



# NEW ATHLETE GUIDE





## OUR APPROACH

**Mechanics -  
Consistency -  
Intensity**

We believe in proper mechanics of movements, and we want you to be able to perform them consistently well, before we add intensity to those movements, in terms of loading (weight) and volume (number of repetitions). In a one-hour CrossFit class you will perform a warm-up, a strength or skill component, and a Metabolic Conditioning workout. Each part of the hour class is fundamental in the development of an athlete. Nutrition will be the basis of your training.

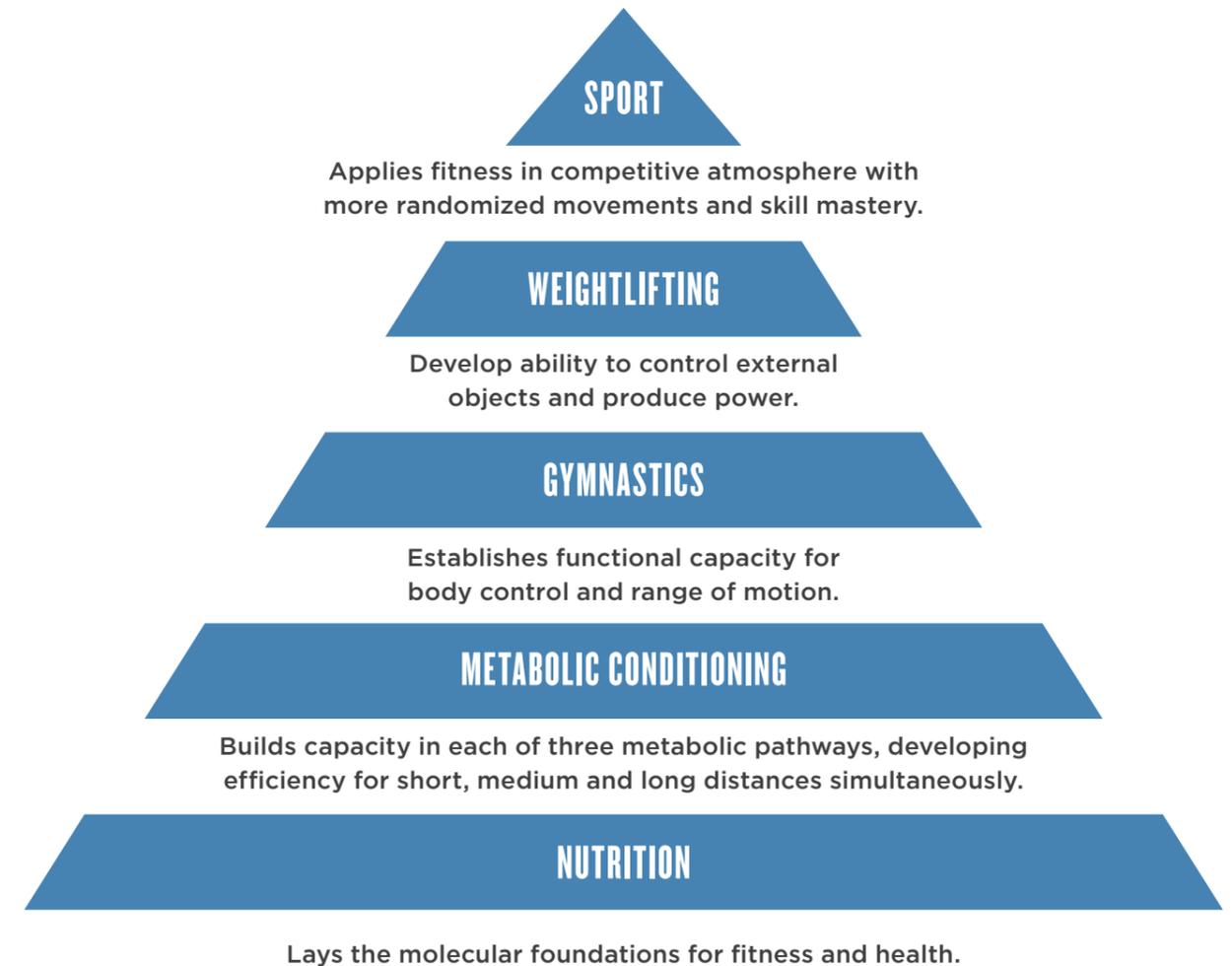
## WHAT IS CROSSFIT?

