



BLACK TUSK
ATHLETICS

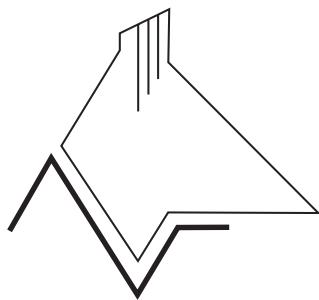


BLACK TUSK ATHLETICS

Black Tusk Athletics was built to create a community of like-minded people in our boutique studio. It is our belief that healthy people are happy people. To us, health is not limited to, nor is it defined by solely working out. We believe that whole health encompasses a whole lot more, including healthy eating habits, proper nutrition, adequate rest, and an understanding of how your body works.

We believe that when we push ourselves out of our comfort zones, we grow and experience improved physical, mental and emotional change. What better way to accomplish this than with a fun, supportive, safe CrossFit community.

Our focus is to provide quality programming and attentive coaching to each and every one of our members. CrossFit is universally scalable and this is why we believe that CrossFit truly is for everyone.



10540 124 Street NW // Edmonton, AB
(780) 860-1261 // thefolks@blacktuskathletics.com
www.blacktuskathletics.com



WHAT IS CROSSFIT?

CrossFit is a Strength and Conditioning methodology that focuses on improving your General Physical Preparedness. CrossFit is defined as constantly varied, functional movements performed at a high intensity. In CrossFit, you will run, jump, row, pull, push, throw, lift and use your body in the way it was meant to be used.

The workouts vary daily and we always push ourselves to find new limits.

The entire CrossFit program is designed to do one thing - increase your fitness. Fitness is an increase in work capacity over broad times and modal domains. Or in other words, our ability to move more weight a further distance, faster.



CrossFit is constantly varied, functional movement, executed at a high intensity.

– Greg Glassman, Founder of CrossFit

WHAT DOES FITNESS MEAN TO US?

We teach movements that we all use in our everyday lives, mix it up in fun combinations challenging you to complete the movements as effectively and safely as possible. We feel everyone needs to increase and maintain

their fitness level as we grow and age. Only then will we be able to do everything we love such as picking up our children or hiking in the Alps when we're silver haired and enjoying retirement.



ANNE TANG

Owner & Coach

CrossFit challenges me everyday to become a better athlete and a better coach. It's fostered such positive growth in me that I never expected and this is exactly why I believe that CrossFit is for everyone. The mental, emotional and physical development that you will experience each time you step into the gym is nothing short of amazing. I love being a part of that journey.



JASON LEE

Owner & Coach

If there's one trait that I've noticed that the CrossFit community has, it's the unwavering support they have for others around. That's why I fell for CrossFit and what we want our community's foundation to be built upon. There's nothing more amazing, than to see a diverse group of like-minded people who are genuinely happy to watch someone get their first pull-up, PR a back squat, or even just finish a workout. That's what community is to me—that's what Black Tusk Athletics is.

WHO SHOULD DO CROSSFIT?

First time trying anything out can be daunting. However, our welcoming environment and knowledgeable coaching is dedicated to relieve some of that anxiety. We believe CrossFit can be for anyone from teenagers to grandparents and everyone in between. Whether you've never exercised in a gym before or you're a varsity athlete, there are ways everyone can improve their body and mind. Once you start, you'll feel right at home and forget why you were nervous in the first place.

We encourage a balanced approach to training which includes getting out there and do what you love! Hiking, yoga, hockey, running, etc. Whatever it is, we just want to be part of your routine and help you be the healthiest you can be.



HOW IS CLASS STRUCTURED?

Every one-hour class will start with your coach running through a full body warm-up, typically reflective of what the WOD (Work Out of the Day) will be. Athletes will then progress onto the technique instruction portion of the class, which will encompass the movements in the WOD. The goal of this is to teach safe and effective movement.

Depending on the day's class programming, we then finish with the WOD where you will put everything you've just learned into practice in a sweat-inducing workout that can range anywhere from two to thirty or more minutes!



JENNA BARON

Coach

I love so many things about crossfit—the community, the diversity, and its accessibility to everyone. I love the way it constantly challenges me, there is always something to be better at, another skill to learn, a time to beat. Crossfit also introduced me to Olympic Lifting which I found a passion for. I love the opportunity to be with others as they accomplish their goals.



CROSSFIT FUNDAMENTALS

What is CrossFit Fundamentals?

