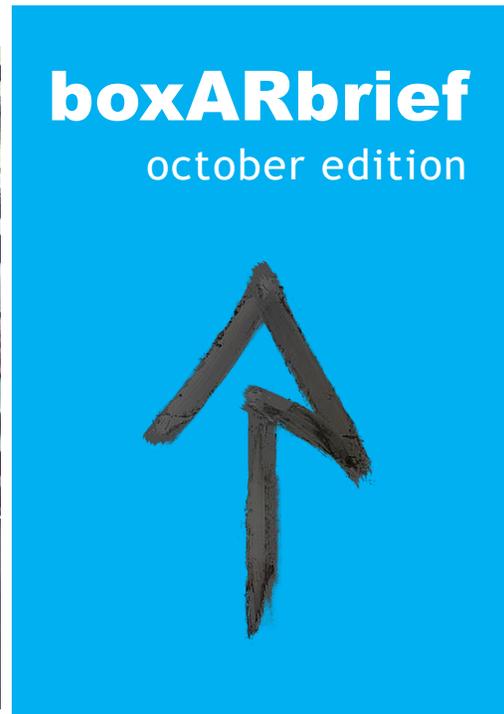




WELCOME BACK



IN THIS ISSUE

Your BOX made simple ;))

by Coach Ian

...and we shall name this year, the "Year of Competitions" and it will be great!

It seems like every month, nay, every other week, some of us have entered into a CrossFit competition, sometimes dragging (yes, dragging) fellow boxmates into the lion's den. We love it! We love that you feel comfortable enough with some people to call their sorry asses out for being lazy, or not pushing to their full potential.

#DBAB

That being said, we use this term loosely, and also directly. Let's paint the picture...

Corey (You might know your fellow boxmate to which I'm referring. If you don't, you're probably not spending enough time here.) steps up to his barbell, sets his feet, about hip distance apart, and grips his barbell just inside of the first knurlings. Two-hundred and eight-five pounds are resting, waiting to be launched five feet off the ground. Deep breath...core tight...exhale...fidget...hiney shake...re-grip...deep breath...core tight...first pull...second pull...thir...MISS.

Corey walks away from his bar, and over towards his phone to delete his last failed

attempt in order to make room for his future attempt(s). While he is freeing some storage space, Ian quietly walks over to the chalk bucket, grabs one of the smaller chipped-off pieces of chalk, and heads over to Corey's barbell. He writes, "#...D...B...A...B."

Three short minutes later, Corey steps up to his barbell. No hiney dance, no fidgeting... Corey stands the F#\$% up with his two-hundred and eighty-five pound barbell.

The Moral to the Story

We need you. I need you. You need me. We need us. Our BOX is our power.

We push each other day in, day out. We make ourselves better simply by saying, "Hey, you, don't be a bitch."

"I see PRIDE...I see POWER... I see a BAD-A\$--" well...you know the rest (look up *Cool Runnings* if you don't get the reference...and then proceed to start the clock and complete 100 Burpees.)

#ARpower

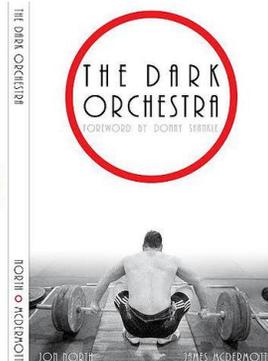
LOVE YOUR LIFE OR CHANGE IT

The Dark Orchestra is a story about life that just so happens to encompass the spirit of weightlifting. Addressing competing members' ideas of hard work for a shot at the podium, this is an eye-opening, to-be-avoided story. The tactics used and strategies outlined are not what you would expect.

Joe Nink's journey began long before he ever set foot on the weightlifting platform. In his younger years, he was a patient in long rehabilitation that kept him from receiving a football scholarship. To break free of his doctors, he found the barbell, a new old friend to whom he quite literally gave everything, including his life.

The barbell captured him into the world of weightlifting, a place where he would create an immense range of self-discovery and personal growth. He remembers from a routine as a gold medalist, the volume and effort with every barbell. Joe learned to use the barbell as a tool, despite how dark the road to the podium became, he found the power of recovery in the gym.

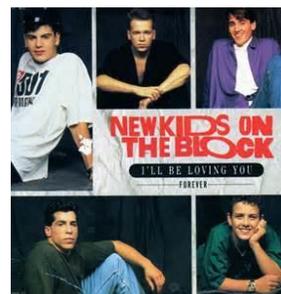
The courage and confidence to be free made him stronger in life and on the platform.



Peaking the Barbell

Understand the mechanics and the physics behind peaking a barbell. You know, that moment where the barbell seems weightless and your coach yells "DROP!"

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New Kids in the BOX

Love new people??? You'll LOVE these people! Meet your new boxMates.

