THE GLASSMAN CHIPPER, PART 2

We challenge you to improve your mental fitness by reading our Founder and CEO's earliest CrossFit Journal articles.
“When we explained that we thought our workouts were so effective that if we were to post one every day, someone would eventually find them, try them, have great results, and come back and tell friends, the dot-comers laughed heartily and condescendingly chortled, ‘Ahhhh, the old grassroots approach!’”

Greg Glassman wrote that in the 2005 CrossFit Journal article “www.crossfit.com.”

On Feb. 10, 2001, the first workout of the day went up on CrossFit.com. Starting in September 2002, CrossFit’s Founder and CEO supported these workouts with the CrossFit Journal, originally an e-zine emailed to subscribers. In 2008, the publication evolved to the website you currently see—“Journal 3.0”—as it was called in a retrospective article that announced the new site.

Just as the emailed monthly zine reached its end in 2008, Journal 3.0 is approaching its end. CrossFit.com was revamped earlier this year, and we’re currently working on a significant upgrade to the CrossFit Journal.

Journal 4.0 will include all the features you would expect: responsive web design, improved navigation and searchability, social-media integration, modern content presentation and so on.

With our current format nearing the end of utility—and with reference to “The Glassman Chipper” that presented our founder’s first 38 CrossFit Journal articles—we’re showcasing Glassman’s written work from April 2004 to August 2007 below.

Presented below are 47 Glassman articles, many of which are buried in our blog format. They range from technical pieces to works of fitness philosophy, critical responses and workout prescriptions. The latter group—the Grinder series—contains 13 named workouts designed for larger crews to complete in austere conditions. These workouts are programmed far less frequently than Fran and Helen, but coaches managing large groups should consider them a great resource.

Perhaps prime among the articles is “Virtuosity,” a call to action that’s no less inspiring today than it was in 2005.

But don’t just read that one.

The pursuit of virtuosity dictates that you read them all.

ABOUT THE AUTHOR: Mike Warkentin is the managing editor of the CrossFit Journal and the founder of CrossFit 204.

“Good enough never is.” —Greg Glassman