



WELCOME

TO CROSSFIT 2147

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WELCOME

Thank you for choosing to train with us.

At CrossFit 2147, we are more than a gym, we are a community.

Our members are everyday people. We are mums, dads, school teachers, cops, fire fighters, nurses, students, tradies, business owners, factory, hospitality and office workers all of whom work hard outside of their every day jobs to become a better and healthier version of themselves.



ABOUT US



CrossFit 2147 is owned and managed by Mat and Lady Seeto.

We have been in the sport of CrossFit for more than 10 years and funnily enough, that's how we met.

Way back when we both started, we fell in love with the community of CrossFit and absolutely loved what the training did for our fitness. Needless to say, we were sold on the methodology and believe that it changes lives for the better.

Mat found CrossFit after being edging so close to 140kg and being diagnosed with Type 2 diabetes. He believes that CrossFit changed his lifestyle and less than 12 months after starting, he no longer needed to take medication.

Lady found CrossFit after some significant changes in her life and found that CrossFit provided a means for clearing her head and challenging her in ways physically that she hadn't been challenged before.

When the opportunity arose in Feb 2016 for us to take over ownership of CrossFit 2147, we leapt at the chance. Now, 8 years later, and with three kids in tow, our motivation to foster fitness alongside community stands stronger than ever.

WHAT TO EXPECT

At CrossFit 2147, we offer small group classes which is led by a CrossFit certified trainer. Our classes are an hour-long and would typically include a warm up and a workout and on some days, weightlifting strength work. Our coaches will assist you with each component of the class from the warm up, ensuring you are adequately warm and moving with correct mechanics.

The workout of the day (WOD) consists of a variety of movements and rep schemes which will vary from day-to-day. All movements are scalable to each person's skill and ability to preserve the intent of the workout.

The first few months

The intensity of training will take its toll on your body and it is common to feel sore particularly after the first week or two. We encourage our athletes not only to push themselves with their training at the box, but also to take that discipline outside the box where food and sleep is involved. Recovery is just as (if not more) important in attaining results and ensuring you are recovered and able to train the next day. We suggest following an online program such as www.pliability.com which can take up as little as 15mins per day of stretching and mobility to help reset the body and help ensure longevity in the sport.

Nutrition

We recommend eating a balanced diet and minimising sugar as much as possible. Not only will you find your body composition change, but you will also find improvements in your performance and overall energy levels. Lady is also a registered Nutritionist and Sports Nutritionist and can help with meal planning and nutrition coaching.

For more information on nutrition services, click here: <https://www.crossfit2147.com.au/nutrition-2147>

Sleep

Sleep is crucial for muscle recovery and performance. An average 7-8 hours is ideal however we understand this isn't always possible. Regardless of your goals, whether it'd be to lose weight, tone up or supplement training for another sport, consistency in training, fuel and recovery going to be the key.

After a few months

You will find that you are becoming more familiar with the lingo and the endless list of acronyms CrossFitter's love to use. That being said, when you first set foot in the gym, the battle was more to understand what movements meant what and who on earth 'Fran' 'Grace' and 'Isabel' were and why everyone always cursed them.

Well from here you should not only be familiar with the language, but you should also know your own body and how far you can push yourself. This is important because you can now focus on the task at hand and rather than focusing on how to perform a movement, you are now focusing on how to perform that same movement faster, more efficiently or with more weight.

The beauty and frustration in CrossFit is that there is so much to learn. With that means that you will have a list of weaknesses that you may impatiently want to master. This will take time and rest-assured, with consistency, you will tick those goals.

For a guide on common CrossFit lingo and acronyms [check out page 16.](#)

GYM ETTIQUETE

Here are some of our house rules to ensure we can give our members the best quality training facility and resources we can provide:

Respect

- Please respect our coaches, they're here to help you. Listen when they're briefing and cueing, and feel free to ask questions. Our coaches are always willing to learn, so if you have any feedback, please contact Mat or Lady.
- Respect the equipment, please do not drop empty bars, 2.5kg and 5kg plates, dumbbells and kettlebells.
- Clean your equipment before putting it away (more information on this and our COVID-19 Health and Safety protocols on [page 14](#)).
- Be mindful of your surroundings specifically during briefings where people are intently listening, and where people are working out.

Your Training

- Warm up and technique work – our warm-ups are designed to prepare your body for the intensity of each workout. Use this time to work through the mechanics and technique.
- Please be on time - We aim to run our classes on time for the benefit of our members, and for your safety, please pay attention when the coach is giving instruction. It is distracting when the coach is briefing a class and there are separate conversations going on.
- Please reserve your spot for class (more information on [page 14](#)).

