

MKG Fitness New Member Guide

Welcome to MKG Fitness, and congratulations on making the decision to invest in your health and fitness!

MKG Fitness is a strength and conditioning program built around the principles of CrossFit. Our goal is to help you become stronger, healthier, and more capable in everyday life.

At our gym, you'll learn to perform constantly varied functional movements at varying levels of intensity. Functional movements are natural, multi-joint movements that translate directly to real-life activities and athletic performance.

Equipment

Beginner (Minimum Requirements)

For your first few months, all you need is:

- Comfortable workout clothes
- Cross-training shoes
- Water bottle
- Jump rope

Intermediate

As your training becomes more specialized and you begin lifting heavier loads or performing more advanced movements, consider:

- Weightlifting shoes
- Grips for pull-ups, toes-to-bar, and gymnastics movements
- Weightlifting belt
- Wrist wraps
- Knee sleeves
- Athletic tape
- Chalk
- Lacrosse ball or mobility tools for recovery

Remember: You don't need to purchase all of these items right away. Start with the basics, stay consistent, and add equipment as needed.

Workout Levels

We program workouts with suggested weights, reps, and movement options at different levels based on your goals and experience.

PX – Performance

For athletes who enjoy competition and maximizing performance. This level is ideal for those with previous CrossFit experience, athletic backgrounds, or competitive sports experience.

FX – Fitness

For members focused on health and fitness. Workouts are still challenging and measurable, but the emphasis is on long-term health rather than competition.

LX – Lifestyle

For beginners or those working around injuries and limitations. Anyone may choose the Lifestyle option depending on the movement, workout, or how they are feeling that day.

You don't need to stick to one level for every class, either! Use these guidelines to help create the best experience for you.

Common Workout Terminology

EMOM – Every Minute On the Minute

A workout structure where a specific task is performed at the start of every minute. Commonly used for strength training and skill development.

AMRAP – As Many Rounds/Reps As Possible

Maximum possible work within a set time. Great for building conditioning, endurance, intensity, and mental toughness.

FT – For Time

A workout where the goal is to quickly complete all prescribed work while maintaining good movement quality.

Benchmark WODs

Workouts that are repeated periodically to measure progress and improvements over time.

Hero WODs

Workouts created in honor of military personnel and first responders who lost their lives in the line of duty.

1RM – One Rep Max

The maximum amount of weight you can successfully lift for one repetition.

Examples include:

- Deadlift
 - Clean
 - Snatch
 - Press
 - Back Squat
 - Front Squat
 - Overhead Squat
 - Bench Press
 - Sumo Deadlift
 - Jerk
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Common CrossFit Abbreviations

Workout Terms

- **WOD** – Workout of the Day
- **RX** – Prescribed workout as written
- **Scaled** – Modified version of the workout
- **AMRAP** – As Many Rounds/Reps As Possible
- **EMOM** – Every Minute On the Minute
- **FT** – For Time
- **RFT** – Rounds For Time
- **PR** – Personal Record
- **1RM** – One Rep Max
- **MetCon** – Metabolic Conditioning

Equipment

- **BB** – Barbell
- **KB** – Kettlebell
- **DB** – Dumbbell

- **WB** – Wall Ball
- **MB** – Medicine Ball
- **C2** – Concept2 Rower

Barbell Movements

- **BS** – Back Squat
- **FS** – Front Squat
- **OHS** – Overhead Squat
- **DL** – Deadlift
- **PC** – Power Clean
- **PS** – Power Snatch
- **PP** – Push Press
- **PJ** – Push Jerk
- **SJ** – Split Jerk
- **S2OH** – Shoulder-to-Overhead

Gymnastics Movements

- **PU** – Pull-Up
- **C2B** – Chest-to-Bar Pull-Up
- **T2B** – Toes-to-Bar
- **HKR** – Hanging Knee Raise
- **MU** – Muscle-Up
- **RMU** – Ring Muscle-Up
- **BMU** – Bar Muscle-Up
- **HSPU** – Handstand Push-Up
- **HSW** – Handstand Walk
- **HRPU** – Hand-Release Push-Up

Other Common Terms

- **ALT** – Alternating
 - **OH** – Overhead
 - **DU** – Double Under
 - **TNG** – Touch and Go
 - **UB** – Unbroken
 - **Cals** – Calories
 - **M** – Meters
 - **BW** – Bodyweight
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Class Flow

Most MKG Fitness classes follow a consistent structure. While the workout changes daily, the format helps members know what to expect each time they walk through the door.

Blackboard Brief

The coach will review the workout, movements, intended stimulus, scaling options, and answer any questions.

Warm-Up

A coach-led warm-up designed to prepare your body for the movements and intensity of the day's workout.

Skill or Strength Work

Dedicated time to practice a skill or build strength. This may include barbell lifts, gymnastics movements, kettlebell work, or movement drills.

Workout (WOD)

The Workout of the Day is where you'll apply the skills and training from class. Workouts vary daily and may focus on strength, conditioning, endurance, power, or a combination of all four.

Post-Workout

After the workout, coaches will review scores, discuss the workout, and answer questions. Members are encouraged to record their results to track progress over time.

Remember: the goal is to move well, work hard, and become a little better each day.

Equipment Etiquette

To help keep our gym safe and enjoyable for everyone, please follow these guidelines:

- Wipe down all equipment after use.
- Never spray cleaning solution directly onto monitors or screens.
- Return all equipment to its designated storage location.
- Load larger plates onto the barbell before smaller plates.
- Do not drop empty barbells or barbells loaded with metal or 10lb plates.
- Always maintain control of barbells and never allow them to crash to the floor unnecessarily.

- Do not drop dumbbells, kettlebells, or plates from overhead or from excessive height.
- Be respectful of shared equipment and fellow members.

Thank you for helping us maintain a safe, welcoming, and high-performing training environment. We'll see you in class!