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LACTATION (protein) COOKIES

For the NEWBY NURSING PARENTS

Ingredients:

- 1 Cup Butter
- 4 Tablespoons Water
- 1 Teaspoon Vanilla
- 2 Tablespoons Brewer's Yeast
- 1 Bag Chocolate Chips
- 1 Cup Sugar
- 2 Tablespoons Flaxseed Meal
- 2 Cups Flour
- 1 Teaspoon Salt
- 1 Cup Brown Sugar
- 2 Large Eggs
- 1 Teaspoon Baking Soda
- 3 Cup Old Fashion Oats

Directions:

Preheat the oven the 350 degrees F.

1. Mix Flaxseed Meal with Water, set aside 3-5 minutes
2. Cream Butter and Sugar
3. Add Eggs
4. Add Flaxseed mixture and Vanilla
5. Sift Flour, Baking Soda, Salt, Brewer's Yeast in small bowl
6. Add sifted ingredients to main mixture
7. Mix in Oats by hand
8. Mix in Chocolate Chips by hand
9. Lay out "spoon-size" cookies onto baking tray
10. Bake until outside of cookies are golden brown



GOOD FOR EVERYONE

"The most delicious cookies I've ever tasted. I even started lactating, more than my wife..."

- - ANONYMOUS

HIGHLIGHTS OF THE MONTH



BRYAN- 245# CLEAN!



TIM- 255# CLEAN!



**KATE- 1ST BAR
MUSCLE UP!**



BRENNA – 1ST PULLUP!



Get INVOLVED on AR social media

Follow us on **FaceBook**

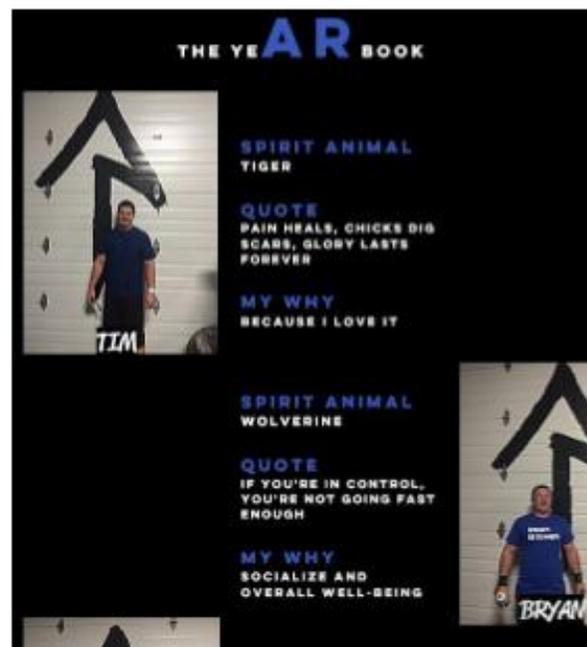
CrossFit AR Strength

Follow us on **Instagram**

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Check out our **yeARbook**

cfarstrength.com



HAND CARE 101

We've all been there. You're in the middle of a WOD and all of a sudden you feel it happen. There's nothing you can do about it now. You've ripped your hand wide open, you're bleeding, and worst of all you can't work on the rig for awhile. It could've been avoided if you had just taken care of those callouses the night before! Here's how to avoid (or at least minimize) future rips:

1. Take a long, hot shower and allow your hands to become soft (especially your callouses.)
2. Thoroughly dry your hands.
3. Use a corn planer to shave down your callouses so they are no longer raised.

4. Moisturize regularly and before bedtime.
5. Use fine grit sandpaper in between workouts to keep your callouses from returning.

When you do rip (because it will still happen occasionally):



1. Wash hands with soap and lukewarm water.
2. Immediately de-bridge the torn skin from the wound with sterile nail clippers to ensure proper healing and reduce bacterial growth.
3. Pour rubbing alcohol onto the wound...and make sure no one is around to hear you curse and scream.
4. Apply antibiotic ointment such as bacitracin, polysporin, or neosporin and cover with a stretchy band-aid.
5. Reapply ointment a few times a day & keep covered for a few days or until new skin has formed.
6. Maintain regular hand care!



AR HEADSPACE

Give 140%

"...90% mental and the other half is physical."

FEAR

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

OLYMPIC LIFTS

- WEEK 1 – 3RM
- WEEK 2 – 2RM
- WEEK 3 – 1RM
- WEEK 4 – 3RM 2" DEFECIT
- WEEK 5 – 2RM 2" DEFECIT
- WEEK 6 – 1RM 2" DEFECIT
- WEEK 7 – 3RM
- WEEK 8 – 2RM
- WEEK 9 – 1RM

STRENGTH CYCLE

STARTING OCTOBER 10th

POWERLIFTS

- WEEK 1 – 3x5 @ 80%
- WEEK 2 – 5x3 @ 85%
- WEEK 3 – 3-2-1
- WEEK 4 – 3x5 @ 83%
- WEEK 5 – 5x3 @ 89%
- WEEK 6 – 3-2-1
- WEEK 7 – 3x5 @ 86%
- WEEK 8 – 5x3 @ 93%
- WEEK 9 – 3-2-1

