



# CROSSFIT BEGINNERS GUIDE

Your journey starts here.

## Welcome to the CrossFit Pulmo Family!

Starting something new can be intimidating, and we understand you might have some fears about joining CrossFit. Are you worried about not being fit enough? Concerned about complex exercises? Or maybe you're just unsure what to expect?

We're here to tell you: **You're not alone!**

At CrossFit Pulmo, we create a welcoming and supportive environment for everyone, regardless of their current fitness level. Our coaches are dedicated to helping you every step of the way, and our community is full of encouraging members who will cheer you on. This guide will help you understand what CrossFit is, what to expect, and how to get started.

Get ready to discover your strength, both physically and mentally. We're excited to have you!

## What Exactly *\*Is\** CrossFit?

### CrossFit *Is*...

- Constantly varied functional movements performed at high intensity.
- Scalable to *any* fitness level.
- A strength and conditioning program.
- A supportive community.
- Led by certified and experienced coaches.

### CrossFit is *NOT*...

- Just for elite athletes.
- A one-size-fits-all workout.
- Something you can't do!
- Intimidating (once you get started!).
- Leaving you to figure things out on your own. Our **coaches** are trained to scale and modify every workout to meet you where you're at. We focus on proper form and technique to ensure your safety and success.

## What to Expect at CrossFit Pulmo

Walking into your first CrossFit class can feel a bit overwhelming, but here's a breakdown of what to expect:

- **Class Format:** Classes typically last about an hour and include a warm-up, a skill or strength portion, and the Workout of the Day (WOD).
- **What to Bring:** Comfortable workout clothes, athletic shoes, a water bottle, and a towel.
- **Coach Support:** Our coaches will guide you through each movement, providing modifications as needed. Don't hesitate to ask questions! That's what we are here for!

We pride ourselves on our community atmosphere. Everyone is welcome, and everyone supports each other. Don't be afraid to introduce yourself and get to know your fellow athletes.

## Real Stories, Real Results

*"I've just started my CrossFit journey, and everyone is so friendly and supportive!" - Elizaveta K.*

*"I always felt intimidated by CrossFit and group classes, but I've been blown away by my progress and how much I love it! No matter your fitness level, Pulmo is the place to be!" - Jasmine T.*

*"I was intimidated to join a CrossFit gym since my fitness levels were very low, but the coaches tailor movements to your ability and push you to grow. Best gym ever!" - Twyla H.*

*"This place is an absolute gem. No matter your level of fitness, Pulmo will support you." - Ted G.*

## Ready to Join the Pulmo Family?

Take the leap and experience the transformative power of CrossFit!

Here's how to get started:

- **Try a Class:** Sign up for a class on our website: [🌐 Class Schedule | CrossFit Pulmo](#).
- **DM us on Instagram:** Follow us and send us a message @pulmo.cnx.
- **Email us:** Contact us with any questions at [admin@pulmoweightlifting.com](mailto:admin@pulmoweightlifting.com).

We look forward to welcoming you to CrossFit Pulmo!

