

CROSSFIT

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15 COMMANDMENTS

- ❖ Reserve your spot in advance through Wodify
- ❖ Leave your ego at the door
- ❖ Early is on time; don't be late
- ❖ Wash your hands upon entering and clean your equipment before leaving
- ❖ Stay quiet during the whiteboard briefing (this includes lounge/cubby area too)
- ❖ Don't cheat
- ❖ Don't put away equipment until the last person is finished - stay and cheer on your gym mates
- ❖ Be consistent and results will follow
- ❖ Be respectful of others' space and equipment being used
- ❖ Bring a positive attitude every day, or be prepared to have one bestowed upon you by your gym mates
- ❖ Never, ever ever ever drop an empty barbell while lifting or loading/unloading the barbell
- ❖ Always introduce yourself to new or visiting athletes
- ❖ Form, Consistency, then Intensity - always in that order
- ❖ Never say "I can't"
- ❖ Encourage, Motivate, and Inspire!