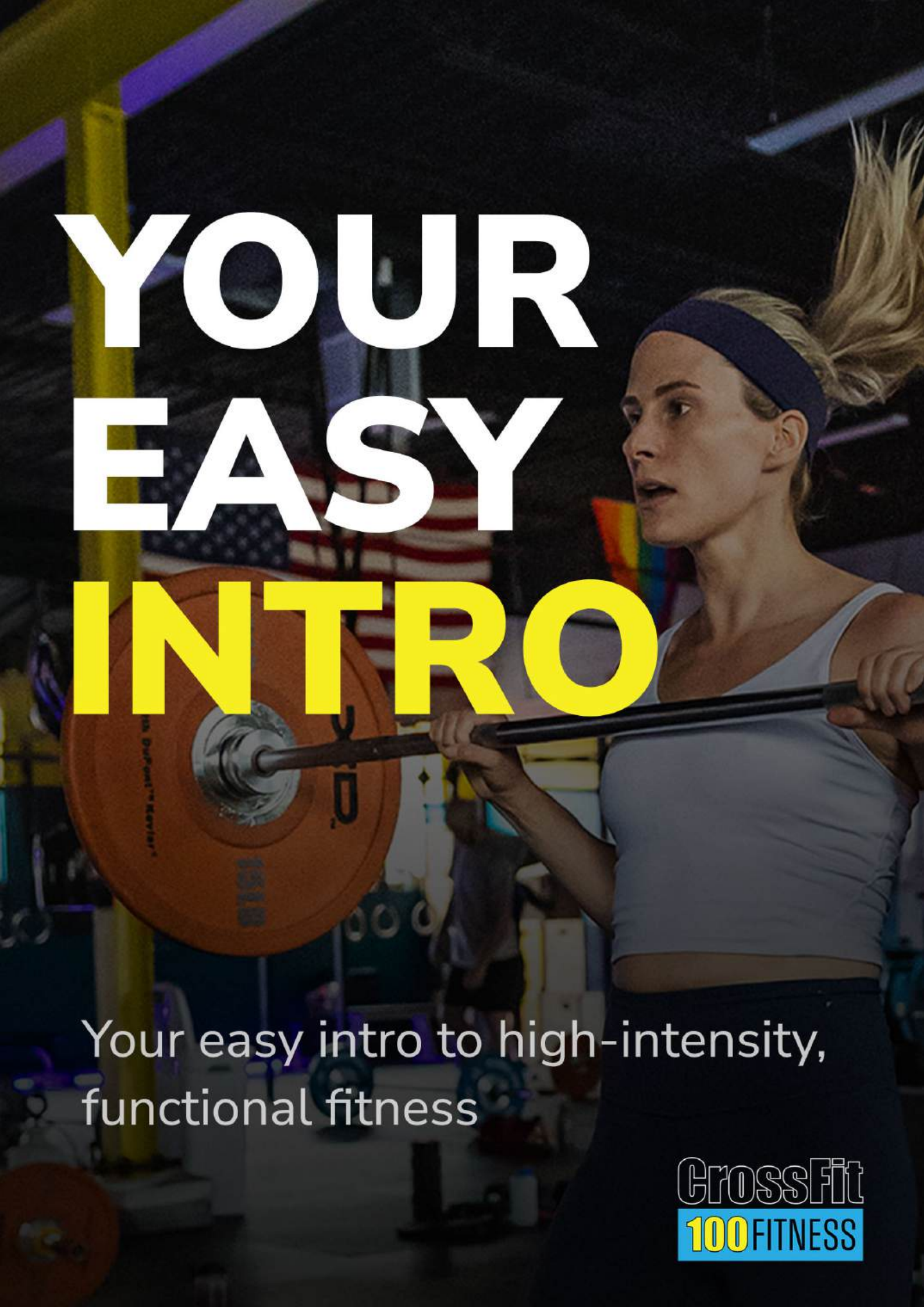

YOUR EASY INTRO

Your easy intro to high-intensity, functional fitness

CrossFit 100 FITNESS

Flipping heavy tires. Lightning fast pullups. Weightlifting one minute, cardio the next.

Sounds exciting? Then CrossFit could be for you. Don't worry – there's no prior fitness experience needed, and we're proud to welcome people of all abilities and ages.

You've probably seen action like this on your social feed and thought... 'What is this?!'

Chances are, you were witnessing our CrossFit community in action.

Luckily, you've come to the right place. Our friendly team at CrossFit 100 are here to help you begin your journey.

But am I ready?

Yes, absolutely! CrossFit is welcoming to people of all ability levels.
You've already Googled and downloaded this ebook, so what are you waiting for?

In this guide, we'll break down exactly what to expect from your CrossFit journey and give you all the info you need to get started.

So all that's left to do is...

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So what is CrossFit?