Our Fundamentals course is designed to give you, the athlete, the opportunity to learn the basic movements that are typical to CrossFit in multiple private sessions where our focus is entirely on you. With our personalized approach, we'll teach you the safest way to perform various movements using low or no weight to get you started. Listen, we get it, you may have never touched a barbell before and that scares you. If everything was easy, this course wouldn't exist, but it does, and it's meant just for you.

Is CrossFit Fundamentals mandatory before I'm allowed to start?

Unless you have prior CrossFit experience and can prove movement efficiency, yes. We want to build a proper foundation in each of our athletes using all foundational movements. We would never build a house with a poor foundation, and same goes for athletes.



COMMON MISCONCEPTIONS

Am I fit enough to do CrossFit?

There's no need to get fit before getting fit. We all start somewhere and our experienced, personable coaches will be there to scale workouts for you, every step of the way.

CrossFit looks hard. I've seen the CrossFit Games on television and I don't look like them.

We're not going to lie to you, CrossFit is hard work but completely doable. Working out alongside a supportive and fun community, while seeing great results makes it worthwhile. We promise as coaches we will make you feel completely comfortable throughout the entire class. We know how it is to start CrossFit too! We were once there too believe it or not. The

athletes you see may have seen in magazines and television train 4-6 hours a day, 5-7 days a week, we don't expect you look like that before starting CrossFit, nor would we expect you to train like them. Life is all about balance, and if looking and feeling your best is your goal, we'll make that our goal for you as well.

I'm already very active, how do I fit in CrossFit?

Supplementing your active lifestyle with CrossFit will not only improve performance, but increases longevity in your sport as well. We encourage getting out there and being active. CrossFit, Yoga, Barre, Hockey, Biking, Rugby, Volleyball, Triathlons, Running... We love it all!





B L A C
T H L

OUR LOCATION

Black Tusk Athletics is located in the heart of Edmonton's 124 street corridor among some of Edmonton's most vibrant stores and restaurants. Located in the Westmount,

Glenora area and minutes away from the core of downtown, our gym is convenient for many of Edmonton's best.

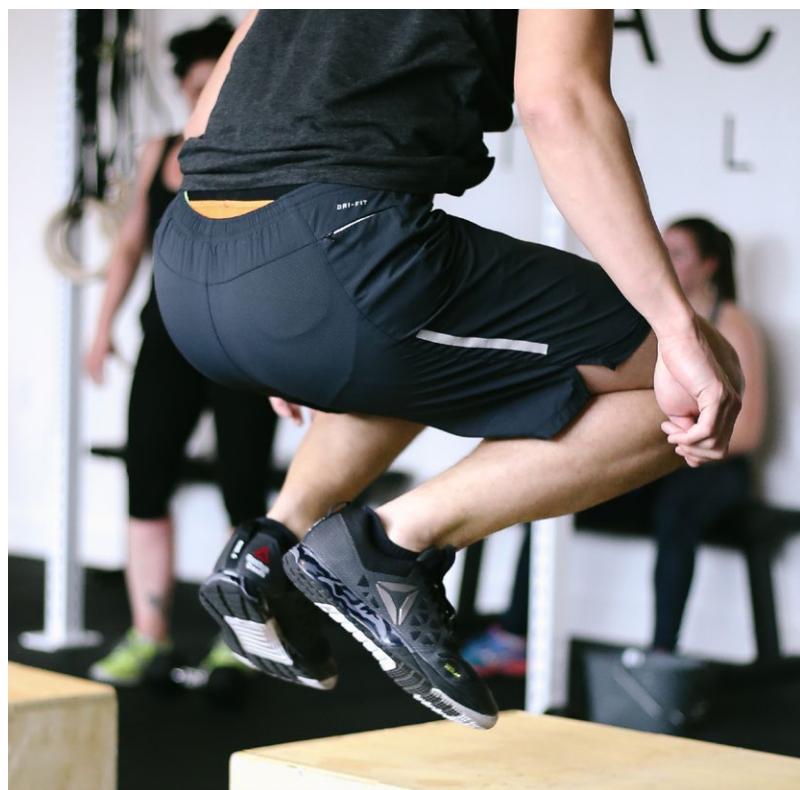


FREE PARKING

There is plenty of free parking on 105th Avenue and 106th Avenue as well as in the residential area just behind us on 125th Street. Parking is only restricted from 8:00 AM to 10:00 AM in the surrounding residential areas likely to keep vehicles being left overnight or employees starting their day and leaving their cars there

all day. There's also meters operating all along 124th Street, but we haven't found the need for our clients to have to pay for parking in the least, but the option is there.