**Constantly varied, functional movements performed at high intensity.**

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

**Practice and train the major lifts:** Deadlift, Clean, Squat, Presses, Clean and Jerk, and Snatch. **Similarly, master the basics of gymnastics:** Pullups, Dips, Rope Climb, Push-Ups, Presses to Handstand, Pirouettes, Flips, Splits, and Holds. Bike, Run, Swim, Row, etc.... hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow.

**Routine is the enemy.** Keep workouts short and intense. Regularly learn and play new sports.





## ABOUT US

At 16 years old, Javy Caraballo found his passion for fitness when he went to the gym with his dad. Often, Javy and his dad would be at the gym all morning, spending some of that time working out, but mostly catching up with friends and building relationships. As an adult, Javy spent many years managing three different gyms, where people would look at themselves in the mirror or mindlessly walk on the treadmill while watching TV. This not what he wants his career to be.

Javy and Sandy, with their baby son, moved to East Boston in 2010 and decided to embark on the journey of entrepreneurship. One Monday after a long weekend, Javy received a call from a real estate agent about a building that had the potential to become a CrossFit gym. On September 14, 2014, CrossFit Jeffries Point opened to the public. Now, the vision of CJP's Team is that the transformation of the athletes transcend to their life outside of the gym.

## OUR STAFF



### JAVY CARABALLO - OWNER, COACH

**Birthplace:** Bayamón, Puerto Rico

“Fitness is the way I give back to the community and make a difference. I believe our body is the temple of the spirit. It’s imperative to take care of our body through sound nutrition, a good training regimen, and a community of loving people.”

**Favorite movements:** Bar Muscle-Ups, Hang Clean, Snatch

**Least favorite:** Thrusters

**When I’m not at the gym:** I’m going on lunch dates with my wife Sandy, going on adventures with my children, reading, and serving at my church Living Stones.

**Current Certifications** - MS Clinical Exercise Physiology, NSCA-CSCS, CF-L3, Kettlebell Trainer L1, Institute of Integrative Nutrition Health Coach



### SANDY CARABALLO - OWNER, COACH

**Birthplace:** Aboribusae Iaccusa

“Iminvel ecumque que aut quatem qui omnis quiditis am apides si quatusae nonsenest ut voluptatem int lam, offic tem volupta dolorro totatio. Loreptatem vendanimus, sum vitat.”

**Favorite movements:** Sinctasi comnis cullitatia

**Least favorite:** estrum faciditi

**When I’m not at the gym:** gdolupta tissuntus vendelest, sincia pres elecuptatur, qui blam nullo millupis est

**Current Certifications:** sincia pres elecuptatur, qui



### BRYAN BIGELOW - COACH

**Birthplace:** Bridgeport, CT

“CrossFit is without question the best holistic health and fitness program. We are fighting chronic disease and improving our wellness through ancestral diet, functional movement, and supportive communities. Be patient, put your ego aside, and trust the process.”

