

Local options to help you resolve in 2012

Originally printed at <http://www.worcestermag.com/home/top-stories/Local-options-to-help-you-resolve-in-2012-137119043.html>

January 12, 2012

Resolutions to get into shape

by Doreen Manning

As far as resolutions go, getting your ass into shape has to be at the top of the list for a majority of pledge makers. Each year so many of us look down at our guts and say, "This is the year I'll get into shape." Going into 2012, there is no hotter fitness trend than CrossFit, a strength and conditioning workout that combines weightlifting, cardio, gymnastics, endurance and plyometrics training into concise, short and intense workouts (often 20 minutes, max). Touching base with three CrossFit gyms in our area, we decided to find out just what is behind this current trend, and hopefully inspire a few of you to stop saying that you'll get into shape – and just do it.

CrossFit grew out of the mid '90s, and has risen from the ranks of police training to athletes to everyday warriors. The biggest misconception many CrossFit trainers hear from prospective clients is that this type of workout is for weightlifters or other heavy hitters – not for them. Not so, says Tim Segur, co-owner of CrossFit CenterMass at 356 Shrewsbury St. in Worcester.

"Our program is designed so that the workout can be tailored to fit any person's fitness level," says Segur, who helped open CrossFit CenterMass in 2009, along with four Worcester police officers. "We have clients of all ages and fitness abilities, from the 40-year-old stay-at-home mom to the high-school athlete, and we even have some professional athletes. All of which will workout in the same class."

["We have a broad range of clients... but I would say that most people are from 35- 50 years old, just over the majority being female, all trying to get in good shape," explains coach Nick Normandin of CrossFit EXP in Leominster. "There are the extremes from your marathoner to your CrossFit competitor, but we also have a good group of mothers who are looking to regain their fitness ... we also have a good amount of small business owners who like the organized class schedule and the discipline that we have during our classes," says Normandin.](#)



Dino Patramanis of CrossFit AC of Auburn, who opened his facility along with his father after returning to the United States from a European soccer career, says that his gym has a family focus. "It is a family-oriented, friendly atmosphere and really targets not just one type of person but your everyday average people." Patramanis illustrates his point when he mentions the broad range of clients he trains, including a 70-year-old man.



CrossFit community

Besides the flexibility of CrossFit, which can be adapted for all body types, many clients talk about the strong sense of community that a CrossFit gym offers.

Segur says that it's that sense of community that is the key to the business – and individual client's – success.

"The idea of working out in a group atmosphere really makes you push yourself harder," explains Segur. "When you get to the point of quitting during a workout you are less likely to quit if your fellow CrossFit friend is suffering through the same workout with you."

[Normandin offers an analogy: "I almost parallel it to the brotherhood that you see in the military, once people suffer together – the workouts are tough and humbling – they stick together."](#)

Key to success

[So how can a CrossFit routine really help you attain your fitness goals in 2012? According to Patrick Lyden, owner of CrossFit EXP, those who join a CrossFit gym are often ready for a serious change in their lives and overall fitness.](#)

[“What people have to realize is that living fit does not come easy and just like anything else of value it takes work,” states Lyden. “In life you get what you pay for and if people want a \\$15-a-month body, then go join a gym. If they want real results and \[to\] get in the best shape of their lives, then join CrossFit EXP.”](#)

Patramanis says CrossFit offers such a wide variety of training through the daily, ever-rotating Work Out of the Day (W.O.D.) that clients stay challenged in ways a traditional gym simply can't compare. “CrossFit has grown so much because of one word: variety,” he says.

A resolution that sticks

[According to Lyden, 6 weeks after the New Year, 90 percent of people have already quit their health and fitness goals. His best advice is to not do the same thing you did last year, “it won't work... again. Try a new approach and join a local CrossFit gym.”](#)

[Normandin offers a visual stimulation. “Envision your ideal body in the mirror and how amazing it would be to have it... and keep the image in your head EVERY time you want to skip the gym, or eat what you should not. Its not one day that will make you fit or not fit, but the right or wrong decision can be made day after day, and over the course of a week, month, six months, year, it all adds up; which side do you want to be on?”](#)

Segur says a key to success could be as simple as leaving your ego at the door.

“So many people are afraid of that first step,” Segur says. “They feel they are too out of shape or embarrassed that others will be better than them. We all started somewhere and the hardest thing to do is walk through the front. Once you take that first step, you will never look back.”

“Best advice I can give someone is what you do outside the gym is just as important as what you do inside the gym,” says Patramanis. “Eating properly is 75 to 80 percent of it. Patience is key. Rome was not built in a day; same holds true to the human body.”

What's a W.O.D.?

No matter what certified CrossFit gym you go to, the universal link is the Workout of the Day - or W.O.D. Each workout is named and often posted the night before, so clients can be prepared. Here are three examples (among hundreds) of what a typical W.O.D. would be:

WOD: Oxygen

Box Jump (Jump and land both feet atop a 24/20-inch box, stand straight, jump off, repeat)

Kettle bell swing (53/35 pounds)

Sit-ups

Do all three 50 times each, then 40 times each, then 30, 20, 10

WOD: CJ

10 Burpees (jump up, clap hands, dive to the ground and lay flat, jump up, clap hands, repeat)

100 Bear Crawl (hands and feet on floor, crawl)

20 V-ups (lie on back, bring up toes and hands to V position, repeat)

200m Run

30 Double Unders (jump-rope rotation, 2 times in one jump)

300m Plate Carry (45/25 pound)

4 Rounds for time, 30 minute CAP

WOD: Icarus

10 Hang Squat Snatch (95/65 pounds)

200m Run

30 Double Unders

5 Round for time

20 min CAP

