

PROFICIENCY IS | KEY



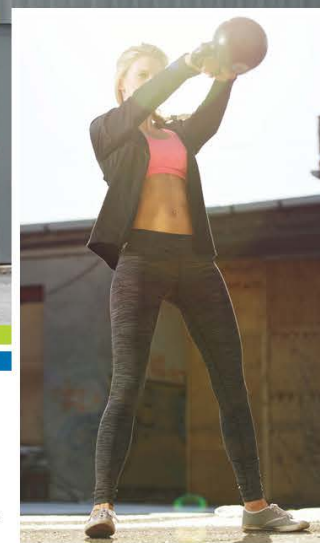
LOCATED IN ADELAIDE'S EASTERN SUBURBS, IN A QUIET ONE-WAY INDUSTRIAL STREET, LIES CROSSFIT PROFICIENT. IT'S THE PERFECT SPOT TO SMASH OUT SOME QUICK 200M SPRINTS, THEN BACK TO THE BOX TO USE THE LATEST IN CROSSFIT TECHNOLOGY - WODIFY. CROSSFIT PROFICIENT USES WODIFY TO TRACK ITS ATHLETES' PERFORMANCE AND MANAGE MEMBERSHIPS. ACCORDING TO OWNERS PETE AND JESSE, THE SYSTEM MAKES THEIR JOBS EASIER AND MEMBERS LOVE LOGGING THE WOD PERFORMANCE AND SEEING THEIR PROGRESS OVER TIME.

BUT IT ISN'T ALL HIGH TECH, THE ESSENTIALS ARE STILL THERE. BUMPERS, KETTLEBELLS, RINGS, TRX'S, TRACTOR TYRES - AND EVERYONE'S FAVOURITES, THE BARBELLS.

THE BOX MAGAZINE CAUGHT UP WITH PETE AND JESSE TO LEARN A BIT MORE ABOUT CROSSFIT PROFICIENT AND ITS OWNERS.



Box Name: CrossFit Proficient
City & State: Adelaide, South Australia
Website: crossfitproficient.com.au
Facebook: www.facebook.com/CrossFitProficient
Box Manager/owner: Jesse Humphrys & Pete Rohde
Opened: 23 February, 2013
Members: 85



Hey Guys, can you start by telling us a bit about the first ever session at CrossFit Proficient? Yeah, we had a big AMRAP for our first session! Our programming has come a long way since that day. We have learnt a lot and continue to every day.

How big is a usual class at your Box? Around 10-14 people.

Give us a shout out to your top CrossFitters. Rachael Rohde, Renae McIntosh and Matt Kondos.

Which member deserves a special mention and why? Giulia Luzzi - She is one of our long-term members who has lost a stack of weight and always rolls up to the class (even if she doesn't want to do the WOD). She is a silent achiever who quietly smashes out PBs week after week.

What are some of the most important changes you see in people after they start training at CrossFit Proficient? Increased confidence and willingness to try new things. Also caring about how they

treat their body with proper nutrition, rest and training.

What has been the most rewarding aspect of running your own Box? Seeing our athletes become healthier, stronger and fitter along with the satisfaction of seeing them reach their goals.

What advice would you give to anyone wanting to get into CrossFit? Start today, don't wait for tomorrow.

Finally, what's in store for CrossFit Proficient? Expanding our range of equipment to diversify our WODs and continue to have constant variety in our training. We also have plans to introduce a CrossFit Kids program and a yoga class.

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Kettlebell Photo by: Shutterstock.com



"Our athletes become healthier, stronger and fitter"

Q&A WITH OWNER:

PETE ROHDE ▶▶

QUALS:

- CROSSFIT LEVEL 1 TRAINER
- CERT IV IN FITNESS
- LEVEL 2 KETTLEBELL INSTRUCTOR
- TRX INSTRUCTOR
- PRE/POST NATAL
- LEVEL 2 THUMP BOXING
- NAKA ATHLETICS GYMNASTIC WORKSHOP (CARL PAOLI)

Describe yourself in three words: Dedicated, loyal, funny.

What do you love about training at your Box? I mostly train by myself, so the ability to play my favourite music is awesome.

What's your favourite WOD? And what's your best time?

Taylor (Hero WOD) – 15:48RX after a shoulder injury – looking to improve a lot!

What WOD do you most want to improve on?

Helen – I love the combination of exercises.

Who is your CrossFit hero? Why?

Adrian Bozman – he was my level 1 trainer.

What are the staples in your fridge? Eggs, butter and fresh vegetables.

Name five (5) things you can't live without?

iPad, peanut butter, my bed, my wife Rachael, foam roller.

Q&A WITH OWNER:

JESSE HUMPHRYS ▶▶

QUALS:

- CROSSFIT LEVEL 1 TRAINER
- CERT IV IN FITNESS
- LEVEL 2 KETTLEBELL INSTRUCTOR
- TRX INSTRUCTOR
- PRE/POST NATAL
- LEVEL 2 MILITARY FITNESS (BOOTCAMP INSTRUCTOR)
- LEVEL 1 MMA FITNESS

Describe yourself in three words: Stubborn, honest, hardworking.

What do you love about training at your Box? A different training partner every day.

What's your favourite WOD? And what's your best time?

Annie 6:10 – I love double unders.

What WOD do you most want to improve on?

Diane – Need to get stronger at deadlifts.

Who is your CrossFit hero? Why?

Kelly Starrett – I love mobility and he knows it all.

What are the staples in your fridge? Organic butter, eggs and beer.

What are you currently preparing for? Fit Wars 9.