

CrossFit

Forging Elite Fitness

Specialized One-Day Workshops

Rob Miller – CrossFit & Climbing

Skills Taught

Training for balanced muscular/skeletal structure in climbing

Facility Requirements

At least some weights, pull-up bars, and rings. A standard CrossFit gym is better. The ideal is a well-equipped CrossFit gym with a bouldering wall.

Schedule

5 – 7 hours, depending on facility and participants.

Fee

\$1500 plus coach's travel and lodging expense.

Participant Guidelines

This workshop is oriented to climbers interested in maximizing their performance on the rock (drills will be modified according to participant skill levels). Wear comfortable/workout clothes with cross-training shoes for the workout portion. Climbing shoes and a chalkbag recommended if the facility has a wall.

Travel

Based out of Santa Cruz, CA. Nearest airport is San Jose International (SJC). Hotel and car negotiable.

Presenter

14 years climbing. Big Wall Freeclimbing Pioneer. Level III CrossFit Trainer.

More Information

Contact workshops@crossfit.com.

http://www.bdel.com/scene/athletes/rob_miller.php

Fine Print

Scheduling is based on mutual availability of Host (you) and Presenter. Once a date is agreed upon, a non-refundable \$500 deposit is required, with the balance due the day of the event. Host additionally agrees to cover reasonable travel and accommodation costs for Presenter. Host may invite and/or charge participants at their discretion (both rate and number, unless Presenter has limited the number of participants). Host is responsible for the facility and all equipment requirements (which vary according to the event). If the event is cancelled by the Host for any reason, Host relinquishes the deposit and agrees to reimburse Presenter any non-refundable travel expenses over \$250. If the event is cancelled by the Presenter, the deposit is returned in full.