In simple terms, CrossFit is a unique way of working out - focused on functional body movements performed at high intensity.

But in reality, CrossFit is so much more than a workout - it’s a lifestyle.

CrossFit means community. It means competition. It means accountability, variety, and constantly pushing your body and mind to achieve more.

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Every workout is different

With CrossFit, no two routines look the same. Every session is a chance to try something fresh and test yourself.

- **Better body performance**
  CrossFit exercises are designed to support functional movement - helping your body perform better in everyday life, from lifting groceries to playing with the kids.

- **We don't work out alone**
  CrossFit is done in a group setting - surrounded by people just like you, challenging one another, and celebrating every step of the way.

Who is CrossFit for?

The short answer? CrossFit is for everybody.
CrossFit isn't just for super fit athletes or fancy influencers. It's made for real, honest, hard-working people like you who want to live better.

Scalable workouts

Not hit the gym in 20 years? Can't do a single pushup?

Or maybe you love working out solo - but you're looking for the next step?

Whatever level of confidence you're at, however old you are, CrossFit workouts can always be adjusted to fit your personal needs.

A lot of people who start CrossFit have never set foot in a gym before - because it just didn't feel right for them. What makes CrossFit so appealing is the flexibility of workouts and community spirit that keeps you accountable.

Here at CrossFit 100, we'll help you learn to move safely, get stronger, and improve your fitness - all at your own pace.

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What’s in it for me?

CrossFit is designed to improve your body, your mind, and your lifestyle.

Body

- **Improved strength** - build functional strength using barbells, kettlebells, and bodyweight exercises
- **Better endurance** - boost your cardio and improve your heart health with workouts like rowing, jumping rope, and running
- **Increased flexibility** - our focus on mobility helps keep your joints and muscles limber, at any age
- **All-around fitness** - we’re not just weightlifters, we’re not just athletes - CrossFit trains you to be good at everything, so you’ll feel more capable in daily life

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Mind

- **Feel confident** - CrossFit isn't a competition - because nothing feels better than smashing your own personal best
- **Beat stress** - blow off some steam, sweat and scream your way through a hyper intense workout
- **Stay motivated** - not feeling a workout? Our community won't let you let yourself down. When everyone else is working hard, you'll work hard too

Lifestyle

- **Discipline** - it's all about showing up and building healthy habits, whether that's every day or every week
- **Community** - the people you'll meet here at CrossFit 100 are here to lift you up, push you further, and help you achieve your best self

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What to expect

Your first CrossFit class will be exciting - but if you're nervous too, that's totally okay!

Here's what to expect from your first class with us at CrossFit 100:

1. Warm it up

A few minutes of light movement to get your body ready - from jumping jacks and stretches, to just a short jog.

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2. Skill or strength work

Now it's time to learn (or practice) a specific, functional movement - squats, pull-ups, or learning how to lift a barbell properly.

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3. Workout of the day

This is the main workout, and it's usually high-intensity and time-based - things like deadlifts, burpees, box jumps, or rowing.

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4. Cool down

To help your body recover and prevent soreness, we'll do some slow, simple stretching.

And most importantly...

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5. Personal support at every step

We'll be on hand throughout your whole session to explain movements, offer tips, correct your form, and make sure you're working safely and effectively.

We're like a personal trainer, cheerleader, and teacher in one!

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What to look for in a CrossFit box

CrossFit gyms are called ‘boxes’ but we’re gonna let you in on a little secret - this just means gym!

Before you decide where to work out, here’s what to think about...

Qualified coaches
At CrossFit 100, we’re certified, experienced, and friendly. Not all CrossFit boxes will be all three, so be sure to do your research and meet the team in person.

Welcoming environment
Look for a place where people of all ages and skill levels are supported. CrossFit is a community, and a good box should be focused on introducing new members to their group - just as much as supporting existing members.

Price
Fitness is an investment in your future health. Yes, some CrossFit gyms can seem expensive - but medical bills and decreased quality of life can cost so much more...

Trust your gut
How do you feel when you walk into a gym? A positive vibe and welcoming atmosphere matter - it shouldn’t feel like an exclusive club where you’re being judged.



Still not sure?

Taking your first step into CrossFit can be scary - but it doesn't have to be.

Got questions? Get in touch with us here at CrossFit 100 and we'll make sure you're all set.

Telephone:
(414) 313-1427

100fitness.us

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Don’t sweat jargon

Seen these phrases online and wondered what they mean?

Don’t worry - we’ve got you covered.

- **Box: A CrossFit gym**
- **WOD: Workout of the Day**
- **AMRAP: As Many Rounds (or Reps) As Possible in a set time**
- **EMOM: Every Minute on the Minute (start a movement every 60s)**
- **RX: As prescribed - following the workout exactly as written**
- **Scaled: A modified version of the workout based on your level**
- **PR: Personal Record - your best effort in a lift or workout**

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