



FITNESS

COMPETITION

GUIDE



**WORKING
AGAINST
GRAVITY**

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INTRODUCTION

WHO ARE WE?

A fitness competition can be one day or multiple days of intense workouts that will humble and motivate you to up your game! This WAG Fitness Competition Guide provides you with the advice and resources you need leading up to and during the workouts.



**WORKING
AGAINST
GRAVITY**

WORKING AGAINST GRAVITY is an online nutrition company that creates individualized programs for any lifestyle. Our handpicked food and fitness experts teach and train you to be one, too. We have worked with thousands of people and currently have athletes placing in worldwide fitness competitions — including [Katrin Davidsdottir](#), [Camille Leblanc-Bazin](#), Brooke Ence, [Cole Sager](#), Brooke Wells, Christian Lucero & more

BRUTE STRENGTH specializes in developing training programs for athletes of all levels and sports. They combine structured progressions in strength, power development, gymnastics and endurance to build the most well rounded athletes possible. Their coaches have competed and coached at the highest level of the Games (aka they've stood on the top of those podiums).



THE ACTIVE LIFE blends traditional chiropractic treatment with physical therapy more effectively than any other office in the world. They specialize in sports specific rehabilitation and work intensely with athletes from the beginner to elite levels. The Active Life has a practice in New York, while also creating many invaluable online resources.

NUTRITION

MACRONUTRIENTS & MICRONUTRIENTS

Our food is made up of macronutrients:

PROTEIN | **CARBOHYDRATES** | **FATS**

At Working Against Gravity, we work with our clients to build specific macronutrient profiles for them. Having a good balance of all three is a great place to start. Here are the fundamentals:

PROTEIN

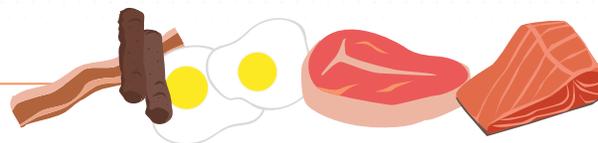
PROTEIN is made up of building blocks called amino acids. They play a big part in the building of muscle in the gym and muscle recovery on your rest days. If you want to be strong and invincible for a competition, make sure you're getting enough protein.

The repairing and renewing benefits of protein will help you bounce back from the physically demanding workouts thrown at you!

Good protein examples include poultry, red meat, game meat, eggs, yogurt and protein powders.



Start with working a *first size portion of protein into each of your meals.*



WHAT ABOUT PROTEIN SUPPLEMENTS?

Whey protein and casein protein are the two most common protein powders and they're digested differently in your body.

WHEY PROTEIN

Whey is your go-to right after your workout because it will be digested and utilized by your body quickly.

CASEIN PROTEIN

Casein is slower digesting and more beneficial before a longer period without food. Try taking it before bed so you can recover while sleeping.

NEED PLANT-BASED PROTEIN IDEAS? Check out workingagainstgravity.com/plant-based-protein for our expansive resource on plant protein sources!

COLE SAGER

MY BIGGEST PIECE OF ADVICE:

Above all else, I want people to recognize that these competition are a chance to test and challenge themselves. I want people to remember that the mentality they approach the event with and how they hold themselves throughout all of the workouts holds the potential to inspire others around them to be the best they can be and to challenge themselves. That's when the strength of the community is working at its finest.



CARBOHYDRATES



CARBOHYDRATES are used first by your brain and body for energy. Eating carbohydrates in the hours before your intense workout is optimal to best fuel you. After a hard workout, they will help replenish your muscles' depleted glycogen stores. This supports better performance and recovery.

Carbs will be your best friend during competition season because they are the gas in your tank and the fuel to your fire. They are stored in your muscles as glycogen, and eating carbs in the right proportion will keep your muscles feeling strong and fresh each week!

Examples include vegetables, fruits, grains, rice, tubers, legumes, oats, breads, pasta and more.

FIBER



Keeping your fiber intake on point throughout the workouts will provide optimal energy and joint function during the workouts, along with faster recovery afterwards, getting you ready for the next one.

Fiber is essential because:

- It's packed full of micronutrients that lower cholesterol, manage blood sugar levels and can be difficult to get from other sources.
- It leaves you feeling fuller for longer, as they are slower to digest.
- It keeps your digestion running smoothly.

We recommend **10-15 grams of fiber for every 1000 calories** you consume. High fiber foods include vegetables, fruit and many legumes. You'll also find fiber in some grains and many other packaged food products (such as in bread, tortillas, energy bars, or even dairy products). Read your food labels!