**Favorite movements:** Ring Muscle Up, Kettlebell Training

**Least favorite:** Thrusters, Running

**When I’m not at the gym:** I’m teaching elementary school music, reading, traveling, but mostly eating.

**Current Certifications:** CF-L1, CrossFit Gymnastics



### JENNA GRANGER - COACH

**Birthplace:** Baltimore, MD

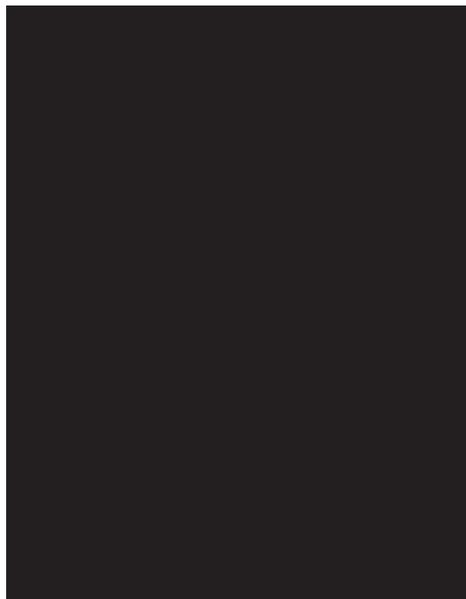
“CrossFit training offers a variety of movements and a wonderful community to learn and grow. Watching athletes meet and exceed their goals makes CrossFit fun and totally worth it!”

**Favorite movements:** All the squats

**Least favorite:** Pull-ups

**When I’m not at the gym:** I’m at Revere Beach or traveling the world!

**Current Certifications:** CF-L1



### RYAN CARBONE - COACH

**Birthplace:** Aboribusae laccusa

“Iminvel ecumque que aut quatem qui omnis quiditis am apides si quatusae nonsenest ut voluptatem int lam, offic tem volupta dolorro totatio. Loreptatem vendanimus, sum vitat.”

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**Current Certifications:** sincia pres elecuptatur, qui



### JB RAMIREZ - COACH

**Birthplace:** Aboribusae laccusa

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**Current Certifications:** sincia pres elecuptatur, qui



## DAVID RODRIGUEZ - COACH

**Birthplace:** Aboribusae laccusa

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**Current Certifications:** sincia pres elecuptatur, qui



## TRACY TREJO, INTERN COACH

**Birthplace:** Sonora, México

“CrossFit changed my perception about exercise. I am in love with the movements and how they make me stronger in every way. I try to focus my everyday life towards a healthier lifestyle in general thanks to this discipline.”

**Favorite movements:** C&J, Snatch, HSPU, Rope Climb

**Least favorite:** Thrusters, Renegade Rows

**When I’m not at the gym:** I’m riding a bike through the city and looking for natural landscapes, photographing people & places, reading.



## ALBERT GARCIA, INTERN COACH

**Birthplace:** Brooklyn, NY

“Iminvel ecumque que aut quatem qui omnis quiditis am apides si quatusae nonsenest ut voluptatem int lam, offic tem volupta dolorro totatio. Loreptatem vendanimus, sum vitat.”

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# EASTIEFIT

The EastieFit program will help you learn the basic movements in CrossFit training. We limit the number of athletes in each session so we can give each athlete the attention and instruction they need to be successful. Your EastieFit plan will consist of 2 private (or small group) Fundamentals classes, and 2 All-Levels classes with the guidance of a Mentor Coach. After completing these classes you will be able to transition to our full-time memberships.

# MEMBERSHIPS

After the conclusion of your EastieFit membership, you are welcome to purchase our memberships below:

- Unlimited classes/week**  
\$229 per month
- 3 classes/week**  
\$219 per month
- 2 classes/week**  
\$189 per month
- 10 Class Pack**  
\$199
- Teacher/Student 3 classes/week**  
\$449 for 3 months
- Teacher/Student Unlimited**  
\$559 for 3 months



## SugarWOD

We use the **SugarWod app** to post workouts, track and journal our results, and communicate with athletes.

After downloading the app, search for “CrossFit Jeffries Point” and a profile photo.

# CLASS REGISTRATION

Log onto your Pike13 account. Go to the menu and view the schedule select your desired class time and click ENROLL and CONFIRM.

Athletes are expected to sign up for every class. If you are waitlisted for a class you may still attend, but might need to modify the workout to accommodate space and equipment. If you cannot attend a class, please cancel ASAP so another athlete can attend the class!

