

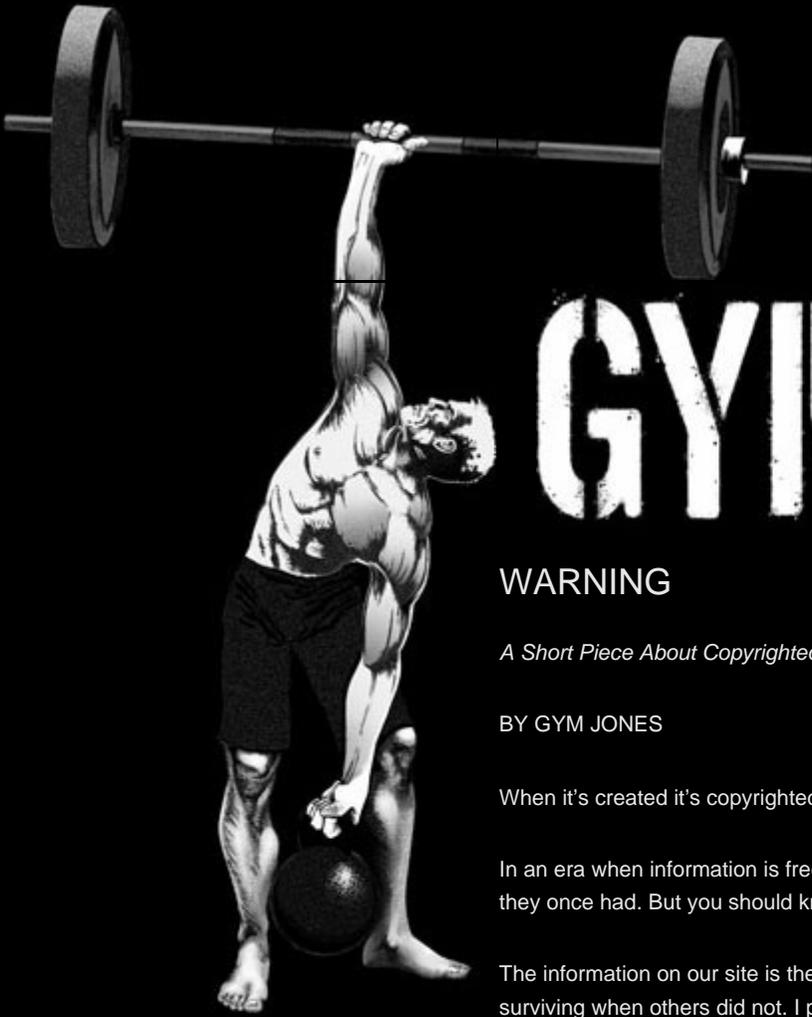
## Legend

Pages 2&3: Mark Twight's published threat of bodily harm to any who steal his intellectual property - prominently placed on his website.

Page 4: CrossFit Journal, Issue 2, Page 8, published and copyrighted October, 2002 describing CrossFit's "Theoretical Hierarchy of Development".

Pages 5&6: A piece Mark Twight developed early in 2004 for a proposed series in "Rock and Ice" describing his discovery of a revolutionary fitness program called CrossFit and his schooling in the program, by CrossFit founders, beginning with a "simple fitness pyramid" describing "fitness hierarchy".

Page 7: By 2006 the core of the CrossFit program has mysteriously become Mr. Twight's intellectual property bearing a copyright date of 2001. The "Fitness Hierarchy" now lays the foundation of the Gym Jones concept detailed in a 130 page document that Mr. Twight has sold to U.S. military. The Gym Jones program and the supporting manual are as much an original work as the excerpted section.



# GYM JONES

## WARNING

*A Short Piece About Copyrighted Material*

BY GYM JONES

When it's created it's copyrighted.

In an era when information is freely available on the Internet copyrights don't appear to carry the same weight they once had. But you should know the difference between right and wrong by now.

The information on our site is the result of more than 20 years of research and experience, of suffering, and of surviving when others did not. I post it to share what I have learned, to prove a point, and to build the Gym Jones legend. You can view and even download the information for personal, non-commercial use. Using my copyrighted material to earn you money and stature is not only unlawful, it is wrong.

