

C R O S S F I T HENDERSON



Crossfit Henderson is a personal training studio in Henderson, NC. We are building a community of athletes for motivation, competition, and quality coaching and instruction.

We are not a typical gym. Every workout is prescribed, supervised, and coached.

The **purpose** of this application is to **screen** applicants based on commitment level and to ensure that the applicant goals and the goals of Crossfit Henderson are compatible. Some applications will be **rejected**. We believe anybody can succeed in this program regardless of current fitness level if they are committed and can accept instruction. Our trainers agree that the only true obstacle to success in this program is mindset.

MEMBERSHIP APPLICATION		
APPLICANT INFORMATION		
Name:		
Date of birth:	Email:	Phone:
Current address:		
City:	State:	ZIP Code:
Current employer:	Position:	
GOALS AND COMMITMENT		
Fitness Goals:		
Availability: <i>circle</i> M T W TR F S Sun	<i>circle</i> - 5:45 or 6:15 (M-F) **	**Boot Camp—5:15
Potential Conflicts Days:	Reason:	
ATHLETIC BACKGROUND		
What do you currently do for fitness?		
Did you participate in high school or college athletics?	If so, which sport?	
Have you read anything about the Crossfit method?		
INJURIES		
Do you have any injuries that we need to be aware of? Yes No		
MEDICAL CONDITIONS		
Do you have any medical conditions that we need to be aware of? Yes No		
SIGNATURE		
I certify that the information contained in this application is true and complete.		
Signature of applicant:		Date:

C R O S S F I T
HENDERSON



Crossfit Henderson is committed to taking you to a new level of fitness. We want to see you exceed your expectations and push yourself to new limits.

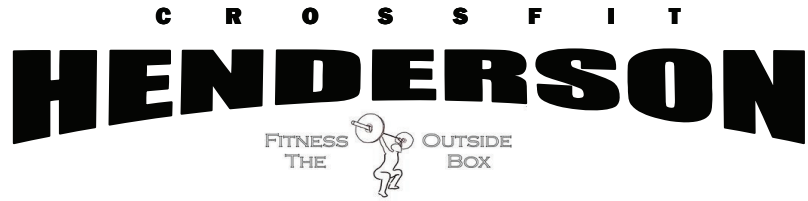
Our trainers are knowledgeable and skilled at turning ordinary people into athletes. Your current level of fitness is not our concern. Our concern is your desire to succeed in this program.

We **will** ask you to forget about the scale. We **will** ask you to ignore the advice of other fitness 'experts.' We **will** ask you to lift heavy weights and run long distances.

We **will not** ask you to do anything beyond your capabilities.

OUR EXPECTATIONS

- Show up to your scheduled session 15 minutes early to warm-up.
- Great each member by name and be courteous, respectful, and encouraging to all members at all times.
- Inform the trainer of any injuries that may need addressing prior to the WOD.
- Set-up the equipment you need for the WOD and ask the trainer if you need help scaling.
- The trainer knows your abilities and will help you select appropriate equipment.
- Do not argue with the trainer about the WOD or your abilities.
- The trainer will further scale you appropriately during the WOD if necessary.
- If you cannot make a scheduled appointment, notify the trainer as soon as possible prior to the scheduled workout.
- If you are running late, call the trainer and let them know as soon as possible.
- If you bring children, they should play outside in the fenced in yard. If necessary, they can sit quietly in the gym out of the way of all gym activities, but should not come in and out of the gym or otherwise disrupt the session.
- You should be prepared to give 100% at each workout. For most people, physical capabilities far exceed the mental point of giving up or quitting. Do not quit. Also, do not argue with a trainer who is instructing you during a workout. The trainer is looking out for your best interests at all times and will attempt to push you when it is appropriate.



YOUR EXPECTATIONS/GOALS

Crossfit training techniques are often difficult to master and take a great deal of practice before proficiency can be realized. Along with the great effort you will expend mastering a technique, comes great physical reward and increased capacity and potential. Some advanced techniques can take years to master. Do not become discouraged with your inability to master these techniques on the initial attempts. Do not become discouraged with the feedback and instruction the trainer gives you. If this program were easy, it would not yield excellent results.

Each technique and exercise will be presented to you along with the appropriate scaling options. Strive for mastery and proficiency and progress will follow.

Ask as many questions as you need. The trainer is there to assist you and guide you toward the right direction.

** Refer to the "What is Crossfit?" tab on our website for help with the test questions!

TEST

1. What are the 10 general physical skills that must be considered if your goal is optimum physical competence?
a- b- c- d- e-
f- g- h- i- j-
2. Aerobic activity has a pronounced tendency to _____anaerobic capacity.
3. There are three metabolic pathways that provide the energy for all human action. These "metabolic engines" are known as the _____, _____, and _____.
4. The key to developing the cardiovascular system without an unacceptable loss of strength, speed, and power is _____training.
5. One aspect of anaerobic conditioning that bears great consideration is that_____conditioning will not adversely affect _____capacity.

C R O S S F I T

HENDERSON



TRAINING AGREEMENT

This Agreement is made and entered into on the _____ of _____, 2009, by and between _____ ("Client") and CrossFit Henderson. In consideration of the mutual promises exchanged herein and other good and valuable consideration, the parties agree as follows:

1. **Commitment:** By enrolling in the training program, the Client is making a commitment to his/her health. Clients should follow the program and instructions of the Trainer to the best of their ability to maximize their results and better achieve their goals. Remember, the ultimate results are up to the Client: The Trainer will show Client how to perform the exercises correctly and encourage the client to perform well, but Client is the responsible for attending the training sessions consistently and ensuring that their basic physical needs are met (proper nutrition, hydration, and rest).
2. **Specifics:** CrossFit Henderson will provide the coaching, equipment, facilities and programming. The Trainer and Client shall agree upon the time and location of the training sessions. This will include, but is not limited to, **mandatory attendance** three (3) sessions per week. If Client cannot attend the session he/she should contact the Trainer as soon as possible. CrossFit Henderson does not provided for open gym time without a trainer's supervision.
3. **Payment:** Payment is due to CrossFit Henderson on or before Client's monthly sessions begin. Payment must be completed for all sessions before any new or renewal contract may be signed. CrossFit Henderson accepts cash or check only. Credit cards are not accepted. It is **CLIENT'S RESPONSIBILITY** to pay his/her bill. If Client's payment is more than two weeks overdue, CrossFit Henderson may suspend sessions until Client's outstanding debt is current.

TOTAL AMOUNT DUE: \$ _____

Amount	Date	Initials
Amount	Date	Initials
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Participant's signature Date

Trainer's signature Date

- Deliver in person or by mail to 56 Lee Lane Henderson, NC 27537.
- Include check for \$99.00 Payable to Crossfit Henderson.
- Incomplete or rejected applications will be returned with your check.
- Once we receive your application you will be notified of its status within 5 business days.