BROOKE WELLS

MY BIGGEST PIECE OF ADVICE:

Know how to pace the workout and stick with that! Then whatever you have left, empty the tank in the last couple minutes! People start out super hot out of the gate because it's an open workout & they get nervous and wanna do the best they can and end up dying towards the end.

So just don't take off too quickly like most athletes do & maintain your best pace!

FAT



FAT is essential to consume for survival because your body can't create fat on its own. Our bodies use fat for:

- Growth and development of cells
- Nerve and brain function
- Transporting and absorbing vitamins (A,D,E and K) through the body
- Insulation and protection of your body and its vital organs
- Providing energy and producing hormones

The omega-3 fatty acids EPA and DHA support cardiovascular health, joint health and digestion as well!

Consuming enough fat will help you stay satiated during your workout and allow you to keep pushing harder for longer by helping to slow the release of energy into your system. Basically, it prevents you from “hitting a wall.”

Fat is potent in its function; a little goes a long way. Additionally, fat is calorie dense and easy to overdo. Therefore, keep your intake to 1-2 thumbs worth of fat per meal.



HOW MUCH SHOULD I EAT?

Eat enough food to recover from the workouts. If one of your goals is weight loss and you also want to do well in the competition, we'd advise not cutting calories out of your diet until after the competition is over. Instead, direct your focus to eating enough calories to sustain the competition. These workouts are very demanding and attempting them on a calorie deficit isn't the best recipe for success.

After each workout, you're going to feel hungry and your body is going to want all the food it can get to begin the recovery process. Competition isn't an excuse to fuel up on burgers and shakes. Eating the right food is key to your recovery and performance.

The optimal method is to choose food that is high in volume meaning you can eat a lot of it without racking up calories fast. This will help you stay full longer and provide extra nutritional benefits.

Examples of high volume foods include berries, melons, leafy greens, celery, cauliflower, broccoli, mung bean pasta, zucchini noodles, cucumber, spaghetti squash and egg whites.

For nutrient dense recipes check out the 'recipes' section of the WAG blog!

CAMILLE LEBLANC-BAZINET

For athletes preparing for their season, now is the time to dial everything in, don't wait until the week prior to start eating well and training hard.

*Consistency and preparation is key, while competing is the result of the prior work! Remember that this is a celebration of fitness and that we are all so lucky to be able to express ourselves with fitness, so never feel sorry for yourself. **IF THINGS GET HARDER THEN ACCEPT AND EMBRACE THE CHALLENGES!***



MEAL TIMING

FOR OPTIMAL FUEL & RECOVERY

Whether you're doing your workout in the morning or under those "Friday Night Lights" with your gym, dialing in your meal timing will give you an extra edge when you're getting ready for a challenging workout. This means manipulating the amounts of proteins, carbs and fats you eat to ensure optimal performance.

PRE-WORKOUT NUTRITION

1-3 HOURS BEFORE

This time-frame gives you time to digest and supplies your body with vitamins and minerals for optimal organ and muscle function.

30 MINUTES BEFORE

Eating earlier is optimal but if you're unable (for example, if you're working out early in the morning), eat immediately before.

WHICH MACROS, AND WHY?

	1-3 HOURS BEFORE	30 MINUTES BEFORE
CARBS	Whatever the workout entails (long, short, endurance or resistance) eat a mix of high and low-GI carbs. <i>(for example, grains with leafy greens).</i>	With less time to digest whole food, stick with high-GI carbs. Examples include (but are in no way limited to) white rice, fruit, baby food, fuel pouches, carb/protein shakes. They digest easier and absorb quicker.
PROTEIN	Exercise damages muscle tissue, but protein keeps amino acids stocked while promoting protein synthesis. Make sure this meal includes a bit of lean protein.	Protein is important and we recommend opting for a whey protein shake because it is fast digesting.
FAT	Fat slows the digestion of food so eat some but keep it low. This will ensure that the protein and carbs you're eating are more effectively utilized.	Fat should be mostly avoided in this meal, it further slows digestion and you want those nutrients utilized as quickly as possible!

POST-WORKOUT NUTRITION

0-2 HOURS AFTER

This meal enhances your recovery for the next day, so if you're doing a multi-day competition, the earlier you can refuel, the better! Competition workouts are more challenging than your average day at the gym and your body won't be recovering as quickly as usual. The sooner you're refueled, the sooner you'll kick into 'recovery mode.'

2+ HOURS AFTER

This meal is especially important during competition season because of the challenging nature of the workouts. It allows you to stay recovering from your earlier workout, and if it is one of your last meals of the day it also prepares you for a good night's sleep. This is important because certain recovery is specific to sleep! Recovery also ensures proper preparation for the next workout. Now is the best time to fit in those essential macronutrients, micronutrients, vitamins and minerals that you didn't eat around workout times, such as fats and more fibrous vegetables.