Community

- A big part of CrossFit is cheering each other on and building each other up. We're here from all walks of life to learn and get fitter, we do that not only by challenging ourselves individually but by also encouraging and supporting those around us.
- Please try not to pack up until the last person has finished their workout. Instead, let's cheer them on.
- Children are always welcome at the box and we strive to provide a space where they can feel comfortable and entertained. We ask that you please ensure your children are safe and that they remain off the gym floor (particularly when classes are on). Please also make sure children do not play outside of the gym as there are cars constantly driving through the carpark. Please also ensure that the kids do not leave any mess behind.
- We're here to have fun – for most of us, this is an hour away from our busy lives. Try not to take it too seriously, make friends and have fun with the process.

OUR COACHES

Our diverse team of coaching staff all bring something unique to the box. We have coaches that have had life-changing experiences because of CrossFit.

As a team, we all work together to foster our community and bring the best out of our athletes through knowledge and experience.

Delina Morales



Time in CrossFit

10 years, I started when I was 13 years old.

Why CrossFit

One of the things I love about CrossFit, is that no matter where people are in their fitness journey, CrossFit provides the opportunity for everyone and anyone to grow and learn, whether they've been doing it for 5 weeks or 5 years. I love the community and how inclusive and encouraging it is to everyone, regardless of age, ethnicity and background.

Favourite WOD

Karen. I love wall balls.

Favourite Movement

Toes to Bar, Thrusters or anything Olympic lifting.

Sport outside of CrossFit

I've always been down for any sport! Growing up my two favourites were basketball and softball, but I've participated in many more including volleyball, golf, track and tennis. Growing up in a small country town, there's nothing really else to do.

Jobs or Hobbies outside of CrossFit

Anything adventurous, whether it's climbing the Harbour bridge, theme park rides or go-karting - if it's exciting, I'm in.

Certifications

- CrossFit Level 1 Trainer
- Certificate III Fitness (in progress)
- Certificate IV Fitness (in progress)

Josh Wu**Time in CrossFit**

4 years

Why CrossFit

As a weightlifter of 11 years I was intrigued by the number of CrossFitters transitioning into weightlifting which led me to learn more about CrossFit. While I really enjoy coaching CrossFit, my specialty lies in the barbell movements. My goal is to educate CrossFit athletes in the benefits that executing oly movements with precision will have on their overall performance.

What I've come to appreciate most about CrossFit is the community mentality both at the box level and the wider CrossFit community.

Favourite WOD

Grace (of course)

Favourite movement

Clean and Jerk

Sport outside of weightlifting

I've been a competitive weightlifter for 12 years and Australian Representative for 9 years (U15, Youth, Junior, Senior levels)

7-time national champion

Jobs or hobbies outside of CrossFit

Head Coach of HrdKAW Strength Weightlifting Club, co-owner of HrdKAW Strength, Head Coach of Oly 4 Kids Sydney. Favourite hobbies outside of weightlifting are Tennis and PlayStation.

Certifications

- CrossFit Level 1 Trainer
- Strength and Conditioning Level 1 (ASCA)
- AWF Level 2 Weightlifting coach
- Bachelor of Exercise and Sports Science (in progress)
- Functional Movement Screen Level 1 (FMS)
- Cert III / IV in Fitness (Master Trainer)
- Level 1 Sports Trainer
- TRX Suspension Training Course Level 1 (TRX Qualified)

Lady Seeto



Time in CrossFit

11 years, I started in 2012 at CrossFit Blacktown.

Why CrossFit

The community keeps me accountable. Also, just when you think you're getting good, there's something else to learn or improve on. I felt like for me, this is what keeps the sport interesting, frustrating, and definitely humbling at the same time.

Favourite WOD

I don't have a specific WOD, but I would have to lean towards chippers. I struggle with anything sprinty.

Favourite Movement

Any sort of barbell clean.

Sport outside of CrossFit

Competed in weightlifting for 6 years.

As a stereotypical Filo, I always enjoyed basketball, but if I had to pick a sport outside of CrossFit, I would have pursued kickboxing. I have done a few half marathons in the past as I did enjoy running before CrossFit.

Jobs or Hobbies outside of CrossFit

Not quite a hobby, but my 3 kids keep me busy outside of the box (4, if you include the biggest one of them all).

I studied marketing at college and uni and worked in an office prior to taking up CrossFit as a coach/box owner and haven't looked back since.

Certifications

- CrossFit Level 2 Trainer
- CrossFit Kids Trainer
- AWF Club Weightlifting/Sports Power Coach Level 1 License
- Certificate III Fitness
- Certificate IV Nutrition – Health & Wellness Coach, Sports Nutrition Advisor

Mat Seeto**Time in CrossFit**

13 years

Why CrossFit

I love the variety that CrossFit offers and the empowerment that it gives someone. The community is so driven and encouraging that makes it easier to push yourself like you wouldn't yourself.

