

Crossfit in a Globogym

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Today was day 3 here at the FAA's academy in Oklahoma City (OKC). I decided this week I was going to work out at the gym here on "campus". There are a couple boxes in OKC, one is all the way across town, and after being in class all day I don't really feel like sitting in rush hour traffic for an hour in a place I'm not all that familiar with. The other is down in Norman Oklahoma. Norman, a.k.a. home of the University of Oklahoma. I detest the OU football team so I can't bring myself to go their either. So that leaves me with the FAA gym or as its known down here "The Aero Fitness Center".

Prior to Crossfit I thought this place was pretty cool. The place looks like it's sponsored by Precor/Cybex. I think they have at least 3 or 4 of every weight machine ever invented. Oh, and TV's, they have those too. Lucky for me they had 1 lonely concept 2 rower that was mixed in among the rest of the treadmills.

My first attempt at Crossfit in a globo gym was 4 rds. of 500M row / 20 pushups / 20 situps. The rower was aligned perfectly with the rest of the cardio machines - straight against the wall (which had mirrors on it), so when I pulled it back about 4 feet to give myself some room, I disturbed the "mojo" of the people on the treadmills, ellipticals and bikes. Apparently these gym members don't like disturbed mojo. I got some strange looks; you would have thought I just pissed on the floor or something.

3-2-1-GO! About 200 meters into the 1st round I realize the only thing I dislike more than TV's in a gym is the f'ing mirror on the wall right in front of me. Round 1 and 2 came and went. In round 3, my crossfit attention deficit disorder kicked in. That happens to me when I'm rowing and notice that my brain has wandered off into la-la land. I snapped out of it when I noticed in the mirror (Finally a good use for that stupid wall-o-mirrors), a guy doing bench presses in a smith rack with about a 3.5 inch ROM. Eeeeck! Next to him was another guy in a leg press machine loaded with lots of weight with his hands on his thighs pushing his knees into the lockout position. Double Eeeeck! I finished my WOD, put the rower back in its aligned position, and split.

So today I thought I'd try a 5K row. 20:04. (I hope that gets me on the leader board back home..that was a bitch). I really wanted to lift something heavy so after I rested a bit from the 5K, I decided I would try "Diane" (21-15-9 HSPU, 225 DL). I had a small problem in that there wasn't a barbell in the whole damn place. So I went on a mission to see what I could find to use as a substitute. The Aero Fitness Center has an aerobics room, and lucky for me that's where they keep all the stuff that nobody uses. I found an arm curl barbell - yea those curvy ones that we all formerly used to get our pump on! That was gonna be my deadlift bar. You should have seen the looks I got when I loaded it up with 225 lbs.

Since I can't do HSPU's I decided to sub with static holds for 1:30, 1:00 and :30. On the walls in the gym they have signs that say "Please do not put shoes on the wall". Good for me, cuz I was planning on doing my DL's and handstands with my shoes off (I left my oly shoes at home). I started the WOD, and found out that an arm curl bar is a mo-fo on the shins. I was being nice and didn't drop the bar. Not even after the last rep - the temptation was HUGE! I go for the first handstand hold and was little nervous because I usually don't kick right up on the first try. As per usual I didn't get up on the first attempt. I made it on the second. As I get upside down, I'm thinking about all the cues I usually hear about now.."tighten up, don't look at the floor".

About here is when I notice there are lotsa people looking at me. I find myself in the midst of another mojo disturbance. I completed the WOD. No idea what my time was. Between the TV's and mirrors they have no leftover wall space for a freakin' clock!

So Kim, thanks for creating a space where we can put our feet up on the walls, drop your weights, get coached instead of look in a mirror, and not be subjected to having CNN on while we workout. And thanks to all the CFSTC members for creating the "mojo" that makes Crossfit St. Charles a fun place to go.