## SCHEDULE

### ALL LEVELS

### OPEN GYM

	M	T	W	T	F	S
	6 AM	8:30 AM				
	10 AM	7 AM	7 AM	7 AM	7 AM	9:30 AM
	9 AM	10:30 AM				
	3 PM	11 AM	10 AM	11 AM	10 AM	
	4:30 PM	3 PM	3 PM	3 PM	3 PM	
	5:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	
	6:30 PM	5:30 PM	5:30 PM	5:30 PM	6 PM	
	7:30 PM	6:30 PM	6:30 PM	6:30 PM		
		7:30 PM	7:30 PM	7:30 PM		

# TRAINING PLANS

In the All-Levels classes, each workout will have 3 different tracks based on your experience and health goals. Most athletes new to CrossFit training will begin in the Wellness track and progress over time.



## WELLNESS

increase stamina, functional strength, cardio-pulmonary endurance, muscular definition, core strength, and flexibility/mobility. The athlete should expect to decrease body fat, have more energy, enjoy physical activities, and be proud of their body.



## FITNESS

develop strength, increase lean muscle mass, basic gymnastic skills, core power, increase work capacity and efficiency, speed, and agility. The athlete should expect to accomplish a new level of fitness, improve athletic ability in recreational sports, and lower body fat percentage.



## PERFORMANCE

for experienced athletes to maximize aerobic capacity, maximize strength and power, be able to perform advanced gymnastics, barbell proficiency, and maximize power output. The athlete should be able to compete in local CrossFit competitions, and develop a deeper, more comprehensive understanding of strength and conditioning.

# STRENGTH AND CONDITIONING STANDARDS

	<i>Wellness</i>	<i>Fitness</i>	<i>Performance</i>
<b>Strict Pull-Ups</b>	30s Active Bar Hang	10 reps for males & 6 reps for females	20 reps for males & 12 for females
<b>Push-Ups</b>	10 for males & 6 for females at 6 inch box	20 reps for males & 12 reps for females	40 reps for males & 24 for females
<b>HSPU</b>	60s DownDog Hold	30s headstand & 60s handstand	20 reps for males & 12 for females
<b>Front Squat</b>	3 Reps at 50% of your Bodyweight 70/35	100% of your bodyweight for 3 Reps	150% of your Bodyweight x 3 Reps
<b>Deadlift</b>	10 Reps at 50% of your bodyweight	150% of your bodyweight for 1 Rep	225% of your Bodyweight
<b>Strict Press</b>	1 Rep at 50% of your Bodyweight	75% of your bodyweight for 1 rep	100% of your Bodyweight
<b>Clean and Jerk</b>	<b>X</b>	100% of your bodyweight for 1 rep	150% of your Bodyweight
<b>Snatch</b>	<b>X</b>	75% of your bodyweight for 1 rep	125% of your Bodyweight
<b>1 mile Run</b>	Under 12 minutes	Under 7:30 minutes	Under 6:30 minutes
<b>2k Row</b>	Under 12 minutes	Under 7:45 for males & 8:45 for females	Under 7:00 for males & 8:00 for female
<b>Double Unders</b>	100 Single Unders in 90 seconds	125 Double Unders in 2 minutes	200 Double Unders in 2 minutes
<b>Core Strength</b>	60s Hollow Tuck Hold	60s Hanging Knee Tuck Hold	60s Hanging L-Sit



# DICTIONARY

Here are some common terms and abbreviations that we use in CrossFit:

**AMRAP** | As Many Reps As Possible

**DB** | Dumbbell

**EMOM** | Every Minute On the Minute

**KB** | Kettlebell

**ME** | Max Effort

**METCON** | Metabolic Conditioning

**PR** | Personal Record

**REP** | a repetition of a movement

**RFT** | Rounds for Time

**RM** | Rep Max

**S2OH** | Shoulder to Overhead

**SET** | a number of repetitions

**TABATA** | 20 seconds of work 10 seconds of rest

**T2B** | Toes to Bar

**Unbroken** | Work without stopping or resting

**WOD** | Workout of the Day



## HOUSE RULES



Sign up & arrive  
15 minutes early.



Be positive &  
ready to work.



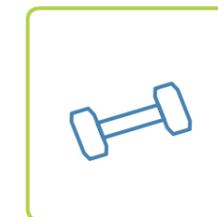
Listen to your  
coaches.



Give 100%  
&  
count your reps.



Be a  
cheerleader  
when you finish.



Respect  
the equipment  
& put it away.



