

# CROSSFIT HENDERSONVILLE | NEWSLETTER

DECEMBER 2022



Congrats to all of our Fire + Ice competitors and champions! What a fun day, and great opportunity for our community to come together with members outside of our regular class times! Huge thank you to all the athletes for being happy + helpful judges - despite the lack of breath post workout(; And a big shoutout to our pit crew team!! The event ran on time and very smoothly, thanks to y'all!

We are excited as our "CFH Season" rolls from 4, to 2, to now individual, with the CrossFit Open being just around the corner. We know you won't disappoint us in effort to defend our two year title of "most open sign ups in the US"! This year for the open, we will be going draft style. Each coach will draft their team based on whoever is signed up for The 2023 CrossFit Open on CrossFit.com. Link to sign up: <https://open.crossfit.com/> - If you want to be placed on a team - you must be signed up online by Feb 1st! First Open workout will be announced, Thursday, Feb 16th. We are excited to have some fun with these three weeks!

Our current Strength + Skill cycle is coming to an end. So what does that mean for you?.. Two things.. 1) Test week is here, and 2) so is an exciting new cycle! We will be testing our 1 rep max clean and snatch next week, week of Dec 19th. We will also be retesting our gymnastics, consisting of ring muscle ups + strict handstand push-ups (or whatever your highest level of each movement is). We are hopeful that the past 9 weeks have strengthened and trained your bodies to up your numbers, or even get some firsts for movements.

You can start to look forward to more specific Open Prep training in the next cycle come January. We will build off the strength and skill base that we have gained and start to accumulate more volume + reps at these movements. Since high rep light barbells are typically seen in the Open, we will go off our new maxes, and cycle barbell reps at lighter percentages, and will also be olympic lifting in "waves" format. For the WOD each Friday, you will start to see a previous open workout programmed for class.

## UPCOMING DATES:

**Monday Dec 19th -**

**Thursday Dec 22nd:**

**Strength + Skills Testing Days**

\*1 Rep Max Clean + Snatch,  
:30 Max Rep Ring Muscle-ups  
and Handstand Push-ups

**Friday, Dec 23rd:**

**12 Days of Christmas WOD**

**\*NO 5pm CLASS**

\*All other class times remain the same. Come in early to get ready and set up your equipment. We will provide a warm-up for you to do, but the class clock (3..2..1..Go!) starts on the hour of your class time. (or you can just warm-up during the first 5 rounds/days..)

**Monday, Dec 26th -**

**Friday, Dec 30th**

**Open Gym Only Week**

\*No coach lead classes this week. Gym will be open from 5am to 6pm, and workouts will still be provided.

