**CrossFit ThunderDome**

**2014 Fitness & Physique Challenge Rules**

1. Sign up at the box and pay your $100 entry on or before July 12th

2. Body Analytics will be at our box tomorrow, July 12th for participants of Body Fat Measurement (BFM). A beginning and end of challenge BFM is covered with the $100 entry fee and is mandatory in order to be eligible to win prizes.

3. Benchmark workouts will run July 14th These workouts are mandatory as they are one means used to determine an athlete’s fitness improvements. For those who might have to miss one or more of these days, make ups will be during the week of July 21st

4. Participants will be divided up between teams. Each athlete will earn points by logging

meals. Athletes will be afforded opportunities to earn extra points by way of work or

promotional means or means deemed necessary throughout the challenge.

5. One opportunity to earn 1 extra point is for two or more athletes to meet up and run a

minimum of 1 mile together. One point is earned each time the athletes run this together

and there is no limit on earning these points. At least half of the running points have to

be earned by running at the box. In other words, for every mile athletes run at the box,

another mile can be ran at a location away from the box.

6. Athletes will be given tasks to perform each week of the challenge, sometimes multiple

tasks. For each task completed the athlete and their respective team will earn a point.

7. Athletes will earn 1 point for participating in the Saturday WOD and another point for

checking in on FB 5 times in a week.

8. Athletes will be given other opportunities to earn points along the way. For example, there

may be certain Challenge WODs announced during the 60 days that will have certain point

9. Points earned from body fat loss will be figured on a percentage of each athlete’s body fat

total loss. For example, if athlete number 1 had a beginning BFM of 20% and an ending of

10% this would earn the same value as athlete number two who went from 30% to 15%.

10.Athletes will lose points during the challenge for various reasons.

a. Cheating on their diet or not logging their diet into Wodify. A loss of 1 point per cheat

meal and 1 point for each meal not logged.

b. Drinking alcoholic beverages. No alcohol permitted during the challenge without losing

c. missing more than two WODs in a 1 week period. This means an athlete on the limited

membership has to come their 3 permitted times.

d. 5 points for each body fat percentage gained.

Note: Please remember this is a friendly competition. We ask athletes to apply themselves 100%

and to encourage other athletes who they may notice to be struggling.

**Paleo Diet Guidelines**

1.A Paleo diet should be high in fat, moderate in animal protein and low to moderate in carbohydrates. Calorie counting is not encouraged, neither is portion control.

2.Eat unlimited amounts of saturated fats like coconut oil and butter or clarified butter. Beef tallow, lard and duck fat are also good, but only if they come from healthy and well-treated animals. Beef or lamb tallow is a better choice than lamb or duck fat. Olive, avocado and macadamia oil are also good fats to use in salads and to drizzle over food,

3.Eat generous amounts of animal protein. This includes red meat, poultry, pork, eggs, organs (liver, kidney, heart...), wild caught fish and shellfish. Don’t be scared to eat the fatty cuts and all meals with proteins should contain fat as well. Learn to cook with bones in the form of stocks and broths.

4.Eat good amounts of fresh or frozen vegetables either cooked or raw and served with fat. Starchy vegetables like sweet potatoes and yams are also great as a source of non-toxic carbohydrates.

5.Eat low to moderate amounts of fruits and nuts (NO PEANUTS). Try to eat mostly fruits low in sugar and high in antioxidants like berries as well as nuts high in omega-3, low in omega-6 and low in total polyunsaturated fat like macadamia nuts. Consider cutting off fruits and nuts altogether if you have an autoimmune disease, digestive

6.Preferably choose pasture-raised and grass-fed meat coming from a local, environmentally conscious farms. If not possible, choose lean cuts of meat and supplement your fat with coconut oil, butter or clarified butter. Also preferably choose organic, local and/or seasonal fruits and vegetables.

7.Cut out all cereal grains and legumes from your diet. This includes, but is not limited to, wheat, rye, barley, oats, corn, brown rice, soy, peanuts, kidney beans, pinto beans, navy beans and black eyed peas.

8.Cut out all vegetable, hydrogenated and partly-hydrogenated oils including, but not limited to, margarines, soybean oil, corn oil, Crisco, peanut oil, canola oil, safflower oil and sunflower oil. Olive oil and avocado oil are fine, but don’t cook with them, use them in salad dressings and to drizzle over prepared food.

9.Eliminate sugar, soft drinks, all packaged products and juices (including fruit juices). As a rule of thumb, if it’s in a box, don’t eat it. At the grocery store, visit only the meat, fish and produce sections.

10.Eliminate dairy products other than butter and maybe heavy cream. You don’t need dairy, but if you can’t live without, read this article and consider raw, full-fat and/or fermented dairy.

**\*\*\*\* Take time and research Glycemic Index (GI) and Glycemic Load (GL)\*\*\*\***

Here is a good start: www.alsearsmd.com/glycemic-index/

**www.crossfitthunderdome.com**