WHICH MACROS, AND WHY?

CARBS

Carbs replenish glycogen stores, particularly right after a heavy workout. Sticking to high-GI carbs will be especially beneficial. If you workout multiple times daily or go to your job afterwards, then carb intake is extra important.

Low-GI carbs keep glycogen and glucose stocked without spiking insulin. You will get the benefits of carbs and feel full without the unnecessary spike of energy while you rest.

PROTEIN

Eat protein ASAP. Protein will continue promoting muscle maintenance and growth. A whey protein shake or other lean protein source will do the trick!

Protein, especially slow digesting (casein) protein, is ideal for continued muscle growth and maintenance while your rest. Check out [Protein Timing for Life](#) for some fun ways to incorporate casein into your night!

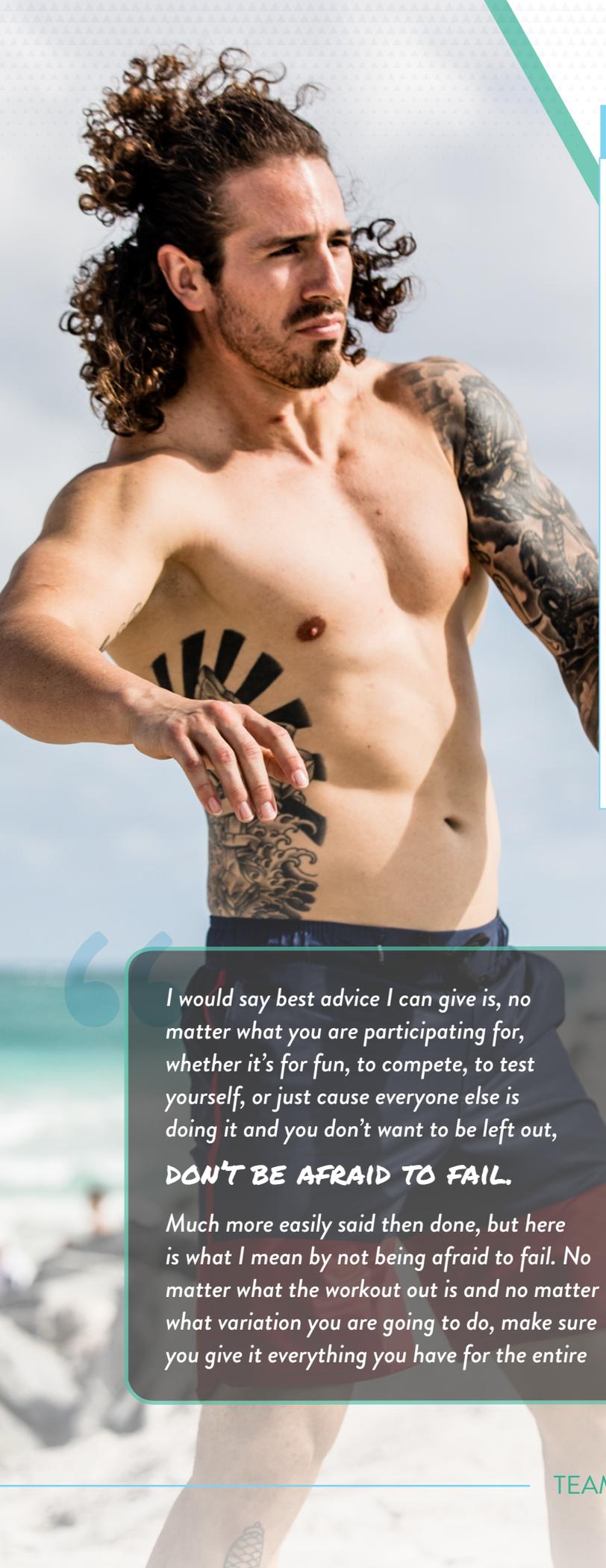
FAT

Keep fat intake low here: Fat will slow the release of glycogen and decrease the rate of protein and carb digestion (which means a longer time before your fuel can aid in recovery!)

Fats keep the digestion and release of carbohydrates and insulin steady. So, the majority of your fat should be eaten during this time window. Fat also transports important vitamins and minerals around your body, required for healthy organ function.

