



# UNYIELDING WEEKLY UPDATE

## Member Spotlight



*Bekah Kirkland - since Dec. 2015*

*Normal class time - 6am*

*Bekah says favorite movement is the Deadlift because "it makes me feel strong." She says that the coaches and the people motivate her. "I love group exercise, and when we're working together to a common goal, it is very motivating to see others get new PR's and hear them cheer you on..." She said her goal is to maintain her weight loss and keep doing CrossFit. "I'll be 40 in a few years, and I would love to still be doing CrossFit 10 years from now!"*

*We asked Bekah to share something everyone may not know about her and she said that she spends a lot of time ministering to other women. "I am the director of women's ministry for my church and have been involved with Bible Study Fellowship for 8 years!"*



### What's Happening??

**Hoodies should be arriving sometime this week!**

**Christmas schedule will be...**

**Christmas Day - Closed**

**December 26 - Open gym 8-12**

**December 27 - Normal schedule**

### Coaches Thoughts...

From Anthony, ***"I know there were some questions regarding the current programming. We are currently developing strength and skill in the clean, jerk, and the back squat. We will stay in this cycle for the next 3-4 weeks, then transition into a focus on the open coming up in February. We will repeat open workouts from the past years, and work on cycling through the movements most often seen in these workouts. I'm excited to see the changes members are making in their overall numbers and their efficiency in movements!"***

For further questions on developing strength or movement patterns, speak with one of your coaches.

## Weekly Nom Nom's

### KIELBASA, PEPPER, ONION AND POTATO HASH



#### INGREDIENTS

- 1 (14 ounce) package turkey kielbasa, cut into 1/4 inch rounds
- 1 green bell pepper, diced
- 1/2 yellow, red or orange bell pepper, diced
- 1 onion, diced
- 3 small or 2 large potatoes, peeled and diced
- olive oil
- salt and pepper

#### INSTRUCTIONS

1. In a heavy-bottomed skillet (*I like to use my cast iron*), heat 2 tbsp of olive oil over medium-high heat. Add the potatoes to the skillet and season with salt and pepper. Fry until golden brown and cooked through, around 8-10 minutes, stirring a few times to ensure even browning.
2. In a separate skillet, brown the sliced kielbasa for around 5 minutes in 1 tbsp of olive oil over medium-high heat. Remove the kielbasa from the pan and set aside. Add the peppers and onions to the skillet and season with a pinch of salt and pepper. Cook for 5 minutes, or until softened, stirring occasionally.
3. Add the cooked potatoes and kielbasa to the skillet with the onions and peppers and mix everything together. Serve nice and hot!

## Product Highlight - Driven Whey Protein



### **Delicious, easy-to-digest whey protein you'll actually enjoy taking**

Your body literally can't create new muscle without protein. Research proves that taking protein before and after workouts is the best way to speed muscle tissue repair and gain more lean muscle. Whey is the go-to protein to take after your WOD because it's absorbed faster than other forms of protein. And Driven Whey™ also includes a full array of vital BCAAs and other amino acids to fuel your muscle growth. Whether your goal is to increase muscle mass, lose weight, burn fat or just add pure, lean protein to your diet, Driven Whey™ is the optimal supplement to help you meet your performance goals.

*Flavors: Chocolate, Strawberry, Vanilla, Cinnamon Roll, Banana, Caramel Latte*

**[Click here to email questions or place an order!](#)**

## Mobility Corner

Our mobility room is live and ready for action!! Take advantage of RomWod on the tv, the foam rollers with anatomical poster, the stretch out strap, and the quad roller sticks. Mobility plays a huge part in staying healthy and injury free, so make sure you take some time to work it in to your weekly routine. We may not always have the time during class to stretch together after workouts, but we want to make sure you at least have the opportunity to do so! Check it out and let us know what you think!



## Pro Tip of the Week

### **Working the Kip...**

Are you noticing that you swing instead of "kip"? If so, this displays a lack of control of the "kip" movement. The Kip is a hip/glute/ab generated movement, not a leg swing. Try perfecting your hollow body and superman positions on the ground, then transfer them to the bar. Increase repetition rate as you are able. Control over the movement is key as always.

\*Disclaimer- you should have multiple reps of a strict movement before adding in the kip (pullup, hspu, dip, t2b) to prevent injury.

