

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

When the gym needs volunteers for an event, he is one of the first to volunteer. Whether it's loading bars for a weightlifting event or moving equipment for AC², he can be found doing it with a smile. He's quick to cheer on others and slow to complain about anything. That's why Kevin Lee is October's Athlete of the Month!

How long have you been doing CrossFit?

2 beautiful years



Why did you start CrossFit? Who introduced you to CrossFit?

My girlfriend at the time was a CrossFit trainer. We had a workout date and she dead lifted the same weight (225 lbs.) I did. Except, it was super easy for her, cause her 1 rep

max was 350. Who introduced me to CrossFit and changed my life for the better? Jenny LaCoss and the beautiful people at GTX in Tucson, AZ!

What do you enjoy most about CrossFit?

No matter what your fitness level, you're able to relate to everybody in the class in some way. Lungs are on fire, can't feel your legs, have to roll out of bed in the morning, can't do a sexual position cause there's no more life in your shoulder or you wish pooping your pants was social acceptable, cause you just don't want to squat one more time. Also, I really love fact there's no time to sit around to text and look pretty.



What is your favorite workout?

AMRAP of sweating and smiling.

What is your motivation to come to the gym and work as hard as you do?

1. Endorphin high 2. Competing with Dave O 3. I see my body/health as my 401K 4. CrossFit Flagstaff is just a great place to be.

What are your future goals?

Russian kettle bell cert and competitions.

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Upcoming Events

Saturday, November 2nd
Performance One Weightlifting Open
Performance One, Mesa

Saturday, November 9th
Furious 6
CrossFit Fury

Saturday November 16th
Lululemon Fitness Event
Chandler, AZ

Saturday, December 7th
Lift It/Love It
CrossFit 480

You are working toward getting your CrossFit Level 1 Trainers certificate and a CrossFit Kids Trainer certificate. What made you want to get these certs and what do you hope to do once you have them?

I just want to pay forward all the gifts people have given me in the past and I plan on sharing the Kool-Aid with whomever willing to try.

Who do you admire as an athlete?

B-boy junior, Bob Burnquist.

What advice do you have for new members or other CrossFitters?

The easiest thing to do is quit, always listen to your coaches, there's NO SHAME in scaling down and beach body muscle are models and functional muscles are for athletes.

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Do you remember your first Crossfit WOD?

It was actually a kettle bell workout, 5 rounds for time. For 2 rounds I'd tried to keep up with the top people in the class, which was way too much for my beach body muscle fitness level. At the start of the 3rd round my body went into shock and I almost pooped myself in front of 20 people. I'd ran out of the class squeezing my cheeks, like I had a dollar in there and I needed 4 quarters. As I sat in the bathroom I'd realized, I have wasted a decade of my life and thousands of dollars at Golds Gym.



5 Reasons you should do Handstands Everyday

By [Krista Stryker](#)

Handstands are an extremely underrated exercise, for one main reason: most people think they just can't do them.

But just because you didn't do gymnastics when you were younger and aren't yet an advanced [yoga](#) practitioner doesn't mean you can't start doing handstands starting today.

Aside from bringing out your inner kid and just being plain fun to do, there are actually several ways handstands can benefit your health, especially if you do them on a daily basis.

So whether you do them against a wall or manage to do freestanding ones, here are five reasons why you should do handstands every day:

1. They'll make your upper body super strong.

In order to stay upside down for any length of time, you'll need a massive amount of shoulder, arm, and upper back strength. In fact, it's not uncommon for beginners to start shaking after just a few seconds of holding a handstand.

To build up strength, start by holding a handstand against a wall for three sets of 5-10 seconds. Work up to holding them for a minute or two at a time. Practice often, and watch as your upper body strength skyrockets.

2. They'll increase your balance

If you've ever tried a handstand, you know that besides needing to be strong to do them, you'll also need to have substantial [balancing skills](#) as well in order to be able to hold yourself up. Freestanding handstands, especially, require you to be able to have full control over your muscles and to constantly make small adjustments to avoid falling.

Practicing freestanding handstands or doing handstands against a wall and trying to take your feet off the wall for as long as possible will help increase your balancing abilities like no other exercise can.

3. They can boost your mood.

Not only will handstands make you strong and help improve your balancing abilities, handstands can also make you feel happier, since the blood flow to your brain has an energizing and calming effect, especially when you're feeling really stressed out.

Another way handstands can help your mood is by reducing the production of the stress hormone, cortisol, which can not only de-stress you in the short-term but could also help relieve minor depression and [anxiety](#).

4. They build core strength.

There's no need to spend hours focusing just on your abs — you can have fun doing handstands *and* build core strength as well.

Since staying upside down forces you to stabilize your muscles, you're constantly working your abs, as well as other key muscle groups such as your hip flexors, hamstrings, inner thigh muscles, obliques and lower back while in a handstand. Training handstands every day will get you a well balanced, super strong core.

5. They help with bone health, circulation and breathing.

Since handstands are technically a weight-bearing exercise, they can help strengthen your bones, making you less prone to osteoporosis. Handstands are also beneficial for your spine, and help aid bone health in your shoulders, arms and wrists.

Not only that, the upside-down nature of a handstand can increase circulation to your upper body, while relieving pressure on your feet and legs *and* stretching your diaphragm at the same time, which in turn can increase blood flow to your lungs.

So start building handstands into your daily routine, even if it's just a few a day. You'll not only be benefiting your health; you'll have a blast while doing it!





Chai Pumpkin Bread

By [PaleOMG](#)

Ingredients

1 cup almond butter (or other nut butter or seed butter)
½ cup pumpkin puree
1 banana, mashed
¼ cup honey (optional- i like it sweeter)
2 eggs, whisked
2 chai tea packets (tea spices removed from packets)
3 tablespoons coconut flour
½ tablespoon cinnamon
½ teaspoon nutmeg
⅛ teaspoon ground cloves
⅛ teaspoon ground ginger
½ teaspoon baking soda
½ teaspoon baking powder
pinch of salt

Instructions

- Preheat oven to 350 degrees.
- Mix together almond butter, pumpkin, banana, and eggs.
- Cut open the two tea bags and remove all the tea spices from the tea bags and add to almond butter mixture.
- Add the rest of the ingredients and mix until well combined.
- Grease a bread pan and then line it with parchment paper.
- Pour batter in pan and place in oven. Bake for 45 minutes. Let rest before slicing.



EVERY DAY, THOUSANDS
OF INNOCENT PLANTS
ARE KILLED BY VEGETARIANS.

HELP END THE VIOLENCE.

EAT BACON.

CrossFit Fury's Furious 6 competition is November 9th! CrossFit Flagstaff has 17 teams competing. Pull on your CFF fire and go down to the Valley to show your support!

Fun Facts

Every time you lick a stamp, you're consuming 1/10 of a calorie.

Banging your head against a wall uses 150 calories an hour.

The ant can lift 50 times its own weight, can pull 30 times its own weight and always falls over on its right side when intoxicated.

A Saudi Arabian woman can get a divorce if her husband doesn't give her coffee.

Honey is the only food that doesn't spoil.

