



CROSSFIT HCP

“Is CrossFit for Me?”



Discover what CrossFit HCP is all about and how it can work for YOU.



Training Manual

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www.crossfithcp.com



THE CROSSFIT HCP LIFESTYLE IS MORE THAN JUST A WORKOUT



At CrossFit HCP, we embrace the CrossFit methodology—a dynamic fitness program designed to enhance your overall health and preparedness for life’s physical challenges. CrossFit combines constantly varied, functional movements performed at high intensity, ensuring comprehensive fitness development.

CrossFit is universally scalable, making it suitable for individuals of all ages and fitness levels. Whether you’re a seasoned athlete or just beginning your fitness journey, workouts are adjusted to meet your specific needs and goals.

At CrossFit HCP, we believe in building a supportive community where everyone is encouraged to achieve their personal best. Join us to experience a fitness program that not only transforms your body but also enhances your quality of life.

Functional Movements

Our workouts incorporate natural, everyday movements like squatting, lifting, pulling, and pushing. These exercises mirror actions you perform daily, promoting strength and efficiency in real-life tasks.

Constant Variation

Routine is the enemy. At CrossFit HCP, no two workouts are the same. This variety keeps training engaging and prepares you for a wide range of physical activities.

High Intensity

Intensity is tailored to the individual. Our certified coaches ensure that each workout challenges you appropriately, maximizing results while prioritizing safety.



IS CROSSFIT FOR EVERYONE?

ABSOLUTELY!

At CrossFit HCP, we believe that fitness is for everyone—regardless of age, background, or experience level. Whether you're 25 or 65, a former athlete or someone who's never stepped into a gym, CrossFit meets you where you are.

Every workout at HCP is scalable, which means we tailor the movements, weights, and intensity to your abilities. You're never expected to "keep up"—you're encouraged to show up and move with intention.

CrossFit was designed to be universally accessible, and that's exactly how we approach coaching at HCP. We'll guide, support, and challenge you—safely and at your own pace.

"CrossFit is for anyone willing to try—and for everyone willing to grow."

MYTH		FACT
"You have to be in shape to start CrossFit."	↔	Nope! You get in shape by starting. We scale everything to your level.
"CrossFit is dangerous."	↔	Safety first. At HCP, we prioritize proper form and smart progressions.
"I'll be judged because I'm new."	↔	You'll be welcomed —our community remembers their first day too.

Want to try a beginner-friendly class?

Scan here to book your free intro!





“WHY IS EVERY DAY AT CROSSFIT HCP A LITTLE DIFFERENT?”

One of the things that makes CrossFit unique—and honestly, fun—is that it’s constantly varied. That means no two workouts are the same.

We don’t do random workouts. Everything we program at CrossFit HCP is intentional, and it’s designed to help you improve across the board: strength, endurance, power, speed, flexibility, coordination—you name it.

Here’s the idea:

In real life, you don’t only need to be strong. Or only fast. Or only have good cardio. You need to be ready for anything. And that’s exactly what CrossFit trains you for.

Instead of doing the same boring routine every week, we:

- **Mix up the time domain** (some workouts are fast and intense, others are longer and paced)
- **Rotate through different movements** (lifting, cardio, bodyweight, gymnastics)
- **Focus on real-world fitness** (we train how your body is designed to move)
- **The best part?** You’ll never be bored—and your body will keep improving because it’s constantly being challenged in new ways.

* Pro Tip:

Our workouts are meant to be hard—but they’re never impossible. We scale everything to your level so you can feel successful, safe, and proud of your progress.

Example workout calendar





MON // BENCHMARK

FRAN

For time:

21-15-9

Thrusters (65/95 lb)

Pull-ups

TUE // HEAVY DAY

250325

10 sets for load:

2 front squats

– Lift once every 3:00.

WED

250326

For time:

10-9-8-7-6-5-4-3-2-1

Bar-facing burpees

Hang power snatches (75/115 lb)

THU

250327

AMRAP 16:

20/25-cal bike

15 box jumps (20/24 in)

3 rope climbs (15/15 ft)

– Step down from the box.