This site is informational not commercial. Gym Jones is not a commercial organization. It is built on the Fight Club model, "free to all" albeit invitation-only. That said what's ours is ours and copyright infringements are dealt with vigorously. We settle disputes "out of court," in the street and trust us no one wants that ...



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## Throwing

Our weight training program includes not only weightlifting and powerlifting but also throwing work with medicine balls. The medicine ball work we favor provides both physical training and general movement practice. We are huge fans of the Dynamax medicine ball ([www.medicineballs.com](http://www.medicineballs.com)) and the throwing exercises elaborated in the Dynamax training manual that comes with their balls. The medicine ball drills add another potent stimulus for strength, power, speed, coordination, agility, balance, and accuracy.

There is a medicine ball game known as Hoover Ball. It is played with an eight-foot volleyball net and scored like tennis. This game burns three times more calories than tennis and is great fun. The history and rules of Hoover Ball are available from the Internet (<http://www.hooverassoc.org/hooverballrules.htm>).

## Nutrition

Nutrition plays a critical role in your fitness. Proper nutrition can amplify or diminish the effect of your training efforts. Effective nutrition is moderate in protein, carbohydrate, and fat. Forget about the fad high carbohydrate, low fat, and low protein diet. 70% carbohydrate, 20% protein, and 10% fat may work for your rabbit, but it won't do anything for you except increase your risk of cancer, diabetes, and heart disease or leave you weak and sickly. Balanced macronutrient and healthy nutrition looks more like 40% carbohydrate, 30 % protein, and 30% fat. Dr. Barry Sears' Zone Diet (<http://www.drsears.com/>) still offers the greatest precision, efficacy, and health benefit of any clearly defined protocol. The Zone diet does an adequate job of jointly managing issues of blood glucose control, proper macronutrient proportion, and caloric restriction the three pillars of sound nutrition whether your concern is athletic performance, disease prevention and longevity, or body composition. We recommend that every one read Dr. Sears book Enter the Zone. We will cover nutrition in great detail in an upcoming issue of the CFJ.

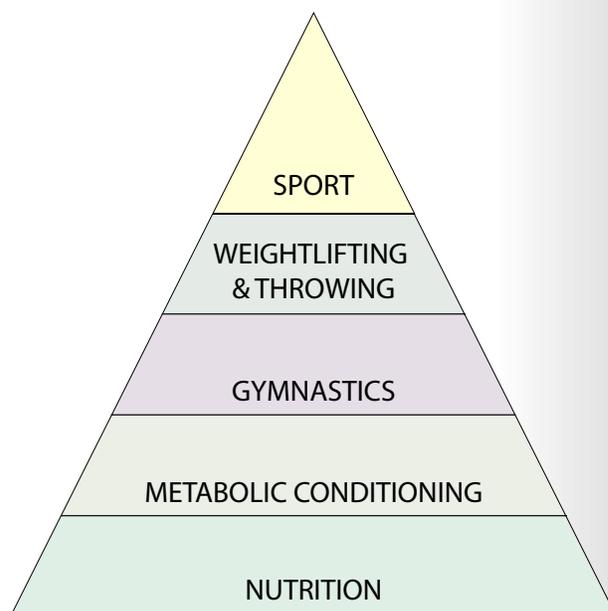
## Sport

Sport plays a wonderful role in fitness. Sport is the application of fitness in a fantastic atmosphere of competition and mastery. Training efforts typically include relatively predictable repetitive movements and provide limited opportunity for the essential combination of our ten general physical skills. It is, after all, the combined expression, or application, of the ten general skills that is our motivation for their development in the first place. Sports and games like soccer, martial arts, baseball, and basketball in contrast to our training workouts have more varied and less predictable movements. But, where sports develop and require all ten general skills simultaneously, they do so slowly compared to our strength and conditioning regimen. Sport is better, in our view, at expression and testing of skills than it is at developing these same skills. Both expression and development are crucial to our fitness. Sport in many respects more closely mimics the demands of nature than does our training. We encourage and expect our athletes to engage in regular sports efforts in addition to all of their strength and conditioning work.