Stick with what you know. These are general recommendations and **your** specific needs may vary based on gender, lean muscle mass, what time of the day you're doing the workout, temperature, recovery time until your next workout and so many more variables! If your current diet works for you then don't make drastic changes. If you're tracking macros, hit your numbers every day. Now is not the time to be lenient or add new supplements and foreign foods into your diet. Sudden changes in diet can cause your body to retain water, have a negative impact on your performance or both.

Have a game-plan. Buy your supplements and prepare your meals ahead of time. Don't get stuck having to buy food from the convenience store or vending machine!



HYDRATION

It's guaranteed that without hydration, your performance won't go as well as it could.

Kick start your hydration with a few tricks:

START YOUR DAY STRONG. As soon as you wake up in the morning, drink a big glass of water.

INVEST IN A 1 LITER WATER BOTTLE. Carry it with you. Put a fresh strip of masking tape on your water bottle and every time you drink a full liter, mark it off. Having that visual evidence will encourage you to drink more.

SET WATER GOALS. For example, aim to drink a half a liter of water per hour. If you're nailing that goal, aim for a full liter.

USE A WATER DRINKING APP. Track your intake and give yourself little reminders to drink! Some of our favorite apps are [Daily Water Free](#), [WaterLogged](#), and [AquaAlert](#).

CHRISTIAN LUCERO

I would say best advice I can give is, no matter what you are participating for, whether it's for fun, to compete, to test yourself, or just cause everyone else is doing it and you don't want to be left out,

DON'T BE AFRAID TO FAIL.

Much more easily said than done, but here is what I mean by not being afraid to fail. No matter what the workout out is and no matter what variation you are going to do, make sure you give it everything you have for the entire

workout no matter what. Don't be concerned with times, weights, whats coming up next or what you just did. You just focus on every single rep and every single movement putting one foot in front of the other until the time is called. Its a very short amount of time and before you know it the workout will be done and then the open will have come and gone. There is nothing worse than getting done with a workout knowing that you could have done more or pushed harder. Leave it all out there and no matter what you will walk away satisfied and happy with yourself.

MASTER YOUR MINDSET

ESTABLISHING A PRACTICE

All of the world's best athletes have mindset practices **not just before competition, but all the time.**

Having a mindset practice will help you stay calm and focused. It's proven to have a positive impact on performance, while being panicked and nervous is proven to have a negative impact.

OUR MINDSET POINTERS

CREATE A RITUAL AND PRACTICE IT NOW.

From when you eat, stretch and warm up to the moment you start the workout. Having this routine takes away any uncertainty, keeps you busy and allows you to focus on the task.

PRACTICE MINDFUL BREATHING.

Before warming up take 5 minutes to lie on your back and breathe slowly and deeply into your belly. This lowers your heart rate and helps you breathe correctly.

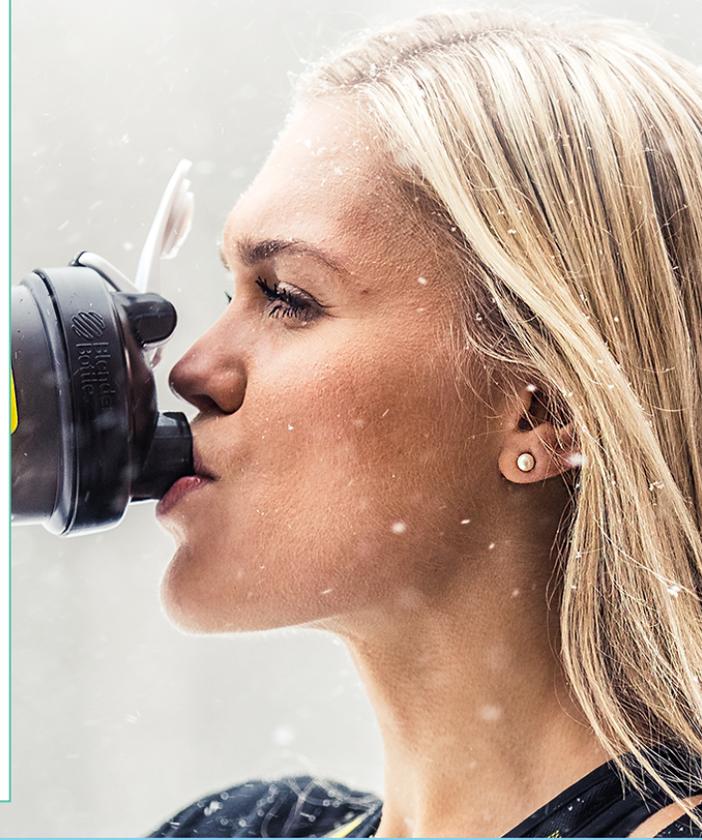
START VISUALIZING. From the moment the workout is announced. Picture the movements, how it will look and feel and the positive outcome. Visualization is proven to have a positive carry over into your performance.

