

## CrossFit On The River | On Ramp Program

### Welcome to CrossFit On Ramp!

Our On Ramp program emphasizes skill development and exposure to the basic movements of CrossFit training. It is designed to prepare anyone and everyone for our ongoing CrossFit Evolutions. Our objective is to educate and correct proper technique at all times; this is to ensure your safety and success at the next level. The following describes our program:

- You will be introduced to technique and mechanics first, then speed and intensity.
- You will learn movements that begin relatively non-technical and will progressively become more technical.
- Each day will conclude with a workout; as the program progresses, so will the difficulty.
- The difficulty of these workouts is, ultimately, in your hands. The degree at which you push yourself will determine your own level of intensity during the workout.
- The class is called "On Ramp" for a specific reason. We want to "ramp" you up to the level of intensity and output that is inherent with our current CrossFitters.
- It's vital that you are here for all 12 sessions; these movements build on one another.



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### CrossFit explanation and expectations

What is CrossFit?

- CrossFit is a core strength and conditioning program. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are Cardiovascular and Respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy.
- During the On Ramp program we will take you through each of the ten domains of fitness by using the following:
  1. Body weight & gymnastics movements. (Squats, pull-ups, pushups, jump rope, plyometrics, rings.)
  2. Metabolic Conditioning. (Running, Rowing, jump rope.)
  3. Weightlifting. (Power lifting and Olympic lifting.)
  4. Kettlebell. (All variations from swings, squats, clean-press, etc.)
- We take all these functional movements, constantly vary them and perform them at high intensity in a small group which is highly motivating and fun!
- Every workout can be modified to each individual's needs. Using proper precautions, we can work with any previous injury or physical ailments. We currently have CrossFitter's from age 5 to 50+. Anyone can CrossFit!
- You want to change your life in a positive direction. When you make CrossFit part of your lifestyle, you will continually be motivated and inspired. We are a community and family of individuals who are all striving for a better life both physically and mentally. So get ready for "The New Evolution of Physical Training"!



**CrossFit On The River | On Ramp Program****Registration**

The cost for the On-Ramp is **\$100** (that's only \$8.33 per session!); **\$50** is due upon registration to secure your spot for the course and **\$50** is due the day the course begins. The courses are ongoing and your date is To Be Determined. Course days are Tuesday, Thursday & Friday at 6pm. If you miss one of the evening sessions, you must notify us and remake the session the following morning at 7am.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone # Home: \_\_\_\_\_

Cell: \_\_\_\_\_

In case of **emergency**, I would like CrossFit On The River to **Call**:  
\_\_\_\_\_ (relationship) Home Phone#: \_\_\_\_\_

Cell #: \_\_\_\_\_

How did you hear about CFOTR?  
\_\_\_\_\_

Have you done CrossFit WOD's before? If so, how long have you been doing CF, and where have you been doing CF?  
\_\_\_\_\_

Payment: \$100 total. \_\_\_\_\_ \$50 registration. \_\_\_\_\_

Signature of participant: \_\_\_\_\_

Signature of CFOTR Trainer: \_\_\_\_\_

## CrossFit On The River | On Ramp Program

### Photography/Video Release

Participants involved in any activities offered by CrossFit On The River may on occasion be photographed or videotaped during training. The undersigned hereby consents to the use of these photographs and/or videos without compensation on the CrossFit On The River website or in any editorial or promotional material produced and/or published by CrossFit On The River.

**Signature of participant:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Waiver and Release of Liability

**Express assumption of risk:** I, the undersigned, am aware that there are significant risks involved in all aspects of physical training. These risks include, but are not limited to: falls which can result in serious injury or death; injury or death due to negligence on the part of myself, my training partner, or other people around me; injury or death due to improper use or failure of equipment; strains and sprains. I am aware that any of these above mentioned risks may result in serious injury or death to me and or my partner(s).

I willingly assume full responsibility for the risks that I am exposing myself to and accept full responsibility for any injury or death that may result from participation in any activity or class while at, or under direction of, CrossFit On The River.

**I, the undersigned, acknowledge that I have no physical impairments or illnesses that will endanger myself or others.**

**Initials:** \_\_\_\_\_

**Release:** In consideration of the above mentioned risks and hazards and in consideration of the fact that I am willingly and voluntarily participating in the activities offered by CrossFit On The River, I, the undersigned hereby release CrossFit On The River, their principals, agents, employees, and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including those allegedly attributed to the negligent acts or omissions of the above mentioned parties.

This agreement shall be binding upon me, my successors, representatives, heirs, executors, assigns, or transferees. If any portion of this agreement is held invalid, I agree that the remainder of the agreement shall remain in full legal force and effect. If I am signing on behalf of a minor child, I also give full permission for any person connected with CrossFit On The River to administer first aid deemed necessary, and in case of serious illness or injury, I give permission to call for medical and or surgical care for the child and to transport the child to a medical facility deemed necessary for the well being of the child.

**Initials:** \_\_\_\_\_

**Indemnification:** The participant recognizes that there is risk involved in the types of activities offered by CrossFit On The River. Therefore the participant accepts financial responsibility for any injury that the participant may cause either to him/herself or to any other participant due to his/her negligence. Should the above mentioned parties, or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to reimburse them for such fees and costs. I further agree to indemnify and hold harmless CrossFit On The River, their principals, agents, employees, and volunteers from liability for the injury or death of any person(s) and damage to property that may result from my negligent or intentional act or omission while participating in activities offered by CrossFit On The River, at the main building or abroad. This includes but is not limited to parks, recreational areas, playgrounds, areas adjacent to main building, and/or any area selected for training by CrossFit On The River.

**Initials:** \_\_\_\_\_

**I have read and understood the foregoing assumption of risk, and release of liability and I understand that by signing it obligates me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by my negligent or intentional act or omission. I understand that by signing this form I am waiving valuable legal rights.**

**Signature of participant:** \_\_\_\_\_

**Date:** \_\_\_\_\_