## A Theoretical Hierarchy of Development

A theoretical hierarchy exists for the development of an athlete. It starts with nutrition and moves to metabolic conditioning, gymnastics, weightlifting, and finally sport. This hierarchy largely reflects foundational dependence, skill, and to some degree, time ordering of development. The logical flow is from molecular foundations, cardiovascular sufficiency, body control, external object control, and ultimately mastery and application. This model has greatest utility in analyzing athletes' shortcomings or difficulties.

We don't deliberately order these components but nature will. If you have a deficiency at any level of "the pyramid" the components above will suffer.



## Integration

Chapter One  
TRAINING: GYM JONES STYLE  
Function, Intensity and the Core

In May 2003 I heard about a training protocol called Crossfit. Because it contradicted everything I knew about training I only dabbled in the philosophy over the summer and experienced the results I deserved from such a lack of commitment.

In November 2003 I met Greg and Lauren Glassman who developed the Crossfit program and a month later I attended a Crossfit Instructor Certification seminar at CFHQ in Soquel, California. It stood my world on its head. When I drove west I was confident in my level of fitness – certainly my VO2 Max, Anaerobic Threshold and endurance and – but a single workout destroyed that notion. The workout, called “Fight Gone Bad” consists of three five-minute rounds separated by one minute of rest. Within each round the participants execute the following exercises non-stop for one minute while an assistant counts the reps (by the third round the athlete is unable to count his own reps):  
Row (on Concept II rowing machine)  
Sumo Deadlift High-pull @ 65#  
Box Jump (20 inch-high box)  
Wall Ball (deep squat to overhead throw of a 20# medicine ball at a 10-foot high target)  
Push Jerk (shallow squat to overhead press) @ 65#

Each rep counts as one point except for the row where a calorie equals a rep. One’s total number of reps equals the score. These are either bodyweight movements or executed at such low weight that I predicted endurance to be a factor, and that I’d do OK. But I failed spectacularly; there wasn’t enough O<sub>2</sub> in the state of California for me. I scored 222 points. Brazilian Jujitsu fighter Mike Weaver set a stunning record of 350 points and every class participant except me went over 300. Comparatively, I sucked. My oxygen efficiency, earned running, did not transfer to mixed-modal, high intensity, functional movements.

I committed to the program, giving myself four months to prepare for a type of event I had no experience with; the 2<sup>nd</sup> Annual Powderkeg ski mountaineering race would be my beta test for the new protocol. During those months I trained randomized, multi-joint movements executed at high intensity for short duration. My workouts mixed medicine balls, kettle bells and box jumping with rowing, gymnastics and Olympic lifting. I never ran more than 400 meters and only six of the roughly 100 workouts I did lasted longer than 25 minutes, most averaged nine minutes. Race day was my 10th on skis of the season.

To initiate the change I assessed my training goals and definition of fitness. As an alpinist I train to sprint and to jog, with weight and without, on perfect snow or its opposite. I train to pull my weight plus a pack, to push, to haul, often without adequate oxygen or appropriate nutrition and to do it for six to fifty hours. These demands encompass all of the body’s energy systems across a broad range of movements. My old program worked

OK but many of the movements were executed on machines, and isolated muscles to a degree that they had little functional analog. Moreover, endurance gained within a single domain did not translate to different challenges as FGB had proven.

I had also fallen into the trap of training the physiologic systems I was already "good at" so I tested areas of suspected weakness. I had no core strength despite the six-pack, I could not push, and I'd been doing squats wrong for ten years. The core weakness concerned me most because all movements are initiated by the core and finished by the extremities; strengthening the core makes any movement more efficient. I'd put on weight in the previous decade too, the extra mass compromised O<sub>2</sub> efficiency but did not appear to help any other aspect of fitness. Size matters only in the sense that a positive power-to-weight ration matters.

Greg and Lauren started my new schooling with a simple fitness pyramid:

Fitness Hierarchy: (#1 is at the bottom of the pyramid)

