

# CROSSFIT EDWARDSVILLE

## The Top 7 Mistakes to Avoid When Choosing a CrossFit Gym

*or*

## The Top 7 Mistakes to Avoid When Choosing a Premium Fitness-and-Nutrition-Coaching Gym

### **MISTAKE #1: JOINING A GYM WITH NO BEGINNER ONBOARDING PROGRAM.**

If a gym wants to throw you into group CrossFit classes with no progressive onboarding series such as a Foundations, Elements, On-Ramp or another beginner series.... RUN!

When you're new to high-intensity or CrossFit training, the best and safest way to transition into the program is thru a beginner-friendly series designed to GRADUALLY teach you the movements and allow you to set baselines so you know EXACTLY what's appropriate for YOU, at your PRESENT LEVEL... and allowing a higher level of experience personalization.

At CrossFit Edwardsville, everyone new starts in one of our beginner-onboarding programs, so you can be assured of a safe, structured, and intelligent progression to the CrossFit lifestyle.

### **MISTAKE #2: JOINING A GYM WITHOUT MEETING THE STAFF FIRST.**

CrossFit gyms are personality-driven places, and it's important that you find coaches who connect with your style, make you feel comfortable, make you laugh and smile- WHILE having the SKILL it takes to INSPIRE you as you travel your fitness journey.

It's about interpersonal chemistry. You want to find people who "GET" you & who are FUN!

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How do you know if you LIKE the coaches of a CrossFit gym? You MEET them and TALK to them! You WATCH them at work with their clients to study the dynamic of the interaction. You might even do a free introductory class where you can “interview” them to see what they’re really like, and where they can “interview” YOU to see what YOU’RE really like!

## **MISTAKE #3: JOINING A GYM WITHOUT MEETING SOME OF THEIR CLIENTS FIRST.**

As mentioned above, the CrossFit experience is a generally a relationship and personality-driven one, and each gym has its own unique culture.

SOME CrossFit gyms are places where people come to get a good workout, then immediately leave and go back to work. OTHER CrossFit gyms are extremely competitive, aggressive, intense places to be. SOME are very physical-performance-driven places (CrossFit as a sport); others are geared towards physical transformation and lifestyle change.

And some- like CrossFit Edwardsville- strive to create a completely uplifting experience, with fun, positive, friendly, motivated, inspiring people who know you by name and who will smile and laugh and banter with you to offset the difficulty and challenge of the workouts.

How do you know if you CONNECT with the people/clients in a given CrossFit? You MEET them & TALK to them! At CrossFit Edwardsville, you’ll get a chance to meet MANY of our clients & ask them what it’s REALLY like here, BEFORE you join our programs. That way, you’ll know if our crowd is really as fun and inspiring for you as we say they are. 😊

## **MISTAKE #4: TRYING TO “GET IN SHAPE” BEFORE STARTING CROSSFIT.**

We hear this sometimes, from people who HAVEN’T done CrossFit: “I’m going to get in shape first, then I’ll start.”

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We hear THIS all the time, from people who HAVE started CrossFit: “I wish I HAD NOT WAITED to get started!”

Right now, you have fitness strengths AND you have fitness weaknesses. CrossFit will transform your weaknesses into strengths, and your strengths into superpowers. CrossFit is tough no matter who you are, but the good news is: skilled and caring coaches will TAILOR the experience to your PRESENT LEVEL, allowing you a sense of success & victory no matter your present level of fitness.

You’ll never regret starting. You’ll only regret the time wasted in waiting. Don’t wait!

## **MISTAKE #5: NOT SPECIFYING YOUR TOP GOALS AT THE START OF YOUR CROSSFIT JOURNEY.**

A mediocre coach will accept “get in shape” as a goal (spoiler alert: that’s not a goal, it’s an amorphous wish). A SKILLED coach will help you identify EXACTLY what that means for you. Do you want to LOOK differently? Look better naked? Change your physique in a specific way? A leaner midsection, bigger chest? Do you want to FEEL differently? Have more energy? Love how you feel when you see yourself in photos or the mirror? Be courageous and fearless that you have the energy and strength to do ANYTHING you want? Do you want to PERFORM better? Get an edge in sports? Have more stamina and endurance when doing everyday stuff?

All of these goals are achievable targets and a GREAT coach will direct you accordingly, leading you down a direct path to achieving what YOU want, with no wasted time or energy.

## **MISTAKE #6: DOING NO HOMEWORK ON THE GYM AHEAD OF TIME.**

You can learn a LOT about a gym’s attitude, “feel”, culture, priorities, and target demographic by their website and social media posts.

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Before you visit any CrossFit gym, it's a great idea to spend some time digging through their website, Facebook page, Instagram page, Twitter, etc. The more time you spend with the gym's posted public content, the better you'll understand how the staff and clients interact, and how the facility approaches coaching fitness and nutrition.

## **MISTAKE #7: SELECTING A GYM WITH BARGAIN PRICING.**

If you call a gym and they can tell you exactly what membership will cost you without meeting you and discussing your unique goals and aspirations, RUN! They're likely giving you a cookie-cutter solution and generic experience.

If you want a super-cheap, bargain-basement, \$10/month fitness experience, there are TONS of gyms around that will grant you access. Those same gyms literally DEPEND on you to sign up and NEVER show up, because their business model requires them to sell THOUSANDS of memberships.... And then pray that you don't come, because thousands of people can't FIT into their building.

By contrast, a top-tier, professional CrossFit gym will assess your needs, design a path that respects your priorities, nurture you through the process one step at a time, reach out to you if you go missing... and charge a professional rate for professional coaching.

Professional coaching with professional pricing doesn't just give you a better experience.... It also commits you to action. When you've invested your hard-earned cash into your health and fitness, you're GUARANTEED to do MORE and take MASSIVE ACTION that leads to mind-blowing progress.

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## READY TO TAKE YOUR FIRST STEP?

Learn more, schedule a no-sweat initial conversation, or RSVP for a free (newbie-friendly) intro class:

[www.CrossFitEdwardsville.com](http://www.CrossFitEdwardsville.com)

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