

CROSSFIT PHILLY KICKS PHILLYFIT'S BUTT!



By La Tonza Bills and Joanna Chodorowska

We both agreed that while the place was a bit hard to locate, once you were there, it was so worth finding! We are both in pretty decent shape so we figured Crossfit Philly could put us through the moves and we would just ask for more. But it was definitely more challenging than meets the eye! Better yet we didn't realize how well it worked until we had to relearn how to walk the next day. We have never done so many squats in our lives.

It was Friday, the weather was beautiful and the work week was complete. I was definitely ready to party at a fundraising event for the Philadelphia Phoenix Football Team. However, while having the time of my life, I froze in my tracks. "Wait a minute," I shouted to myself, "You have a PhillyFIT Challenge tomorrow!" Needless to say, my night ended early in preparation for the Challenge.

Saturday morning I met my Challenge Teammate, Joanna Chodorowska, at Crossfit Philly on Germantown Avenue. We were greeted by the owners of Crossfit, Pamela and Jason, along with their clients and a cute little puppy named Bella.

After we met the crew, we were instructed to complete a waiver form to make sure that we had no prior injuries or medical conditions and that we were in some kind of decent shape. Crossfit Philly is not designed for the pure beginner although novice exercisers are also welcome. You do, however, need motivation, determination and encouragement from Pamela and Jason to push beyond your limits.

The workout began with bodyweight squats, or tabata squats, where the 'resting' position is actually keeping your body in the squatted position! During tabata squats, you do twenty seconds of squats, 'rest' for ten seconds and continue that process for four minutes. Ouch! We then did a five-minute circuit that could be compared to a fight gone badly. First you had to swing a fat rope as high as you could continuously for a minute. We moved to a footwork station where we had to criss cross our legs forwards and back as fast as we could while holding a medicine ball. It was onto squats with a ten-pound medicine ball followed by overhead pressing while

squatting with the ball. We then proceeded to Kettleball swings (another variation of squats using the Kettleball for more resistance while using your whole body to move). The last part of the segment was box jumping (not something I really wanted to do after all the other things). At each station we performed the exercise for a minute, then switched to the next one - for four minutes on with one-minute rest. We repeated this sequence five times.

Once we finished that circuit, we did a series of exercises on rings including pull-ups, triceps dips, rows, abs and push-ups. Pamela and Jason then moved us to a resistance band sequence where we placed the bands on our feet and did push-ups, scissor legs, bicycle legs, and abs with our knees in, all of which required core strength to maintain proper technique. We shifted to the floor where we used the resistance bands to continue to work our abs, glutes, hamstrings and calves. It was amazing how these simple things worked the muscles so effectively.

Joanna and I never knew an hour workout would be that challenging, yet so much fun. We were so impressed that we cannot wait to go back for more; even if it does require a few days of extreme soreness and holding the railings to sit down or walk! Crossfit Philly really puts a new twist on personal training. As the owner's of Crossfit Philly say, "From chaos to fitness!"

Check out Cross Fit Philly at www.crossfitphilly.com. 215-248-2130.
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