Favourite WOD

DT - loves a barbell WOD.

Favourite Movement

Snatches

Sport outside of CrossFit

Weightlifting

Soccer when I was younger but found out I was better at being the referee

Jobs or Hobbies outside of CrossFit

Day Job is a desk jockey

Basketball, soccer and fishing

Certifications

- CrossFit Level 1 Trainer
- Justice of the Peace
- Certificate of Massage

Scott Isbister**Certifications**

CF-L1

Time in CrossFit

13 years

Why CrossFit

Crossfit provides inclusiveness to all no matter what your age or ability it is, it also provides people with opportunity to do things they never thought they could achieve. Being a part of that is so rewarding.

Favourite WOD

Fran

Favourite Movement

Pull ups and Thrusters

Sport outside of CrossFit

My son and I love riding BMX. We are regularly at the BMX or pump track

Jobs or Hobbies outside of CrossFit

I love to get away camping. I really enjoy time away. I also manage my sons athletics team which is great fun!

CLASS TIMETABLE

CROSSFIT 2147 CLASS TIMETABLE

Jan 2023

| TIME | MON | TUE | WED | THU | FRI | SAT |
|--------------------------|----------|----------|--------------------------|----------|-------------------|-----------------|
| MORNING CLASSES | | | | | | |
| 5:00 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | |
| 6:00 | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | |
| 8:00 | | | | | | CROSSFIT |
| 9:30 | | CROSSFIT | CROSSFIT | | CROSSFIT | OLYMPIC LIFTING |
| AFTERNOON CLASSES | | | | | | |
| 3:45 | | | | | CROSSFIT KIDS | |
| 4:30 | CROSSFIT | CROSSFIT | OLYMPIC LIFTING (4:00PM) | CROSSFIT | CROSSFIT (5:00PM) | |
| 5:30 | CROSSFIT | CROSSFIT | OPEN GYM | CROSSFIT | OPEN GYM (6:00PM) | |
| 6:30 | CROSSFIT | CROSSFIT | OPEN GYM | OPEN GYM | | |

CrossFit: These are our CrossFit classes also known as 'Workout of the Day'. This class is 1-hour long and will include a warm-up, occasionally a strength/weightlifting component and finishing with a high-intensity workout.

Open Gym: this time slot is open for all members to use the gym and equipment as they please. *This will not be a coached class and will run for 1-hour.

Class Sizes

A maximum of 14 people for the classes (20 for Friday and Saturday partner WODs)

A maximum of 3 people for weightlifting/open gym space (one per platform). *

You will need to reserve a spot for each of those on FitBox This includes any weightlifters wishing to do weightlifting during a class.



Olympic Lifting

Our weightlifting classes are similar to open gym sessions where you are welcome to come in and progress through the program on your own time. We will have coaches lifting during these sessions and are available to cue and assist.

24-Hour Access

We also offer 24-hour access to our gym facilities with the installation of our new Smart Door Locks. This access provides members the opportunity to:

- Follow a specific training program
- To add additional weightlifting, strength, or gymnastics training
- To have the ability to work on skills or accessory work
- To use the gym for active recovery days on weekends
- To train at a time outside of our coach-led classes that works better with their schedule.

To opt-in for 24-hour access, the following membership upgrades are available for current membership holders:

- **Unlimited Membership Holders** - additional \$7 per week
- **Part Time Membership Holders** - additional \$12 per week (for 2 or 3 day per week memberships)

*For any existing memberships that we are no longer offering (i.e. 10 classes per month, or 10-pack holders, unfortunately, this upgrade is not available).

With the new access, we will also have a policy in place to ensure everyone's safety, and to ensure fairness across our members. [Please click here to view policy.](#)

COVID-19 HEALTH AND SAFETY

We have implemented THE FOLLOWING TO MAKE SURE WE COMPLY WITH GOVERNMENT RESTRICTIONS RELATING TO COVID-19:

1. **No reservation, no participation** - this ensures we can safely manage class sizes and provide everyone a fair process to book in for class. [As a refresher, please click here to learn how to reserve your spot in class.](#) - <http://bit.ly/fitboxhowto>

You will be able to reserve for classes 72 hours before the class is scheduled to take place. A waitlist function is set up in FitBox to notify people if a spot becomes available. This includes any HRDKAW Weightlifters wishing to do weightlifting during a class.

Cancellation Policy - please cancel your reservation if you are no longer able to make class. This opens up that spot for someone else who may be on the waitlist.

