

the **CrossFit**
JOURNAL ARTICLES

Featured CrossFitter

Jolie Gentry



“CrossFit women rock!” This sentiment resonates with both men and women. CrossFit women are redrawing the boundaries of performance and having a blast doing it. In fact, their awe-inspiring performances have been instrumental in conveying CrossFit’s efficacy to the free world’s military. It wasn’t the male fire-breathers that did it. It was the women. As one Naval Special Warfare operator said, “It’s easy to write off to genetics the performances of a CrossFit male, but it’s a whole different ball game when a five-foot-nothing, high school pottery teacher

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at the local hippie high school cleans your clock.” That statement continues to resound across the military and fitness world.

In this feature and interview, we learn a little more about Jolie Gentry, the winner of the inaugural CrossFit games. We already know she can run, lift, row, pull-up, and jerk with the best of them. Now see some other sides of her.

Jolie Interview:

I. Explain your introduction to CrossFit.

Two Santa Cruz County Deputies I met at Basic SWAT school in September 2006 talked about this guy on their team who was “a machine” and just ran circles around everyone else on their SWAT team. They said that his name was Greg Amundson, and he does this stuff called CrossFit. They knew I was interested in fitness and said that I would probably like it. After I returned from school, my teammate Darryl told me that he had just started training at One World Gym in Union City where there was a cop who ran CrossFit classes. The first day I walked in the door, I realized that the cop he was talking about was Freddy Camacho. I’ve known Freddy for years. In fact, he had been a student of mine in a group cardio class that I used to teach at a martial arts school.

2. What, if any, were your biggest apprehensions before your first workout?

I cannot recall having apprehensions prior to my first workout of the day. I do remember that it was a 6:30 a.m. class and it was the most intense workout I had ever experienced to date. I also recall the others in the class asking Freddy, “Where in the hell did you find this chick?”

3. What would you say to a woman who may be interested in the program but has concerns like “I don’t want to bulk up,” “I’m not strong enough,” or “I’ll never be able to do that”?

For those women who are worried about bulking up, just take a look at the CrossFit women who have been training for a while. I don’t know why you wouldn’t want to look like them.

I always hear, “I have to get in shape before I can try that stuff.” I hear it from both men and women. I just tell them that everything can be modified and they will be surprised how quickly they will start achieving their strength goals.

Featured CrossFitter: Jolie Gentry (continued...)

4. What do you do for a living?

I am a police officer for the city of Newark, which is in the southeast corner of the San Francisco Bay. I work patrol and I am a SWAT operator for our on-call team. I am also the fitness specialist and a Hazardous Materials/ Weapons of Mass Destruction instructor on the team. Basically, if there is some crazy biological weapon released upon the city of Newark, I will help coordinate my team's response. I will more than likely recommend that we don't go anywhere near it! Unfortunately, they probably won't listen to my recommendation.

5. Why did you choose that profession?

I chose my profession for reasons similar to why I choose to CrossFit. I enjoy the challenge. I love that I never know what to expect. There is always something new and different to overcome. I am never bored at work, and I need to be prepared for the worst.

6. Do you think CrossFit has an empowering effect on women?

Absolutely! Particularly when I see women lifting heavier weights than men and hitting faster times. I know they feel good about that. (Stef, you know I'm talking about you!) I think it's empowering even for the beginners who realize that exercises like the deadlift aren't scary things that they could never do. And I know many women who never dreamed of doing a pull-up and now pull ten in a row. Most men can't pull ten in a row, so there's definitely a confidence that develops from being consistent with CrossFit.



Pre-CrossFit modeling shoot

7. What made you choose CrossFit as your primary means of training?

I love CrossFit because it has completely changed my body, and I love the daily challenge. I am in the best shape of my life because of it. Being a naturally competitive person, I also enjoy the sport aspect.

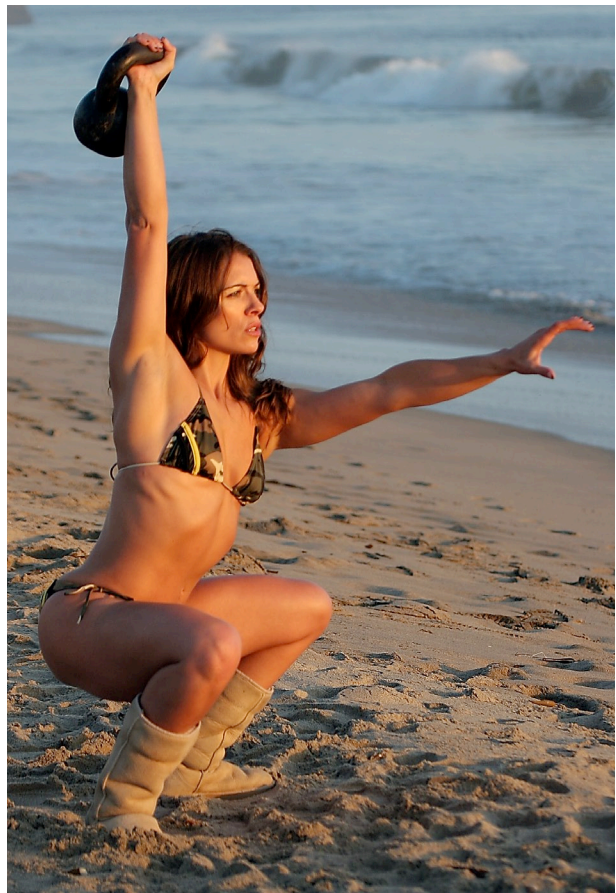


One year of CrossFit later

Featured CrossFitter: Jolie Gentry (continued...)

8. Some people seem to think that physically outperforming men makes a woman “masculine”—or at least less “feminine.” What’s your take on that assessment?

I adamantly disagree with that statement. It’s up to the woman to decide if she wants to identify with being feminine. I do not see it all being directly related to her performance. Not all women accent their femininity, and I don’t think that has anything to do with how hard they train. I enjoy being feminine because that’s just me. For me, it’s entertaining to be a bit of a contrast. I like being the SWAT operator with the French manicure who can hang with the boys on the range and can have just as much fun shopping with my three sisters.



Jolie’s Stats

“Fran”: 3:41 (65-pound thrusters)

“Helen”: 10:17 (35-pound kettlebell)

CrossFit Total: Squat 190, press 100, deadlift 235; total 525 pounds

Max pull-ups (single set): 40

Weighted pull-up (IRM): 88 pounds

Height: 5’4”

Weight: 124 pounds

Jolie at work - Videos

Bear Complex WOD



Snatch/OHS/Pull-up WOD



Diablo vs. One World



CrossFit Games Award Ceremony