As always, we encourage everyone who is nearby to walk, bike, take public transportation.



GETTING STARTED

What should I bring?

We suggest you bring a pair of shorts or tights, a t-shirt or tank, a pair of training shoes, and a water bottle. Eventually, you may want to invest into some accessories, like wrist wraps or knee sleeves, but you won't need these for a while or for some, ever.

When should I show up?

We suggest you show up ten to fifteen minutes before the scheduled class. Feel free to do some light stretching in our warm-up area alongside your classmates.

How many times a week should I come?

We all know making time for yourself is important, but we all have to balance work, life,

and family. We suggest 3 times a week, and up to 5 times a week for the truly ambitious. Even once a week is better than no times a week.

How do I sign-up for class?

We have a partnership with an online booking system called RhinoFit. You'll be given a login and instructions once you sign-up.

Where do I see your daily programming?

Our Workout Of The Day (WOD) is listed the night before on our website.

How much is a membership?

Our membership prices are listed on our website. There you'll find options for monthly and drop-in prices.



PERSONAL TRAINING

Do you offer personal training?

Of course we do! If your schedule doesn't match up to our classes, or you want a little more one-on-one time with one of our certified, trained, professional coaches, we offer personal training instruction for any level of athlete. Please ask for current rates for individuals or small groups.

NO-SWEAT INTRODUCTION

What is this?

Black Tusk Athletics freely offers, what we call, a no-sweat introduction. We meet for thirty minutes and discuss your fitness goals and provide a cursory overview of CrossFit and how it can benefit you. This gives you the chance to see if we'll be a good fit without breaking a sweat.



MEMBERSHIP DETAILS

What is your schedule?

Our up-to-date schedule is listed on our website. Our first class of the day begins at 6:00 AM and our last class begins at either 6:30 PM or 7:30 PM depending on the day of the week. We also have two classes in the late morning on Saturday and Open Gym on Sunday beginning at 9:00 AM. Visit our website for exact class times.

Vacation hold

Going on vacation? First, let us tell you how jealous we are. We can place a pause on your membership for a minimum of two weeks and as long as a month.

Your first couple months

When you start any new activity, and CrossFit is no exception, expect to be sore, frequently. Your body will adjust, we promise, but it won't happen until you come frequently and regularly. Listen to your coaches as they always have your best interest in mind. Don't be a hero and load up the weight—not only do you risk injury, you actually reduce your workout intensity as you need more break time to move that weight.

After a month or two, you'll start noticing many positive changes. Your body won't be as sore, you'll sleep better and your mind will be more focused throughout the day.





FREQUENTLY ASKED QUESTIONS

What should I eat and drink?

Of course this can turn into a lengthy debate, but we feel if you keep it simple, your progress will have fewer roadblocks. Eat plenty of meat (or protein alternatives) and vegetables, nuts and seeds, some fruit, a little starch and no sugar. And finally, drink a lot of water.

How should I take care of my hands?

It's true, CrossFit can be hard on your hands. But it needn't slow us down. We suggest you pumice your hands in the shower or use a callous shaver once a week.

Will CrossFit make me look bulky?

CrossFit, alongside healthy eating, will help you lose unwanted fat, help to tone and strengthen your muscles. More muscles means

more calories burned and the better you'll fit in those new jeans. It's very hard for women to get 'bulky' without a professional athlete's schedule and diet. Men will often see their chest, shoulders, arms and legs become more defined and larger. Didn't you hear? Fit is in.

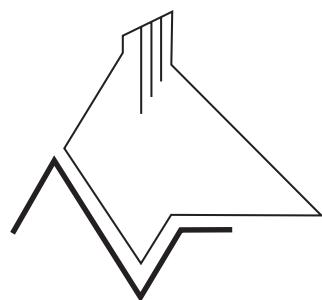
What is general gym etiquette?

1. Show up early and do your best every day.
2. Put your equipment away after everyone has completed their workout. Nobody likes seeing everyone else putting everything away while they're still giving their all.
3. Use chalk wisely. No need to lather your hands in chalk, less is more.
4. Lastly, be the member you wish everyone else was. Simple as that!

CLOSING REMARKS

We understand that CrossFit may not be for everyone, and we're okay with that. We do feel, however, that it can be for far more people than they give themselves credit. Give it a try, and we truly believe you'll find a new way to gain fitness, strength, focus and a community behind it all.

All we want is for you to get fit and improve your health and life. We don't want to put any roadblocks in your fitness journey. We'll be there for you from the start.



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