

Living Well in Lowry

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Axistence Athletics: The Home of BushCraft CrossFit

The Season is finally over. Here we are in a brand New Year. We know the recipe for what comes this week: *recover, rest and relax*. before we tackle those pesky *resolutions*. I'm not one to take those resolutions literally, but I'm usually up for something new. If you're up for a challenge this month, I've got one to add to your list.

A few weeks ago, I tried it. I did. I walked into uncharted territory, jumped out of my comfort zone and landed smack dab in the middle of...a warehouse. This warehouse was disguised as a CrossFit gym. Lucky for me, in the middle of that space were two of the nicest men on the planet. Meet Dan Jimenez and Ryan Humphries of *Axistence Athletics*, the home of *BushCraft CrossFit*. Using their diverse, yet complimentary, backgrounds I experienced a custom workout that left me wanting more, very sore, but anxious to come back for another round.

Dan and Ryan both hail from the U.S. Armed Forces, Air Force and Navy respectively. Dan worked as a Security Forces Officer and learned quickly what fulfilled him most about his job was training Airmen in both physical fitness and outdoor survival skills. He went on to get certified in many facets of physical fitness including CrossFit, MovNat and more.

Ryan worked as an Aviation Electronics Technician and, while he loved his job, wasn't fully satisfied in an office, so he pursued a degree in exercise science and additional certifications in CrossFit, MovNat, TRX and more.

You can turn on ESPN and watch the CrossFit Games where athletes compete for best time by completing specified workouts to determine the *Fittest on*

Earth. This is *not* what you'll find at *BushCraft*. Instead, you start with group stretching, followed by a skill development session focusing on the movement or movements you'll use later in the class. The last portion of the hour-long class is the meat of it all, the workout-of-the-day (WOD). This always follows the CrossFit philosophy of being *constantly varied functional movements executed at high intensity across broad time and modal domains*.

So, I have to admit a few things. My initial intimidation factor regarding CrossFit was the ESPN visual. I was relieved to discover otherwise. Also, if you're used to getting *right to it* like I was at other workout classes, your first class could be a little misleading. As I watched the clock tick away as we went through the stretching and skill sets, I wondered if I was ever going to break a sweat. Then it was time and was I wrong.

The first WOD for me was one affectionately called CINDY. Innocent, right? Well, after 15 minutes of pull-ups, push ups and squats (repeat), I was toast and then some for a few days afterwards. Ahhh, now there's the workout!

"We are essentially practicing preventative medicine, not reactive. This is where the change is happening, not in the doctor's office," explains Dan.

A lot of focus at *BushCraft* is placed on how humans *should* move, natural and proper movements related to bending, lifting, carrying, twisting and rolling. These are skills Ryan became aware of while earning his Black Belt in martial arts as a teenager. Ryan and Dan also pride themselves on their student to trainer ratio of 7:1. You'll always have someone looking at your form, making small modifications to ensure you are

performing the movements naturally and correctly to avoid injury.

"You don't see lifeguards teaching people how to swim as they're drowning, right?" says Dan.

In addition to CrossFit classes, *Axistence Athletics* also offers one-on-one personal training and special skills classes. They also offer outdoor courses where you learn the skills you'll need outside *within the confines of that warehouse*, then take those skills into practical situations by going on an actual excursion.

There are CrossFit gyms popping all around Denver and beyond, nationwide. It's part of a movement and the popularity of the *sport* of CrossFit. Be careful as you choose your gym. "Everyone has their different flavor of it and of how they're doing it. Our goal is get people to be *better at life*, not better at the *sport of exercise*. You can push yourself as much or as little as you want to, in a safe and effective environment."

For more information on *Axistence Athletics* and *BushCraft CrossFit*, visit www.axistenceathletics.com.

Get their coupon inside for five FREE classes and get right to work this month!

