

## **It is a little different at CrossFit SA.**

Nearly every day I get questions from people interested in losing a few kilos or getting in shape or some other bullshit reason to join a gym. A lot of people assume we are the typical gym, ask about price or our machines or something equally ridiculous. Okay, if you are asking about price, you are in the wrong place. If you are looking for the juice bar or towel service, you are in the wrong place. If you are looking for high performance training that gets results, you are in the right place.

If someone walks into a Ferrari dealership and is worried about how much it costs, the nice salesman refers them to a discount lot down the street and ushers them out the door. They walked into the wrong place. Training at CrossFit SA is like driving a Ferrari, you ask about performance, show you have the skill to drive one and maybe we will let you join.

This is how you join CrossFit SA: You email and schedule a preliminary screening test. You come in, fill out a health history, we discuss your background, current state of fitness, and assess your goals. We then put you through our screening test. The test includes a warm up, some skill set and a workout. The result of the workout really is the determining factor whether you are suited to train here.

The impact of the first workout is profound. People either realize they want to work as hard as our people do, or they can go down the street to globogym. Some of the other realizations are how truly out of shape they are or how ineffective their "Aerobics Boot Camp" or "Butts/Guts and Arms" class is. In any case, it is choice time. You can choose to be a part of the program or not. It is up to you. We don't waste time trying to tell you how cool you will be if you train here, or haggling over price or playing on your insecurities. All we do is train, the issue is: *Are you serious about your health and fitness?*

If you choose Yes: You will have the ability to choose the path that best suits you. Most people need personal training before they join the classes. Other people can jump right in, your ability and level is the determining factor.

People ask, is it hard? Yes. Who trains at CrossFit SA? Normal people, business people, professionals, school teachers and people from just about any walk of life come to CrossFit SA. Are they in shape? After they train here a while. No one comes in with all the skills necessary or is a great performer; we develop and make them good. It is what we do. The common thread amongst the people who succeed with us is desire. They have the burning desire to be the best they can be.

*Do you?*

*Sam Raptopoulos*