Track workouts  
(on whiteboard,  
SugarWOD).



Make goals &  
hold yourself  
accountable.



Ask questions  
&  
ask for help!



Keep shirts  
on and cover  
your bottom.



Use appropriate  
language.



Be the best you!



## NUTRITION

We offer Nutrition Coaching to help you achieve your goals, whether it is fat loss, performance, disease prevention, or gut health. We chronically see two types of malnutrition with new athletes; many are eating too few calories to support CrossFit training, and many are eating too many carbohydrates which will promote the accumulation of body fat. Nutrition can help support not only your training in the gym but also how well you sleep, stress regulation, and your relationships with yourself and others.

The CrossFit prescription for nutrition is: **Eat meat and vegetables, nuts and seeds, some fruit, little starch, and NO sugar.** While this statement is generally the rule, nutrition is incredibly individualized and we are here to help you with what works best for you!

We have partnered with Kettlebell Kitchen to offer healthy, macro-efficient meals to our athletes. You may purchase single meals or an entire meal plan on their website. Meals are delivered to the fridge upstairs every Monday and Thursday.

Use code **"EASTIEFIT"** for **\$25 off your first two orders!**

  
**KETTLEBELL**  
**KITCHEN**

FEED THE CHAMPION IN YOU

## SUPPLEMENTS

Supplements can help your training and recovery. When you work out you are actually destroying muscle tissue! It is the recovery process that will determine your gains and help your body adapt to your training stimuli! Here are some supplements that we recommend to support your CrossFit training.

**Fish Oil.** Omega 3 fatty acids are important in reducing inflammation in your body. Unless you are eating a diet rich in fish you are probably missing out on this essential recovery item.



**Whey Protein.** Protein can help recover and rebuild muscle tissue stronger than before. It is helpful to consume a WHEY protein shake to be consumed within 15 minutes of your workout. Bring a scoop in a shaker bottle and fill it with water at the gym after your workout! CASEIN is a slow-digesting protein that should be consumed before going to bed. Both of these options should NOT be considered as meal replacements.



**BCAA.** Branch-chain amino acids help preserve your glycogen stores, the primary fuel your muscles use for energy production. Drink one serving either pre-workout or during the workout.



BCAA RATIO



INSTANT MIX



FAST ABSORBING

PRE/INTRA/POST  
WORKOUT

1 SCOOP

12-16  
OUNCES



## SHOES & APPAREL

Here are links to cross-training shoes that we recommend. Most running shoes will not be supportive for many of the functional movements we perform.

### Reebok CrossFit Nano Shoes



### Nike MetCon Shoes



### Inov8 Training Shoes



Our members can receive **50% off their entire purchase** at the Reebok HQ Store at 25 Drydock Avenue, Boston. Simply show your **SugarWOD** or **Pike13** login.

We have a partnership with **Bear Grips**. Bear Grips is a local apparel company who specialize in designing strength training and CrossFit equipment to optimize performance in the gym.



Bear Grips or use the discount code "geteastiefit" to get 10% off.

## SLEEP

Sleep is one of the most important factors of a healthy lifestyle. Quality sleep will aid your recovery. Muscles are broken down during workouts and repaired while you sleep. Find a routine that helps facilitate sleep (calming music, cool room, weighted blanket, scented oils, meditation, reading). No electronics within one hour of bedtime. 5mg of melatonin may aid sleep. NEVER use the snooze button. When you use a snooze button you are procrastinating with the very first thing to do in your day! Research suggests that consecutive nights of less than 6 hours of sleep can promote prediabetes!

Consider using the **SleepCycle app** to track your sleep and help you wake more rested. It monitors your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock. We recommend the **Philips Wake-Up Light!**



## SOCIAL MEDIA

### FOLLOW US ON:

 @geteastiefit

 @GetEasieFit

 @CJP02128

Other channels that we recommend! They provide great information about proper movements and training!

@powermonkeyfitness

@cfgymnastics

@strengthcoachtherapy

@themovementfix

@achievefitnessboston

@squat\_university

@hookgrip



## CONTACT

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