



CANNING VALE

# FREE TRIALS WELCOME

INFO@RFXCROSSFIT.COM.AU

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COCKBURN

THE ONLY 24 HOUR CROSSFIT BOXES IN WA

## RFX COCKBURN TIMETABLE

| TIMES    | MONDAY                 | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY |          | SATURDAY          |
|----------|------------------------|-----------|-----------|-----------|--------|----------|-------------------|
| 5:00 AM  | WOD                    | WOD       | WOD       | WOD       | WOD    | 6:00 AM  | WOD               |
| 6:00 AM  | WOD                    | WOD       | WOD       | WOD       | WOD    | 7:00 AM  | WOD               |
| 7:00 AM  | WOD                    | WOD       | WOD       | WOD       | WOD    | 8:00 AM  | MOBILITY          |
| 9:30 AM  | WOD                    | WOD       | WOD       | WOD       | WOD    | 8:00 AM  | RFX TEENS         |
| 11:30 AM | WOD                    | WOD       | WOD       | WOD       | WOD    | 9:00 AM  | WOD               |
| 3:45 PM  | RFX KIDS               | PRE TEENS |           | PRE TEENS |        | 10:00 AM | BEGINNERS PROGRAM |
| 4:30 PM  | WOD                    | WOD       | WOD       | WOD       | WOD    |          |                   |
| 4:30 PM  |                        | RFX TEENS | RFX TEENS | RFX TEENS |        |          |                   |
| 5:30 PM  | WOD/ BEGINNERS PROGRAM | WOD       | WOD       | ENGINE    | WOD    |          |                   |
| 6:30 PM  | WOD                    | WOD       | WOD       | WOD       |        |          |                   |



| 9 468 7778 | UNIT 9, 49 ARMADALE ROAD, JANDAKOT |

CROSSFIT KIDS NOW AVAILABLE AT BOTH LOCATIONS

VISIT RFXCROSSFIT.COM.AU TO REGISTER FOR A FREE TRIAL CLASS



# RFX CROSSFIT PROGRAMS



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## RFX CROSSFIT PROGRAMS

### Quick Fit:

Quick Fit is a 45min class of high intensity Cardio intervals and functional workouts to push you to your limits but with no complex gymnastics movements and heavy barbells. If you like CrossFit but are a little intimidated by the movements/workouts then this will be perfect for you! Get the CrossFit experience but in your own comfort zone.

We start the session with a comprehensive warm-up and then attack some cardio intervals which could be Rowing, Cycling, Running or Assault Bike. After a small window of recovery you will complete a high intensity CrossFit Style workout followed with some core work to finish. There are no heavy barbells and no advanced Gymnastics, just plain and simple grunt work designed to get you huffing and puffing so you can build an amazing Cardiovascular Foundation and burn tonnes of Calories!!

### Gymnastics:

Gymnastics forms a key component of CrossFit but the basic strength and skill progressions are often neglected leaving athletes weak in gymnastics movements and vulnerable to injury.

During our Gymnastics class we spend time working on core gymnastics skills including handstands, Bar and ring work and of course building rock solid abs!! Although we may not do every skill every week there will always be parts in the session to assist in your overall gymnastics capacity and over the course of consecutive classes using set strength work, progressions and practice we will build up to strong quality gymnastics movements. To make it all fun and to put it into context we will often do a gymnastics type workout and then finish with some core conditioning!

There are no excuses anymore, come down and turn gymnastics into a strength in your CrossFit game!!

### CrossFit – Mainstream:

CrossFit is a strength and conditioning program that focuses on basic gymnastic skills, Olympic lifting and high intensity cardiovascular exercises. The daily workouts (WOD) allow you to build strength, increase endurance and work on your weaknesses using functional movement. Each workout is varied, which eliminates routine and challenges you to be the best you can be.

CrossFit workouts are scaled universally allowing every committed individual to become leaner, stronger, faster and more confident regardless of your current level of fitness.

Traditional exercise programs focus on training your muscles in isolation, whereas CrossFit focuses on whole body movements. This will enable balanced and quicker results than those of the traditional programs. If you are male, female, young or old, CrossFit WILL benefit you!

### CrossFit Advanced:

Advanced CrossFit is a class specially catered to those who compete in the higher end of intermediate/RX or have been Cross Fitting for 18+ months and have developed all the main CrossFit skills. The sessions are going to be based around more complex skills, heavier strength work and the workouts will be more advanced. These classes will also have a bias towards competition skills. If need to progress in workouts and skills in more complex movements and heavier weight then this is the class to be in!

### Olympic lifting:

At RFX CrossFit we have affiliated with the best in the business and are a chapter of The Barbell WOD. We run the Barbell WOD program in classes and offer the barbell WOD Plus program for more serious lifters to follow. These programs are built using the best combination of Olympic and power lifting principles to develop a bigger, faster, and stronger athlete. The Barbell WOD and Barbell WOD Plus programs are not designed to produce a "quick fix" but instead to commit you to a path of long term change and results.

Improve your Olympic lifting technique, mobility and strength while still having gas in the tank for additional Metcon and Gymnastic Skill Workouts each week.

### CrossFit Kids:

CrossFit Kids is a program specifically designed for the developmental needs of children from as young as 3 through to teens. Through games and workouts the children will develop agility, coordination, balance, speed, flexibility and strength. Kids experience constant variety to keep them engaged. They also enjoy the benefits of working together as a group – not to mention the feeling of success from their own achievements.

### Mobility:

Mobility is a one hour class focusing on learning to optimize your mobility, Prevent Injuries and recover better.

We will pick a few specific areas of the body and discuss and teach mobility drills to address areas of disjunction or pain. Looking after your body in this way is an integral part of becoming a better athlete and enjoying a more comfortable and less restricted life.

Treat Your Own Pain & Injuries. Enjoy Performance Gains. Understand Your Physiology.