

FREE GUIDE

Your First CrossFit Class

From the coaches at CrossFit OTL



You don't need to be in shape

The worry we hear most is "I need to get in shape first." You don't. Every workout is scaled to the person doing it. The grandparent and the college athlete do the same workout at different weights and speeds.

How new people start at CrossFit OTL

1. **Free intro.** Sit down with a coach, talk about your goals and past experience, and see the gym. No workout, no cost.
2. **On-Ramp.** A coach teaches you the movements one-on-one before your first class.
3. **Classes.** You join the group, already knowing how to move.

Already done CrossFit for 3 months or more at another gym? You can skip On-Ramp and book a free trial class.

What to wear and bring

- Clothes you can move in: shorts or leggings and a t-shirt.
- Training shoes, flat and stable. Running shoes work to start.
- A water bottle.
- Come 10 minutes early for your first visit.

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How a class runs

Every class is an hour, with a coach the whole time.

1 • Whiteboard (5 min)

The coach explains the workout and how to scale it for you.

2 • Warm-up (10 to 15 min)

Moving, stretching and practicing the movements you'll use today.

3 • Strength or skill (15 to 20 min)

Learning or building one lift or skill, like a squat or a pull-up, at your level.

4 • Workout (5 to 20 min)

The hard part, short and intense. Everyone finishes. The last person gets the loudest cheers.

5 • Cool-down

Stretch, catch your breath, write your score, high-fives.

The whiteboard, translated

WOD	Workout of the day.
AMRAP	As many rounds (or reps) as possible in a set time.
EMOM	Every minute on the minute: do the work at the top of each minute, rest the rest.
For time	Finish the work as fast as you can, with good form.
Rx	The workout as written. Most people scale, and that's the point.
Scaled	Changed to fit you: lighter weight, fewer reps, an easier version of a move.
PR	Personal record. Your best ever.
Box	What CrossFit people call the gym. Also the thing you step or jump onto.
Metcon	A conditioning workout that gets your heart rate up.

After your first class

- Eat a real meal with protein within a couple of hours.
- Drink water.
- You'll probably be sore for a day or two. That's normal and it fades fast.
- Come back. The second class is easier than the first.

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