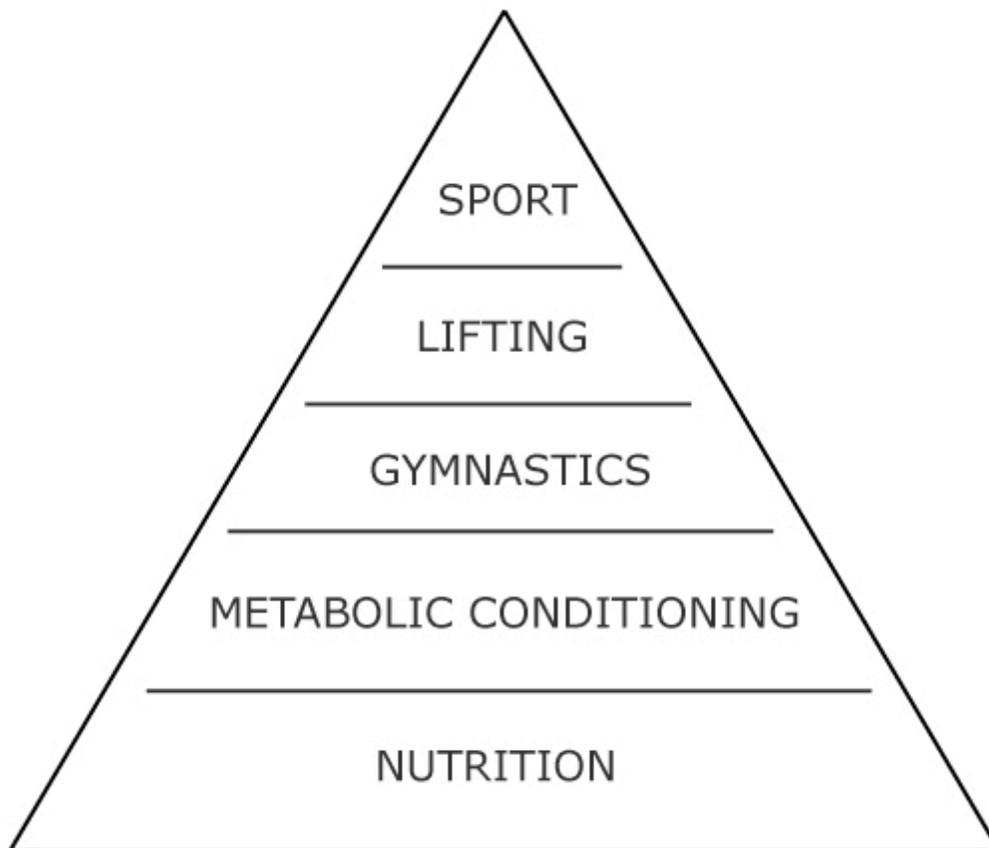
- 1) Proper nutrition builds solid molecular foundation
- 2) Metabolic conditioning improves oxygen uptake and exchange
- 3) Gymnastics train body control and coordination
- 4) Lifting and throwing train external object control. This is founded on body control; so if you can't execute movement without weight, adding weight will not improve anything
- 5) Sport (or function) combines all of the above into a specific adaptation

I began building my new pyramid by reviewing my diet. In 1996 I converted to a Zone (40-30-30) diet, lost fat, gained muscle, and, once I increased fat intake to fuel athletic activity I enjoyed improved performance solely based on diet. It's easy to accurately tune the diet to address different levels of effort associated with a periodized training program. After a few years I got sloppy, and suffered for it. In 2004 I began eating a Zone ratio built from Paleo sources (hunter-gatherer, not agricultural, i.e. meat, fruit, vegetables, nuts instead of grains, dairy, and artificial, processed foods). My body composition changed and sport performance improved.

Addressing the second level of the pyramid I favored high intensity work. VO<sub>2</sub> Max and lactate tolerance improved, which ultimately improved endurance. (*details in Chapter Two*) My metabolic conditioning blurred the distinction between "cardio" and strength: I did high rep clean and jerks, Thrusters (deep squat to overhead press), and box jumps. The heart rates achieved are marvelous and the multi-joint movements build systemic rather than localized lactate tolerance. Deep squats executed at high respiratory rates compress and then stretch the diaphragm, which, strengthened allows O<sub>2</sub> to be pulled into the lower 15-20% of the lungs, an area only the most highly trained athletes are able to exploit. I also used the Concept 2 rowing machine -- an absolutely demonic device that mimics the movement of a deadlift combined with an upright row. Finally, I began

Fitness Hierarchy:

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EACH CONCEPT IS DEPENDENT ON THE FOUNDATION BENEATH IT. IF THE FOUNDATION IS NOT SOLID THEN ALL LEVELS ABOVE IT **SUFFER**.