

Welcome to CrossFit OTL.

Walking through the door was the hard part. This is everything you need for your first week, in five pages.



9155 Blvd 26, Suite 270, North Richland Hills, TX 76180

Call or text (817) 662-2788 · crossfit-otl.com

Your first week

Six stops, in this order.

New to CrossFit? Start with On-Ramp: three one-on-one sessions with a coach.

1

Get the app. Book your week.

Book every class for week one, now. app.crossfit-otl.com

2

Turn on Social notifications

In the app's Social tab: news, events, shoutouts.

3

Follow @crossfitotl

Events, PRs and member milestones on Instagram.

4

Get your free InBody scan

Ask a coach. Do it this week.

5

Find the AED and our address

AED by the water fountains. Address on both doors.

6

Pick your days. Show up.

Put them on the calendar. Treat them like work.

Your first class

60 minutes, five parts, every time.

10 min
before



Arrive

Early, for your first few classes.

Start



Briefing

The workout, and your track:
Beginner, Intermediate or RX.



General warm-up

Heart rate up, joints moving.



Specific warm-up

Today's moves, light. Your coach
sets your weight.



Workout

Your coach corrects as you go.



Cool-down

Stretch, announcements,
tomorrow's preview.

60 min



Done, on time

The next class is waiting.

10 min

Arrive early for your
first few classes.

What to bring



Water bottle



Training shoes



Towel



Gym etiquette

The same 11 you'll see on the wall at the gym.

1 Arrive early and be prepared
Come a little early and ready for class.

3 Wait to clean up
Wait until everyone finishes. Your coach calls it.

5 Count accurately
Full movements. Quality over speed.

7 Clean equipment
Wipe down sweaty or bloody equipment after use.

9 Focus on progress
Aim for daily improvement, not perfection.

11 No headphones during class
No AirPods or headphones, including running day.

2 Ask questions
Coaches are here to teach and keep you safe.

4 Respect the equipment
Coach supervised or approved. No kids on the floor unless in kids class.

6 Handle barbells properly
Don't drop empty bars, or bars with change or 10 lb plates.

8 Be honest about abilities
Work with your coach to find your limits.

10 Reserve classes
Book your spot ahead in the app.

In an emergency

ADDRESS FOR 911

**9155 Blvd 26, Suite 270
North Richland Hills, TX 76180**

AED

**On the wall by the water
fountains**

Three jobs, out loud: one person calls 911, one gets the AED, one goes outside to walk the ambulance in.

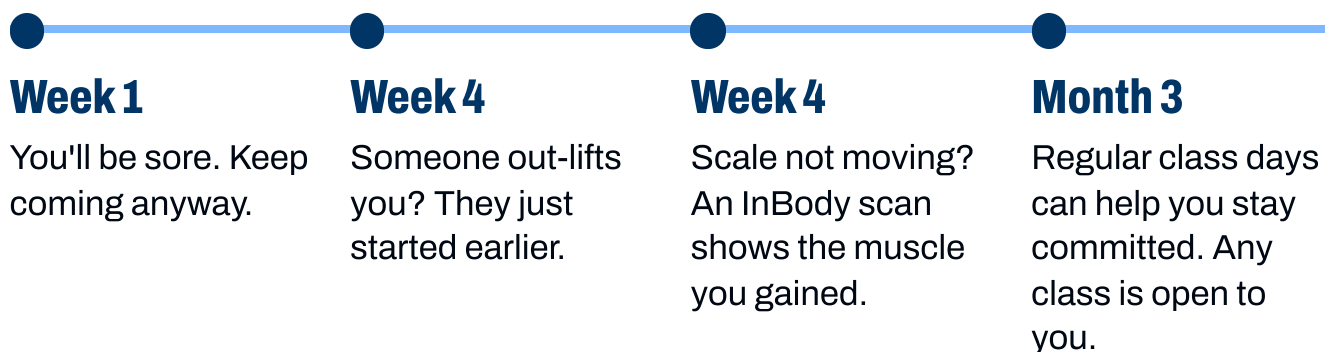
Who to text

(817) 662-2788

Call or text. Email admin@onthelinefitness.com

9155 Blvd 26, Suite 270, North Richland Hills, TX 76180

Your first 90 days



Past three months, the odds turn in your favor.



Everything else is online

The full schedule, programs, Kids and Teens, our coaches, our story and every policy. Classes run from 5 AM every weekday, plus Saturday at 8:30 AM. Book in the app.

crossfit-otl.com/welcome