DOWNLOAD A GUIDED MEDITATION APP like [Headspace](#).

This will help to keep your anxious thoughts at bay. Headspace even has a 'Performance Pack' once you complete the first 10 days.

CHECK OUT OUR BLOG FOR MORE IDEAS.

The Working Against Gravity Blog has a library [full of inspiring articles](#) on mindset, just waiting for you to dive into.



KATRIN DAVIDSDOTTIR

Every year as the open rolls around, I get super nervous. It is crazy! I mean, I have done this so many times before .. & all I am doing is working out in my gym like I do every other day. I still get nervous but I have learned to love the nerves - It just means that I care & I really do! We have worked so hard for these moments.

FOR ME, DOING 10 MINUTES OF MEDITATIVE BREATHING as soon as I get to the gym helps - It gets me to relax. After that I treat it as any other training session: I eat the same things as I would for breakfast, I warm up in the same way. When it comes time to start the workout I am confident because I know I am ready to workout hard just like any other day.

Don't worry about anyone else or getting a certain score, do **YOUR** best. That is your best possible outcome!



TRAINING AND COMPETING

by Michael Cazayoux, President of WAG and Co-founder of Brute Strength

This is the one of the most exciting times of the entire year for many athletes. We've been working extremely hard to get fitter, spending hundreds of hours preparing for the season. Now competition day is upon us.

This time of the year creates a sense of urgency in everyone. For instance, my Dad called to ask how he could get his first muscle up before the Open begins. Knowing how competitive he is, I said, "You're too old. I don't know anyone your age that can do muscle ups." Then he got his first muscle up. Just kidding, but it would have made for a great story!

Many of you are doing everything in your power to fix weaknesses and prepare for these competitions. I have been competing and coaching at the CrossFit Games for a long time and I'm going to tell you what to expect in competitions similar to the Open, and what's worth focusing on. Let's go!

FOLLOW YOUR PROGRAM

Whether it's programming by your local gym, from an online resource or elsewhere — the most important thing you can do is **strictly follow your program**. Switching back and forth between programs and workouts is counterproductive for your progress. Even if you don't love your current program, a mediocre program done consistently is better than 3 amazing programs done all over the place.



MOVEMENTS WE EXPECT TO SEE TESTED AT COMPETITIONS

We've used a lot of data over past years to know what we can expect in these types of events. Based off of statistics, here is a list of the likely suspects, in order of importance:

1. SNATCH
2. BURPEE
3. PULL-UP
4. DOUBLE UNDER
5. CLEAN
6. BOX JUMP
7. DEADLIFT
8. TOES TO BAR
9. HANDSTAND PUSH-UP
10. OVERHEAD WALKING LUNGE
11. WALL BALLS
12. BAR MUSCLE-UP
13. JERK
14. OVERHEAD SQUAT
15. ROWING
16. RING MUSCLE-UP

IDENTIFYING YOUR WEAKNESSES

With pen and paper, think about your training. Of the list of movements listed on the previous page,

What are you great at?

What do you need to improve on most?

Good, now... Here's the thing – you're not going to put 50 lbs. on your front squat between now and the competition. In fact, strength gains made between now and then are *very minimal for anyone*.

However, **there are things you can improve on in this short window of opportunity**. Here's what to implement into your training right now:

WEAKNESSES IN SKILLS AND TECHNIQUE

This is the area in which you have the most potential for improvement in a short period of time.

If you struggle with muscle-ups, pull-ups, HSPU, and similar gymnastic movements, then consistent practice will get you significantly better, sooner.

How? Well, skill movements are more technical and require more **Central Nervous System** engagement (brain power). Your body learns movement patterns faster than it builds muscle mass and strength. You'll make 'skill gains' quicker than you'll put 50 lbs. on your front squat.

HERE ARE SOME TIPS TO IMPROVE YOUR SKILLS BETWEEN NOW AND THE OPEN:

- ▶ **Add skill work to your warm up before training** rather than drilling weaknesses right now and exhausting yourself.
- ▶ **Train neurological patterns** by practicing quality and efficient movement. 1 rep, rest. 1 rep, rest.
- ▶ **Include a minimum of 20-30 minutes** of skill work practice **in your warm up** if you're serious about achieving your best results.



WEAKNESS IN

ENDURANCE

You won't make the *same* endurance gains that you will skills—but there's still time to make some:

Back off heavy workouts and rest more in these last weeks. Train light to keep your heart rate & fitness up and keep you recovered and prepared.

