

## START HERE

Congrats on starting your CrossFit journey!

Attached you'll find I've provided you with lists of workouts you can do almost anywhere, with minimal equipment.

**WARNING:** As with any exercise program, it is crucial that you focus on your form and technique before applying intensity in your workouts. Learn to squat, learn to press, learn to jump properly before you do these fast and repetitively. You can find hundreds maybe thousands of technique videos on CrossFit's functional movements on CrossFit.com and with a quick YouTube search. I recommend starting here: [https://youtu.be/\\_-6Agfc88sY](https://youtu.be/_-6Agfc88sY)

I've also included useful food lists and spreadsheets to put you on track to a healthy diet. When you combine CrossFit with healthy eating, you get HUGE results.

The diet we recommend is similar to the Paleo Diet. Please try to only eat foods on the list of approved foods. Then avoid lists on the Non-Paleo food list.

The Zone spreadsheets are designed to show you how much to eat at each meal. Please see the Zone Block Guide if you're interested in portion control.

So here are your action steps:

1. Start with the Home Workout Program and get in a weekly workout routine. For quick reference regarding the abbreviations I've used for the workouts, please see the Basic CrossFit Lingo page. For exercise demonstrations, please see CrossFit.com or YouTube. If you have any additional questions on how to do a workout, please feel free to message me thru Fiverr.
2. Focus on improving your diet by eating more from the Paleo food list and avoiding foods on the Non-Paleo food list.
3. If you'd like to focus on portion control as well, check out the Zone Block Guide and Zone Calculators spreadsheets.
4. After building your new routine and sticking to it for a few weeks, try some of the workouts from the other workout lists. These are mostly bodyweight conditioning workouts to further improve your conditioning.
5. From there, I recommend investing in an Olympic barbell and metal weights (you can find them on Craigslist). With your new weight set, you can start strength training. This is when you will use the Hatch Squat Program. Simply plug in the spreadsheet the most weight you can do with a Back Squat and Front Squat. If you don't know what those movements are, please once again do a quick online search for technique demonstration videos.