...student athletes.
Student
 comes
first.
 -Coach Carter



UPCOMING COMPETITIONS

GHOULS & GALS PARTNER THROWDOWN – October 29th, CrossFit Proven in Exton, PA

THE GREENHORN GAMES – November 12th, CrossFit 267 in Feasterville, PA

ROW-A-THON – 1 million meters, November 19th, CrossFit AR Strength

WODAPALOOZA FITNESS FESTIVAL – January 12th, in Miami, FL **Online Qualifiers start September 21st

The HOPPER

RESULTS

WOD 1 –

FOR TIME :

800m Run, 50 Front Squats 95/65

400m Run, 50 Pullups

200m Run, 50 S2OH 75/55

WOD 2 –

2 min AMRAP : Max Front Squats 135/95

1 min AMRAP : Max Goblet Squats 53/35

WOD 3 –

7 min AMRAP

Max KBS 53/35 while partner holds a STONE

WINNING TEAM:

PULL ON MY PORKCHOP



The Dark Orchestra

The Catapult

by Jon North and James McDermott

A barbell has peaked when it reaches its highest point of ascension from the ground. There it is momentarily weightless, floating in the air as if it were a fixed object attached to the walls. As the bar is achieving its peak an athlete is allotted time to pull themselves underneath and receive the weight. Everything we do revolves around bar oscillation—without it we could not achieve a weightless bar in the way that we desire as catapult lifters. The barbell is going to peak regardless of the style of technique used, but there are different ways to achieve it. This brings us to the topic of Triple Extension vs. Catapult methods of Weightlifting. There are a lot of differences between the two styles, but for now our focus is how and where the barbell is peaked.

Triple Extension Method:

In this form of technique, athletes use a combination of forces from the legs and pullup up with the arms to peak the bar. After the drive with the legs has finished, athletes using this method pull the bar up, with the goal of having it peak high, around the solar plexus. In my opinion using the arms to peak the barbell is the devil in a red dress. Sure, it will peak higher than in a catapult method, but for not nearly as long. Pulling up on the bar causes the bar to lose its peak and make gravity a factor again. When that happens, you will be hard-pressed to beat the bar as it descends, and catch it. When you pull up on the barbell, you risk it losing its peak and falling like a meteor back to the platform.

Catapult Method:

As a devout soldier of camp catapult, I firmly believe in driving my hips through the barbell instead of pulling it high with my arms. When peaked with the hips or upper thighs, the barbell will be low, no higher than the belly button in the Snatch and the groin in the Clean. It will also “float” for a much longer period in contrast to the other method. That is due to the force generated by the hips or upper thighs which helps to produce oscillation. Here the time the barbell spends in the air is only possible because of the oscillation we create by bringing it to the hips. The barbell will bow as your hips or upper thighs continue to drive through it

(Arched Angel). When the bar snaps back and straightens, it is no longer touching you. That moment that the barbell snaps off your body is when it begins to peak and is your opportunity to pull yourself underneath the bar. I could care less how high the bar peaks. I want it to peak longer. I want to be able to leave, take a sip of my C4 pre-workout drink, come back and find the bar still floating there.

Catapult Weightlifters are some of the fastest athletes in the world and if it is speed under the bar that we need the lower peaking bar is always going to be better. A low bar equates to more torque being produced to pull underneath it. More torque translates to violent speed. That is why lifters like myself are so fast. That is how Donny Shankle rips the head off a motherfucking lion every lift. You need to pull under fast and waste no time doing it. Lifters like myself and Ian Wilson produce so much bar oscillation that we are a quarter of the way under the barbell before it has reached its full peak.

...



...

The more time you spend pulling the bar up higher equates to less time you will have to pull yourself under to catch it.

- from “The Dark Orchestra”

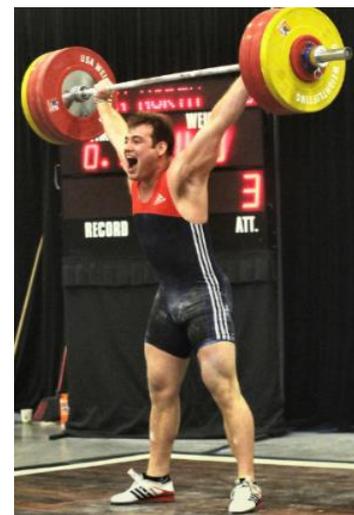
Team DO



LOVE YOUR LIFE OR CHANGE IT

The Dark Orchestra is a story about life that just so happens to encompass the sport of Weightlifting. Athletes compete, displaying countless hours of hard work for a shot at the podium, but we are not all privy to how they arrived there. The sacrifices made and struggles endured are vast when en route to the national stage.

Jon North



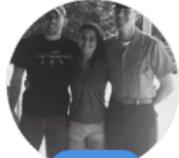
The barbell catapulted Jon into the world of Weightlifting, a place where he would embark on a momentous voyage of self-discovery and becoming a national champion.

New Kids in the BOX



Athlete

STEVE



Athlete

KATE



Athlete

BRITT



Athlete

ERIC



Athlete

BOBBY



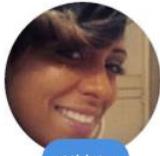
Athlete

ALEXIS



Athlete

TIRZAH



Athlete

NANI



boxARbrief

october
edition



AR ->YOUR SECOND HOME

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