Add 1-2 hours of LOW INTENSITY cardio per week to build aerobic capacity. These events are full of short metcons and strength workouts but if you fill your training exclusively with them then you're not developing the endurance and lung capacity to make it through a long chipper workout. I like to prescribe an hour on the rower, bike or a jog at conversational pace.



WEAKNESS IN

STRENGTH

You're screwed. Just kidding. While you may not be able to put on an enormous amount of strength and power, you can improve on some things between now and then:

Practice barbell cycling with a 95/65 lb. power snatch and 135/95 lb. clean and jerk (lighter if needed) using proper technique. **Throw in 4 sets of 5 of these at the end of your warm up** to get more comfortable with the barbell.

When the time comes for a heavy competition workout or max lift, realize that **these will take the most out of you**. Give your best effort on these and treat it as if you won't get to repeat it. These workouts have a much lower rate of improvement on the second time so approach it as if it's your only shot.

MEETING MOVEMENT STANDARDS

Each movement is usually held to a standard (e.g. depth of push-up, pull-up). Athletes can be great at most movements in training but struggle to get reps in competition, crumbling when being held to the movement standard.

- Make sure you read up on standards for various movements. You can find resources for these such as on games.crossfit.com.
- Film yourself and identify which movement standards you need to focus on.



APPROACHING THE WORKOUTS

First, understand this – strategy, planning and the right gear all help. However, don't let any of it stress you out. Nothing you change at the last minute will make much difference to your result. You could go into each workout with no plan and still perform close to your best. Relax, let your body do what you've trained it to.

For those of you that want to optimize every workout, here are a few tips:

WARM UP PROPERLY

Never skip your warm up and keep it **light** – Use light weights and low energy expenditure.

YOU SHOULD SPEND 30 MINUTES ON:

- ▶ **Mobilization and movement patterns.**
Don't overdo mobilization, particularly if you're already very mobile.
 - ▶ **Skill work drills.**
 - ▶ **Heart rate/nervous system stimulation.**
Prepare for the specific movements and loads. For example, warm up sprints for a sprint workout. Warm up wall balls for a wall ball workout.
- ### PLAN AND CONTROL YOUR ENVIRONMENT
- ▶ **Schedule your weeks in advance.** What days do you want to complete the workouts? How many attempts are you taking?
 - ▶ **Plan your rest days.** If your ranking is important to you, back off social events and even ask your boss for an extra day off work to recover.
 - ▶ **Avoid distractions by completing the workout at a quieter time at your gym.** Or, if you need that camaraderie to push you, do it during a busier time.

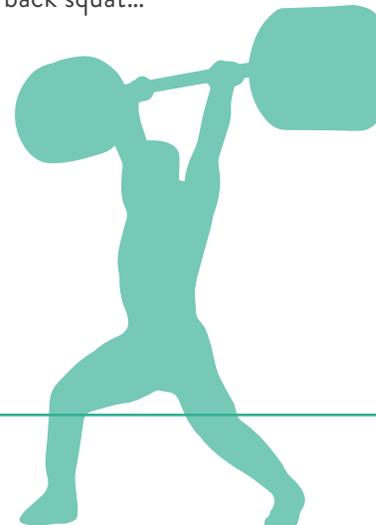
- ▶ **Try to regularly train at the times you plan to do the workouts.** If you're *competing* at 7:00pm but normally *train* at 9:00am, you're not as optimally conditioned for that time of day.
- ▶ **Plan workouts thoroughly.** Which area of the gym will you compete in? Where is your camera/who is your judge? Do you have all of your equipment? Where is it placed around you? Don't let the clock start before you realize you're uncomfortable.

CHILL OUT

Breathe and don't stress out. Welcome anxiety, but don't let it cloud your mind. Use it as fuel rather than letting it make you doubt yourself.

Get excited, but don't take pre-workout, jumping around, screaming, etc. This isn't a powerlifting meet. Unless they throw in a max back squat... in which case take two scoops!

These workouts are endurance events, **SO SAVE YOUR ENERGY!**





HOW MANY TIMES SHOULD I ATTEMPT EACH WORKOUT?

With all of the changes to how fitness competitions are done, the meaning of events (such as the Open) is evolving. With that said, whether you are a consistent Games athlete or just someone that wants to compete as well as possible, my recommendations for approaching the workouts hasn't changed much.

If your goal is just to do your best in multi-week competitions, I recommend attempting each workout **twice** with the exception of heavy/max effort workouts, which should be attempted only once. The majority of people see their best result in their first attempt on max effort events. On the flip side, on longer and lighter events athletes tend to see at least a small improvement on their second attempt. With that said,

if you also have a goal of being as fit for life as possible I highly recommend stopping after two attempts. With each subsequent attempt of the workout you are increasing your risk of injury. Be smart, listen to your body, and live to train another day.