FRI

250328

Every 2:00 for 8 rounds:

15 wall-ball shots (14/20 lb) (9/10 ft)

Max-cal row

– Rest 2:00 between rounds.

SAT // PARTNER

EVA STRONG

5 rounds for time with a partner:

24 double-unders

19 toes-to-bars

2 clean and jerks (135/205 lb)

400-m run

– Both partners perform 24 double-unders; share the toes-to-bar and clean and jerk reps as desired; complete the run together.



JOE



Coach Rami is exactly where anyone should start and continue their journey with Crossfit. He will always find the best way to scale movements to fit the needs of anyone. He'll even help you get your first muscle up! It really was a home for me though, the entire community there was amazing and I miss them all after having to move. Love y'all out there!



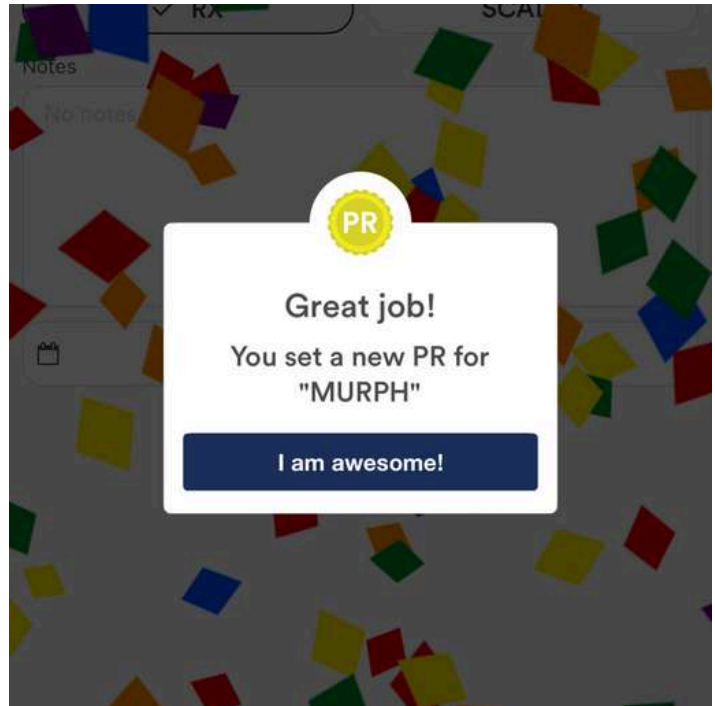
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“SEE YOUR PROGRESS. STAY MOTIVATED.”

At CrossFit HCP, we believe that **what gets measured, gets improved**. Tracking your workouts isn't just about numbers—it's about seeing how far you've come and setting the path for where you're going.

How do we measure progress?

- **Benchmark Workouts:** We periodically repeat specific workouts to gauge improvement. These “benchmark” WODs (Workouts of the Day) are designed to test and showcase your fitness gains over time.
- **Personal Logs:** We encourage you to record your workout results, noting weights, times, and how you felt. Over time, this log becomes a powerful tool to visualize your progress.



WHY TRACK YOUR WORKOUTS?



Set Personal Records (PRs)



Identify Strengths and Areas to Improve



Stay Accountable

GUIDING YOU EVERY STEP OF THE WAY.

OUR COACHES HAVE YOUR BACK

At CrossFit HCP, we understand that starting a new fitness journey can be both exciting and a bit daunting. That's why our team of dedicated coaches is here to support you at every turn.

WHAT MAKES OUR COACHES STAND OUT?

Personalized Attention

Everyone's different, and our coaches make sure your workouts match your goals and fitness level.

Expertise and Continuous Learning

Our coaches are certified pros who keep learning so you get the best, most up-to-date training.

Safety First

Your safety comes first—our coaches focus on proper form to keep your workouts safe and effective.