2. **Using your own devices** - you will be required to use your own devices (e.g. phone) to reserve and sign in. This is to limit high-touch areas as only the coach will be allowed to use the mouse, keyboard and tablet.
3. **Towels** - Please use towels in each session to minimise sweat, particularly on the floor.
4. **Belongings** - please ensure your belongings are in the front room and not on the gym floor.
5. **Showers** - please spray the contact points with antibacterial spray after use.
6. **Hygiene - Cleaning and Disinfecting** - please ensure that all equipment has been cleaned, packed away and the floor is empty for the next class. When you participate in a class please: disinfect all equipment used, wash your hands for 20 seconds with soap and water, and please don't forget your clothing and personal items.
7. **Children** - Children will be allowed to stay in the front room. Parents, please clean up after the kids before leaving.



WE'RE HERE TO SUPPORT YOU

We completely understand that you may have a million questions running through your head (we know we did and after so many years, we still do) and therefore we are always here to help.

We encourage you to ask as many questions as you can, because like CrossFit itself, there's always a challenge or hurdle that'll make you that little bit fitter. We may not always know the answer, but we have a great coaching staff that have such a diverse background and wealth of experience that we are sure there may be an answer there. If not, we may know someone else that could help.

We are just as excited as you are to be on this journey with you and we are looking forward to seeing your growth as an athlete and a member of our community.

Please feel free to reach out to us.

Mat Seeto - 0410 517 325 | mat.crossfit2147@gmail.com.au

Lady Seeto - 0423 622 278 | lady@crossfit2147.com.au

Stay Connected



www.facebook.com/crossfit2147



[@crossfit_2147](https://www.instagram.com/crossfit_2147)

COMMON CROSSFIT MOVEMENTS

Click here (or follow the page) for a basic guide to CrossFit movements:

<https://www.crossfit.com/essentials/movements>

COMMON ACRONYMS USED IN CROSSFIT

- **AMRAP:** As Many Reps (sometimes Rounds) as Possible
- **BJ:** Box Jump
- **BW:** Body weight
- **C&J:** Clean and jerk
- **DL:** Deadlift
- **EMOM:** Work to be performed every minute, on the minute
- **FS:** Front squat
- **HSPU:** Hand stand push up.
- **KB:** Kettlebell
- **MU:** Muscle ups
- **OHS:** Overhead squat
- **PC:** Power clean
- **PR:** Personal record
- **PP:** Push press
- **PU:** Pull-ups, possibly push-ups depending on the context
- **REP:** Repetition. One performance of an exercise.
- **Rx'd; as Rx'd:** As prescribed; as written. WOD done without any adjustments.
- **RM:** Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
- **SDLHP:** Sumo deadlift high pull
- **SET:** A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3x10, means do 10 reps, rest, repeat, rest, repeat.
- **SN:** Snatch
- **TTB:** Toes to bar.
- **WOD:** Workout of the day

24-HOUR ACCESS POLICY AND FAQs

Will there be someone to help me with my training during open gym?

Unfortunately not, access outside of scheduled class times are strictly open gym. That is, you are responsible for your warm-up, workout and mobility work.

If I have access, can I bring someone else with me?

All areas of the gym are accessible for you, as the holder of the appropriate membership. Therefore, in the interest of fair play, please do not access the gym and bring others in that do not hold the appropriate levels of membership.

Are there any areas of the gym that are out of bounds during this time?

The only equipment that can't be used is personal barbells which are marked in the barbell holders.

Can I bring my kids?

Unfortunately not, in an unsupervised environment it is not safe for children to be present, unless they have the appropriate level of membership and have an adult present.

Can I bring my partner?

Yes, if they hold the appropriate membership.

Can I bring a friend or family member for a trial?

Unfortunately not, for safety reasons, we ask that they do a trial in our normal class environment where they can be supervised by a coach.

Are there any other rules that apply during open gym?

In regards to equipment, the same rules apply to classes and we ask that you respect these. As a refresher, the rules are:

- Do not drop empty barbells
- Do not drop 2.5kg and 5kg plates
- Clean your equipment after use
- Pack away all equipment that you use in their designated areas
- Do not drop dumbbells or kettlebells
- Do not sit on wallballs
- Do not attempt max squats or bench press without spotter arms.
- If you are unsure about a movement, please refrain from attempting it without proper instruction.
- For your safety we will have security cameras and an emergency buzzer.
- Please report any incidents to Lady or Mat as soon as possible.

How do I upgrade my membership and begin accessing the gym?

Please contact Lady who will set you up with access via Smart Phone into our front door. For key-fob access, we will need to order these at an extra cost.

Does this upgrade include dedicated Open Gym times?

No, Open Gym times (according to the class timetable) requires no upgrade and is still available for all unlimited membership holders to use as part of their current membership.