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## **New Member Information**

Welcome to Mt. Baker CrossFit! Thank you for choosing to be part of a new revolution in fitness.

Let's go over a few things that as a new member, you will want to know about.

1<sup>st</sup> off, congratulations for making it through the door! It can be very intimidating to come and check out a new gym but it can be even MORE intimidating to come check out a new CrossFit gym.

We are different than any other gyms you have seen before. Mt. Baker CrossFit is not a place to work out, it is a way to work out.

Here is the normal day here at MBCF; you come in, change into your workout clothes, sign in to our Member Management system called "WODIFY" and you start doing the prescribed warmup. We will help you through the process of logging in and through the movements that make up our warmup. Once your warmup is done, you will head over to the whiteboard and a coach will set you up with the Workout of the Day, also known as the "WOD". We build your first 2 weeks of WOD's based on setting a foundation for you as an athlete so don't be alarmed if your first 2 weeks of WOD's look different than what everyone else is doing. The coach will walk you through the movements in the WOD and will make sure you are being safe. They may also give you some coaching points during your workout, this is totally normal and the reason why most people choose a CrossFit gym (known as a "BOX").

You can expect to be sore in your first few weeks. All of these movements, or at least the intensity you will be performing them will have you working muscle groups you never knew you had. It is crucial that you treat your body right during these first few weeks. Here are a few tips;

1. Drink lots of water. We're not kidding, try to hit 1 gallon per day!
2. Do some soft-tissue/self-massage work (lacrosse ball, foam roller, stretching) this will help break up those adhesions, reduce soreness and get you ready for the next WOD as well as getting you ready to go to work or school.
3. Be sure to refuel within 30 minutes of your workout. We recommend recovery shakes. This blend of protein and carbohydrates which is fast absorbing. These help you recover by refreshing your glycogen stores, provides some hydration and puts protein back into your system.
4. Be patient. You are going to be exposed to a LOT of new movements. Some of these are very complex and have a lot of moving parts. Each time you come in, you will build on those skills and you will continue to get better.

You will be getting an email from WODIFY that includes your username and a temporary password. When you get a minute, log on to WODIFY and change your profile picture. This helps us and your fellow members put a face to your name. Within WODIFY you can also see the WOD, change your billing preferences or publish your scores to social media.

You can also install the WODIFY app on your iPhone and Android device. From here you can see the WOD and, sign in to classes and post your scores.

**Please visit us on social media!**

Please like us on Facebook at <https://www.facebook.com/mbcrossfit>

Follow us on Instagram, we are mtbakercrossfit

Follow us on Twitter @MtBakerCrossFit

We encourage our members to “Check In” on Facebook, post pictures and workouts and talk about CrossFit incessantly on social media 😊

Please tell us about any nagging injuries, limitations, or concerns you might have. If you have special goals we can also help with those as well.

Make sure to tell your friends about us. We try to give back to the members that refer friends over to us so make sure that we know when one of your buddies join. We encourage you to have friends and family join and workout with you. It improves your accountability and it’s just fun to workout with friends!!

Please let us know if there is anything we can help you with or questions we can answer.

Sincerely,

The owners, management and staff at Mt. Baker CrossFit