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Globo Friendly

Michael Campi explains how to behave as a stranger in a strange land.

By Michael Campi CrossFit Kraken

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All images: Mike Warkentin/CrossFit Journal

The benefits of belonging to an affiliate are clear: quality coaching, a sense of community and working with a group of people who have a common purpose. But what if an affiliate is not available to you for whatever reason?

1 of 5



"When in Rome" does not apply.

There are a couple of routes you can follow: you can start to accumulate your own equipment and build a garage gym, you can follow the never-gym-less philosophy popularized by Ross Enamait, or you can head to the neighborhood Globo.

For the economically challenged or those who don't live near an affiliate, joining a big-box gym is usually cheap. Other perks include showers, and most of them have pools and lots of weights, and some of the people there—although misled by the mainstream fitness philosophy—are quite friendly. So if you are a self-starter with built-in motivation, then it is possible to thrive as a CrossFitter in a Globo environment.

You Are a Guest

Rules of the road: you are in someone else's playground. You should be, if anything, more respectful of the facility than the regular members. Racking weights, putting things back where they belong, wiping down equipment

you use, and generally straightening things up will go a long way toward setting an example of gym etiquette and keeping CrossFit in a positive light in the eyes of the general public. You are a guest in the big box and you should behave as a guest.

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You can always be creative when planning your CrossFit workout in a Globo Gym.

Despite the idea promoted in “How to get kicked out of your gym in 10 days or less!” published in the September 2002 issue of the *CrossFit Journal*, you might want to behave a little better than that if you want to stay in the gym. CrossFit is, to me, about building strength and strength of character, and nothing builds character faster than humility and respect—although the opportunity to occasionally have some fun at someone else’s expense should not be passed up.

Other things that can interfere with your pursuit are having someone ask if he or she can work in. This rarely happens on a squat rack, but when it does I will merely inform people that I am doing a set with specific rest intervals and specific weights and that I will be done in five or 10 minutes. That will usually suffice. If it doesn’t, I tell them they are more than welcome to work in if they can put their weights on, do their set and get my weights back on in three minutes. They usually decide to come back later or find something else to do.

What You Can Do

Most places have plyo boxes these days, and most have rowers (caveat: don’t join if there is no rower, as the big boxes are notoriously unresponsive when it comes to customer requests for equipment). All of them have squat racks, a pull-up apparatus of some sort and dip stations or (you can bring rings), lots of weights, lots of bars, lots of dumbbells.

More and more CrossFitters are showing up at the Globos. I have, in the last month, seen three trainers from local boxes and several indie CrossFitters. If you are in need of a spotter for a max lift, look around for one of these folks. They are fairly easy to spot. Vibram FiveFingers are a dead giveaway, as is someone doing full range of motion on dips and squats.

What You Can't Do

I have never been to one of these gyms that has bumper plates, so you will have to forgo max-effort O-lifts and dropping weights, as fun as that is.

As a stranger in a strange land, there are concessions you will have to make and irritants you will have to put up with. For me, one of the most unpleasant aspects of these places is the apparent inability of the denizens to re-rack weights. My warm-up is, on a fairly regular basis, finding all the weights I need, putting them in order and getting ready to lift. I am fairly obsessive about having everything neat and tidy to start and leaving everything neat and tidy when I go. If you ask the Globo gremlins when their mom is coming down to clean up after them, they generally will not get the message and will sneer at you. That alone makes it worth the time to ask.

WODs

When looking for workouts that are Globo friendly, the CrossFit main site is a treasure trove. You need only go to the archives for years of WODs, then pick the ones that are easily done in a big box. I tend to stay with more confined workouts that don't take up too much space or use all the equipment. Kipping pull-ups can be done if you are short, but if you are 6'5" like I am, you are either going to do a bent-knee kip or dead-hang pull-ups (which are better for you anyway). The list below is just a start and could go on and on.

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Other sources of info are the affiliate sites. Most of them post their WODs. Or you can just make stuff up on your own.

Here's a list of workouts to get you started, and if the weights are not indicated, select them based on the stimulus you need from the workout:

1. 3 rounds for time of:
20 burpees
500-meter row
2. 7 rounds for time of:
7 manmakers (40/20 lb.)
7 pull-ups
3. 4 rounds for time of:
5 dumbbell split cleans (challenging weight)
10 knees-to-elbows
15 pull-ups
4. AMRAP in 10 minutes of:
10 deadlifts (body weight)
10 dumbbell push presses (50 percent of
body weight divided by two dumbbells)
5. AMRAP in 10 minutes of:
3 power cleans (135/90 lb.)
6 push-ups
9 air squats
6. 4 rounds for time of:
20 squats
20 push-ups
20 box jumps (24/20 inches)
20 sit-ups
7. Reebok CrossFit Games Open Event 11.2
AMRAP in 15 minutes of:
9 deadlifts (155/100 lb.)
12 hand-release push-ups
15 box jumps (24/20 inches)
8. 10-9-8-7-6-5-4-3-2-1 rep rounds of:
Kettlebell or dumbbell swings (53/35 lb.)
Push-ups
Box jumps (24/20 inches)
9. 1 minute to do 20 squats
1 minute row for calories
1 minute to do 15 push-ups
1 minute row for calories
1 minute to do 15 burpees
1 minute row for calories

The score is number of calories. Rest is the time from the finish of the work to the start of the row. Set the rower up on intervals with 1 minute of work and 1 minute of rest.

10. 500-meter row
20 power cleans
200 double-unders
500-meter row

Partition the power cleans and double-unders any way you like or do them straight through.

11. 21-, 15-, and 9- rep rounds of:
Squat cleans (135/95 lb.)
Bar dips

This is Elizabeth with bar dips, and you can also do it as RX'd by bringing a set of rings with you.



Courtesy of Michael Campi

Final Words

You'd do well to remember a few things:

- When training on your own at a Globo Gym, don't forget your weaknesses. No one will be on you about them, so it is up to you to attack them.
- At some point you will probably need some assistance, so seek out help when you need it. With the money you save each month at a Globo, maybe you can afford to hire a CrossFit trainer from one of the local affiliates (if there is one) to check your form and give you some pointers.
- Make friends with the affiliates in your area. Some of them may be open to the idea of letting you come in at a drop-in rate once a month or so.
- Make friends with other people at the Globo. Some of them may approach you if what you are doing looks interesting enough.
- The big thing to remember is this: don't be a putz. Wipe things down. Put things away. If you use chalk, don't get it all over everything.
- Have fun. Who knows? You might get enough people interested to start your own affiliate.



About the Author

Michael Campi is a part-time trainer at Crossfit Kraken in Pasadena, Calif. He has spent time working out at affiliates in Monrovia, Upland, Rancho Cucamonga and Claremont and is now making a go of it at a Globo.