



KIRKLAND COMMUNITY FITNESS

MARCH 2022



March Events

3/5 - CrossFit Open
22.2

3/10 Social @ Q20
Bar inside QFC

3/12 - CrossFit
Open 22.3

**Athlete of the
Month**
**Kevin & Gail
Merriman**

**Welcome New
Members**

Sam
Kay
Lingbing
Julia
Venkata
Sakthi
Jerry

WHY WE HAVE MOVEMENT STANDARDS

What are movement standards? A movement standard is the required level of quality that any movement is performed with. Each movement that we do in the gym has a right and wrong way to do it. It is not because the coach is on a power trip and wants it to be done a certain way. It is because doing the movement to the highest quality is how we stay safe and how we improve performance. Take a back squat for example. The movement standard for a back squat is defined as starting with the hips and knees fully extended. The athlete will then lower their hips below parallel while maintaining a neutral spine before aggressively standing and fully extending the knees and hips. In a squat, the most common fault is stopping at or above parallel. This becomes a problem for two reasons. Reason one is because science has proven that the amount of shear force on the knees is greater when you try to abruptly stop at parallel or above. Beyond that, squatting below parallel has been proven to help strengthen the ligaments in your knee, which in turn helps protect you from the extremely common knee ligament injuries. This means that not going into a full squat can put you at a greater risk of injury to the knee. Reason two is the full squat provides approximately 25% more engagement of the gluteus maximus than a parallel squat does. Which means doing a deep or full squat will increase strength better than a half squat. If we also think about other movements we do, such as the clean and snatch, often you must catch these lifts in a super deep squat. This means it is imperative to do every squat as low as

possible to strengthen that position and to have the maximum carry over to other movements. Some might have certain mobility limitations that restrict them from going into a full squat and that is ok. The goal is to also focus on improving our quality of movement. The back squat is just one example, but every movement we do in the gym has a movement standard that is designed to keep you safe and to get the most out of the movement. If you respect the movement standards your performance and safety will both drastically increase.

Written By:

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CF-L1

USAW-L1



We are stoked to name mother and son team, Gail and Kevin Merriman our March 2022 Athletes of the Month! Kevin started at KCF last summer and convinced his mom to join him in the fun at the end of last year! Individually they are super positive, hardworking and dedicated to 5:30am classes, but together they make a great team and push one another in spicy partner workouts! In addition to being awesome athletes, they are incredible people and are completing an upcoming fitness challenge to raise money and awareness for Fred Hutchinson Cancer Research Center. Please read the below from Kevin! We are proud to have Kevin and Gail in our community!

My mother and I have decided to complete an awesome fitness challenge to raise money: The 4x4x48 Challenge where we will be running 4 miles, every 4 hours, for 48 hours straight (48 miles total). We will start the challenge on March 11th, 2022 @ 4pm and finish on March 13, 2022 @ 4pm. We really want to use this opportunity to raise money for a good cause and have decided to team up with Fred Hutchinson Cancer Research Center! We have set up a landing page through Fred Hutch (visit our web site for link).

We want to reach out to the KCF community to see if anyone was passionate about this cause and interested in donating or joining us for some of our 4 mile runs along the way! To make it easy for anyone looking to join us, we plan to meet in the parking lot of the gym for our run on Saturday March 12th @ 4:00pm and anyone is welcome.

Honoring: Our grandmother/mother-in-law Joyce Merriman who volunteered many years for Fred Hutchinson Cancer Research Center. She believed in their cause and research in the battle to find a cure for cancer. When she was diagnosed with pancreatic cancer, her treatment brought her to Seattle Cancer Care Alliance and Fred Hutchinson. Although she lost her battle with cancer, we feel that with this event we can honor and her memory and help with the fight.

Added Bonus: Any person who donates and commits to running one 4-mile leg with us, Team Merriman will match their donation!!

Ashley Rusk is a holistic nutrition coach who helps people optimize their gut health and find food clarity so they can decrease bloating and digestive distress, raise their energy levels, achieve ideal body composition, and create lifelong healthy habits. To learn more about nutrition coaching and working with Ashley, email adventurewithashley@gmail.com.



SALMON WITH BRUSSEL SPROUTS

Today I am sharing a simple and easy meal that is one of the foundations of my diet: wild caught salmon with brussel sprouts. Wild salmon is loaded with nourishing, high-quality, omega-3 fats which play a role in every aspect of your health from cardiovascular and immune system, to your brain, joints, and skin. It is also an easily digestible protein source full of all the essential amino acids. If you eat the skin, you're also getting a ton of type-1 collagen. Brussel sprouts are one of my favorite vegetables. Part of the brassica family, also known as cruciferous vegetables, brussel sprouts are full of fiber, vitamins, and minerals, and other beneficial compounds that help lower excess inflammation in the body.

INGREDIENTS

2 pounds of brussel sprouts
4 salmon filets
sea salt
grass fed ghee

INSTRUCTIONS

1. Pre-heat oven to 350 degrees.
2. Wash & chop brussel sprouts into halves or quarters.
3. Spread on baking sheet with a few tablespoons of water and bake for about 30 minutes.
4. Then, stir in a spoonful of ghee and salt and bake until done, up to another 30 mins.
5. Add in salted salmon filets and bake for another 10 minutes.
6. Plate up and enjoy!