory part of the Challenge, but it will give you something to train for each week and is a ton of fun! Register [HERE](#) if you are interested or email us with any questions!

-After the 7 weeks we will have a week to re-test everything, have the voting and finish with a celebration of your accomplishments on April 20th! Details are still being worked out, but we promise something to be remembered!

The Fine Print:

Read below for a few thoughts on why we chose these data points and the standards for filling out [your Before/After Data Sheet](#).

-Bodyweight: Standards: You must use the scale located at either the Venice or MDR location. An important variable in all of our physical tests below. We are more concerned with body composition and acquiring a weight that allows us to feel good and perform optimally. This may mean losing, gaining or maintaining bodyweight depending on the individual.

-Body Measurements: Standards: This will be performed by a coach at the gym and measured in inches. Wrist is between the big bone and the palm, waist at the belly button, forearm/hips/biceps/mid thigh are measured at the widest point, chest is at the nipple line, neck at midline and slightly down in front. These measurements, along with bodyweight and photos are a cheap substitute for a body composition test. We did not want to exclude or discourage anyone by adding any additional charges for a fancy water dunk body comp test.

-Front/Side/Back Photos: Standards: Same location, clothes and lighting. Men wear shorter style shorts with no shirt. Women wear a sports bra/short-shorts or a bikini. We should be able to see your entire body. Email pics to mail@paradisocrossfit.com.

Again, this will not be shared with anyone and will be destroyed after the challenge if you so desire. We understand that this is a difficult thing, but it is important for you to trust us! How you look *is* important, but remember that it is a by-product of hard work inside and outside the gym!

-Max Effort Strict Pullups: Standards: No designation on hand placement. The athlete may change hand placement as long as they do not come off the bar. Arms must be at full extension at the bottom. Chin must pass the top of the bar with no kipping action and the feet must not pass behind the bar during any portion of the rep. The rep will be counted out loud before the athlete lowers. The athlete does not have to lower under control as long as they hold onto the bar. We know this is hard, but it is a foundational strength movement that everyone can do if they put their mind to it! If you cannot perform a pullup, fill in a 0 for that category and use the supplemental notes area to write in the number of strict reps you can perform with which assistance band. The same standards apply. The scaled score improvement will be taken into consideration, but we want you to focus on achieving the real deal!

-Max Pushups: Standards: The hands and feet will be placed on boxes of the same height. The feet must stay together, but the hands may be placed in any style. The athlete must maintain a rigid straight body from ankle to shoulder throughout the range of motion. The bottom position is achieved when the shoulder passes below the elbow. The finish position must be held long enough for the judge to see the lock out position of the elbow and the rep to be counted out loud. Once the athlete breaks their midline position the set is over. We know this is super hard too! Again, this is a foundational movement that we want you to master! Instead of substituting something easier to judge, we wanted to focus on this very challenging gateway movement. If you cannot perform a pushup with these standards, fill in a 0 for that category and use the supplemental notes area to write in the number of reps you can perform with the scaled version. The scaled version of this pushup will use a barbell on a rack to create a more advantageous angle. The coach will help you to determine the correct start position and the same standards will apply, except your bottom position will be when your chest touches the bar.

-Mile Time Trial: Standards: This one is a tough one to standardize. Ideally, everyone will perform this at the track. However, we understand that not everyone can attend the track nights. But, running at the gym offers unforeseen obstacles like cars and people that may affect an athletes time, as well as sharp turns and imperfect distances. Our solution is to attempt to have everyone run at the track. We will be posting multiple track nights in the coming week and a half in hopes that you can attend. If you cannot attend a planned session, we will allow you to perform this one test without a verification. Just find a track and run around it 4 times as fast as you can! Everyone should be able to run! If this is intimidating to you, we hope that you are encouraged to attend track nights, learn proper running mechanics and lean out to destroy this time at the end of the challenge!

-Max Snatch: Standards: The barbell must start on the ground and the athlete must lift the weight to an overhead position in one movement. The rep is completed when the

athlete shows control of the bar, with fully extended hip, knees and elbows. As long as the finish position standards are met, the following are considered good reps: split snatch, hang snatch, receiving with bent arms overhead and pressing out, knee touching the ground. If the athlete touches any part of their body with the barbell above their hips, like their head or shoulders before getting it locked out overhead it is a no rep. The granddaddy of lifts! Just working on your mobility and positioning can vastly improve the amount you can lift. Get better at the Snatch and you will get better at everything CrossFit! We will be using what is known as the Sinclair coefficient to create a score that is fair across all weight classes. In other words, even if you max out at the same weight by the end, but lose weight, your score will still improve!

-Max Clean and Jerk: Standards: The barbell must start on the ground and first be received at the shoulder before being finished overhead. The rep is completed when the athlete shows control of the bar, with fully extended hip, knees and elbows. As long as the finish position standards are met, the following are considered good reps: split clean, push press, split or push jerk, hang clean, receiving with bent arms overhead and pressing out, knee touching the ground. Ditto to everything written about the Snatch above!