Motivation and Support

Our coaches don't just teach—they motivate, support, and celebrate your wins with you.



AT CROSSFIT HCP

you're not just joining a gym; you're becoming part of a community where coaches and members alike uplift and inspire each other.

WHAT TO EXPECT ON DAY 1

* “NERVOUS? THAT’S NORMAL. WE’VE GOT YOU COVERED!”

01

Arrive Early & Get Settled

Arrive a few minutes early to meet your coach and fellow classmates. Our community thrives on support and camaraderie, so expect friendly faces and introductions.

02

Class Overview

Your coach will kick off with a brief rundown of the day’s workout, known as the **Workout of the Day (WOD)**. They’ll explain the movements, objectives, and how to scale exercises to match your fitness level.

03

Warm-Up

We’ll guide you through a series of dynamic stretches and mobility exercises to prepare your body for the workout ahead.

04

Skill Instruction

Before diving into the WOD, your coach will demonstrate and help you practice the movements involved, ensuring you understand proper form and technique.

05

Workout Time

Now, the fun part! You’ll participate in the WOD alongside your classmates. Remember, it’s perfectly fine to go at your own pace. Our coaches will provide modifications as needed to ensure you’re both challenged and safe.

06

Cool Down & Stretch

After the workout, we’ll guide you through a cool-down session to help your body recover and reduce muscle soreness.

07

Debrief & Questions

Post-workout, there’s time to discuss any questions or share how you felt during the session. We’re here to support you and address any concerns.

A FEW TIPS FOR YOUR FIRST DAY



Stay Hydrated

Bring a water bottle to keep yourself refreshed throughout the class.



Listen to Your Body

It’s okay to take breaks and modify movements. Your safety and comfort are paramount.



Have Fun

Embrace the experience, enjoy the community, and celebrate your effort.



CROSSFIT HCP

HEAR FROM THE HCP COMMUNITY!

One of the most powerful parts of CrossFit isn't just the workouts—it's the people. At CrossFit HCP, you'll find a community that celebrates your wins, encourages you on the tough days, and reminds you why you started.

Everyone comes in with different goals—some want to lose weight, others want to get stronger, move better, or just feel good again. But they all leave with something in common: a sense of belonging.

Here's what some of our members have to say:

Emily G. I've been part of this gym for almost two years and can't say enough about Coach Rami and Coach Ronnie. I've had an excellent experience as they are patient, friendly and most of all: ENCOURAGING! Coach Rami from the beginning showed that he truly understands what is necessary to help me meet my fitness goals. Plus—The facilities are always super clean and I love being part of the CrossFit HCP community!

Rob S.

★★★★★

I started at HCP in December of 2022 as I was looking for training to better my physical abilities for my extra curricular activities. I can't say enough great things about this gym, Tara and Rami are truly amazing people and I don't think I could have chosen a better coach to help me achieve my goals. Get in here and give this gym a go!!!

Brian S.

★★★★★

Been a member for 6 months and the professionalism and results exceeded expectation. This is not my first CrossFit experience, so I have other boxes to compare to, 10 out of 10!



Ready to Start?

“Your Journey Begins Now.”

Embarking on your fitness journey with CrossFit HCP is straightforward and exciting. Here's how you can get started:

Schedule a Free Intro Session: We offer a complimentary introductory session where you'll meet our coaches, tour our facility, and discuss your fitness goals. This session helps us tailor recommendations to suit your needs.

Choose Your Program: Based on your goals and fitness level, we'll guide you in selecting the most suitable program—be it group CrossFit classes, personal training, or nutrition coaching.

Begin Your Transformation: With a plan in place, you'll start attending classes and integrating into the CrossFit HCP community. Our coaches and members will support you every step of the way.



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CROSSFIT HCP



Where to Find Us
CrossFit HCP is located in the heart of Dade City,
right behind Dade City Brewery. You'll find us at
37852 Robinson Ave, with plenty of parking and
space to move.