If you're an athlete that is always on the cusp of making it to the Games or are a Games hopeful, then I suggest doing the workout as many times as you need. You've trained all year for this and it is a priority for you. If one or two extra reps is the difference then give it everything you've got.

If you are a top level Games athlete that has already qualified for the Games through one of the qualifiers, then good for you. Must be nice. ;)

HAVE FUN, TOO!

Get excited about the event. You'll be competing alongside half a million like-minded fitness enthusiasts testing the work they've put in all year. Have fun with your friends and give it everything you've got.

During major events, such as the Open, Brute Strength will host a weekly Facebook Live session to explain each workout in depth. Follow the [Brute Strength Facebook page](#) for more info.

Mike Cazayoux,
President of WAG and Co-founder of Brute Strength

CODY ANDERSON

THE OPEN IS A GREAT TIME TO STRETCH YOURSELF AND GET UNCOMFORTABLE FINDING OUT WHAT YOUR LIMITS ARE.

Make the most of that opportunity, but at the same time remember that this isn't life and death. At the end of the day for 99% of people out there, this is for fun. More important than any of that though is to remember that the event is about the community around you. The best part of the open is getting to be a part of someone else's success so be there when your gym is putting on their open event and be encouraging to the people around you!

BULLETPROOF INJURY PREVENTION

by Dr. Sean Pastuch, Co-Founder of The Active Life



Let's not get hurt this year. For many of us, we may only have one type of fitness competition per year. If you're like me you hope to finish in the top 65...percent. You want to challenge yourself, compete with your friends and make it out of the competition uninjured. Here are our tips on staying healthy and pain free.

KNOW YOUR LIMITS

If bending over to touch your toes yields range of motion 6 inches off the floor and elicits pain in your lower back, it's probably not a good idea to perform deadlifts and box jumps at maximum intensity for 14 minutes. All new Bulletproof and 1 on 1 Active Life Rx athletes complete a series of flexibility and mobility assessments to ensure they are 100% ready for action.

Not sure where your flexibility and mobility stack up? Go to activeliferx.com/wag/ to take a basic or enhanced assessment to determine your individual needs.

DON'T WAIT

Address nagging pains now to give yourself a chance to perform your best and to avoid injury.

ASSESS. DON'T GUESS.

If you have trouble with overhead movements it would be nice to know why. Our evaluation process is based on the Athlete's Hierarchy of Needs. We start at the bottom and work our way up.

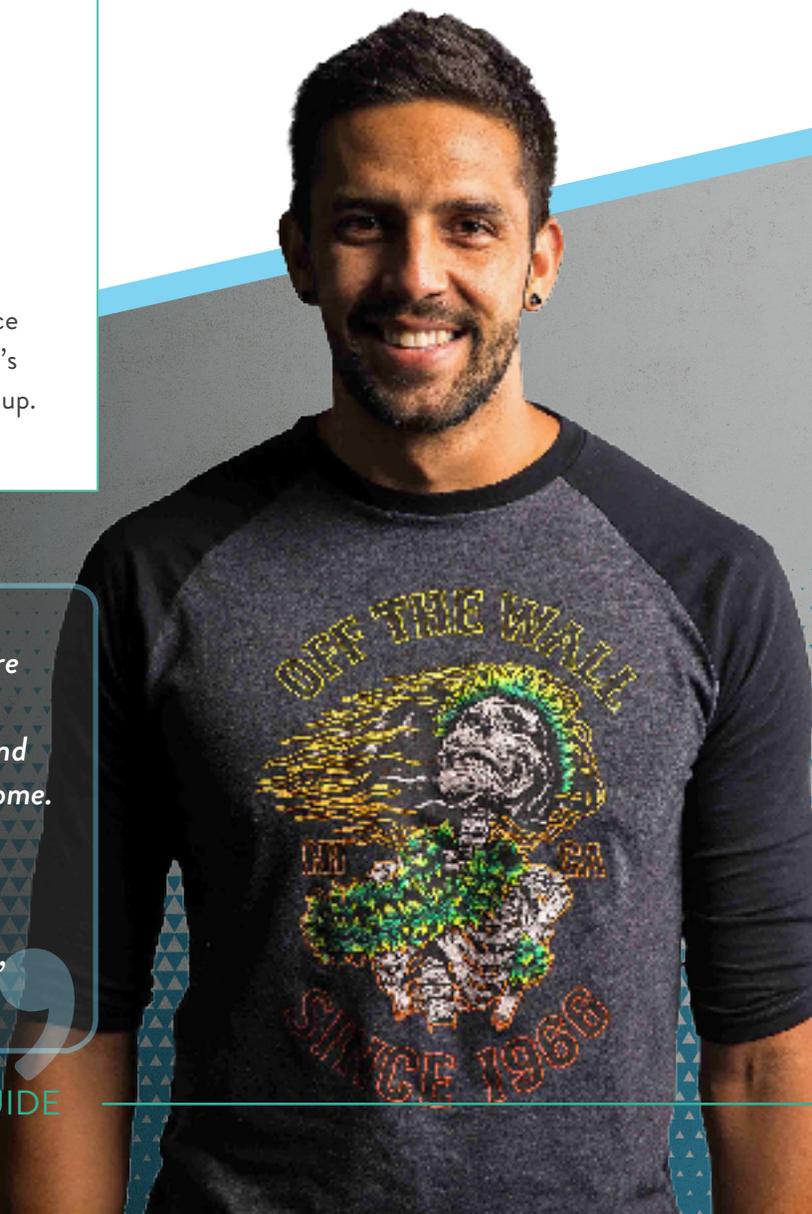
"IF YOU WANT TO PROVIDE
APPROPRIATE CORRECTIVE ACTION
YOU NEED TO KNOW
WHERE AN ATHLETE IS LIMITED."

— DR. SEAN PASTUCH

TOMMY MARQUEZ

Don't take competition too seriously by putting pressure on yourself to perform. It's a great opportunity to test yourself, but it's also a chance to celebrate your work and progress with your community through **effort**, not **outcome**.

YOUR FITNESS AND HEALTH JOURNEY EXTENDS FAR BEYOND THE COMPETITION, so take a moment to appreciate this opportunity as a step in your Journey, then promptly give the workout(s) hell.



PROPERLY WARM UP,

COOL DOWN AND RECOVER

Getting your body through a fitness competition is tough. Fortunately we provide a detailed warm up, cool down and recovery session for each workout. We film these warm ups and post a link on Instagram at [@activelifex](#) and [@bulletprooffx](#). We try to get out this content in a timely manner for those of you who want to do the workout as soon as possible.

We also offer area specific “for quality” recovery workouts to get the ol’ body moving the day after a max effort workout.

I know what you’re thinking, “Wow! This is amazing... but how am I ever going to remember where to find all this great stuff?”

Good news, you can find it all at [activelifex.com](#) as soon as it’s available.

LIVE TO FIGHT ANOTHER DAY

Follow this simple advice and you’ll be a happier, healthier athlete:

A few extra reps in any competition workout isn’t worth 6 months of low back pain and modified workouts.

READY TO IMPROVE HOW YOU MOVE?

If you have an injury or struggle with flexibility or mobility go to our page specifically designed in conjunction with this guide and complete the Bulletproof Assessments.

It’s 100% free and without obligation.

Dr. Sean Pastuch,
Co-Founder, *The Active Life*



KARA WEBB

PRACTICE YOUR PLAN NOW BEFORE COMPETITION TIME.

This includes your warm up and nutrition as they are the two key components of your workout. Practice what you want to do in your warm up to prepare you appropriately, and how long you want to warm up/how long before the workout. Your nutrition plan is going to vary depending on what time of day you want to complete the workout. Figure out what foods make you feel energized enough but don’t sit heavy in your belly and at what time.

WRITE DOWN YOUR IDEAL MENTAL PROCESS AND PLAN.

I like to answer the following questions before a WOD:

- *What do I like about the WOD?*
- *What opportunity do I see for myself in this WOD?*
- *What is going to be a challenge?*
- *How will I process this challenge?*

Note a positive phrase of paragraph that will come from you, for you. It should be the last thing you read before you hit the WOD and should be something that is very individual for you and makes you feel positive and motivated.



AIMEE EVERETT

COACH OF VARIOUS CROSSFIT GAMES ATHLETES,
INCLUDING TOP 10 FINISHER CODY ANDERSON

When preparing for the open I think it is important to be in the mindset that you're going to attack each week as the absolute best version of yourself. Getting enough sleep, recovery, and fueling your body accurately will help you walk in to each open workout with the confidence that you've done everything you could to be able to fight with ferocity and toughness. And have fun!

**ENJOY EVERY MOMENT OF THE PROCESS
EACH WEEK OF THE OPEN.**

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Thank you to our guests, BRUTE STRENGTH and THE ACTIVE LIFE, for helping us create this multi-faceted guide for various fitness competitions.