CROSSFIT

YOUR FIRST 30 DAYS OF CROSSFIT

How to start as a beginner without getting hurt or overwhelmed. A week by week plan from the coaches who have been starting beginners in Blue Springs since 2012.

[Photo: Carl to pick a 2026 member photo]

Inside: the step by step plan, a baseline self check with a week 4 retest, a printable 4 week tracker, a guided reflection, and your free first step.

A WORKBOOK FROM CROSSFIT CERBERUS · HISTORIC DOWNTOWN BLUE SPRINGS, MO · COACHING SINCE 2012

THE PROBLEM: STARTING TOO HARD, OR NEVER STARTING

You want to try CrossFit. You have also seen the videos: heavy barbells, people flat on the floor after a workout, words like AMRAP and WOD on a whiteboard. So you tell yourself you will start once you are in better shape.

That day rarely comes. Or the opposite happens: you jump in at full speed, you are so sore you can barely sit down for four days, and you quietly stop coming.

After coaching beginners in Blue Springs since 2012, here is what we know. The people who stick with CrossFit are rarely the fittest on day one. They are the people who start at the right speed, show up on a plan, and let a coach fit the workout to them. Every workout in our gym can be scaled to where you are today, and that is exactly how it is meant to be used.

This guide gives you a simple plan for your first 30 days so you build the habit, learn the movements, and finish the month feeling better than when you started.

WHAT YOU WILL GET FROM THIS GUIDE

- A week by week plan for your first month
- The one rule that keeps beginners from getting hurt
- The most common beginner mistakes and how to avoid them
- A checklist you can print and stick on the fridge

WHITEBOARD WORDS IN PLAIN ENGLISH

WORD	WHAT IT MEANS
WOD	Workout of the day. The main workout everyone in class does, at their own level.
AMRAP	As many rounds (or reps) as possible in a set amount of time.
EMOM	Every minute on the minute. Do the work at the top of each minute, rest for the remainder.
For Time	Finish the work as fast as you safely can. Your time is your score.
Levels 1 to 5	The versions of the workout. Pick yours on how you feel and recover that day.

YOUR BASELINE SELF CHECK

Do this before your first class, or on your first day, and write down your numbers. Repeat it at the end of week 4. Move at a pace that feels safe, stop if anything hurts sharply, and remember: this is your starting line, not a test you can fail.

TEST	HOW TO DO IT	BASELINE (DATE: _____)	WEEK 4 RETEST (DATE: _____)
Air squats in 1 minute	Feet shoulder width, hips back and down to a box or chair if needed, stand all the way up. Count only reps you are proud of. Note the box height if you used one.		
Plank hold	Forearms on the floor, body in a straight line from head to heels (knees down is fine). Time how long you hold good form, up to 2 minutes.		
Energy today, 0 to 10	How much energy do you have on a normal day right now? 0 is running on empty, 10 is ready for anything.		
Days I moved last week	Count the days you did 20 minutes or more of purposeful movement: a walk, a class, yard work.		

[QR: CrossFit Cerberus YouTube video]

WATCH THE TECHNIQUE DEMO

Scan to watch how to do the air squat and the plank on the CrossFit Cerberus YouTube channel, so your baseline and your retest look the same.

THE 30 DAY PLAN

Follow this plan in order. Each week has one job. Do that job well and the next week gets easier.

1

WEEK 1: LEARN THE ROOM (2 CLASSES)

Arrive 10 minutes early and tell the coach you are new. Mention any old injury, surgery, or joint that complains, even if it seems small. Pick Level 1 or 2 for every workout. Your goal this week is to learn the warm up, read the whiteboard, and find where the equipment lives. Leave every workout feeling like you had a little more in you.

2

WEEK 2: BUILD THE HABIT (3 CLASSES)

Pick three set days, like Monday, Wednesday, and Friday, and put them in your calendar like appointments. Focus on five movements you will see over and over: the air squat, the deadlift, the shoulder press, the push up, and the row. Keep the weight light and make every rep look the same.

3

WEEK 3: ADD A LITTLE (3 CLASSES)

Add weight only when your coach tells you your form looks solid. Try one movement at the next level up while keeping the rest the same. Start writing down your scores and weights so you can see your progress.

4

WEEK 4: OWN YOUR ROUTINE (3 TO 4 CLASSES)

Repeat something from your first week, like a light lift or a 500 meter row, and compare. Notice what feels easier: stairs, carrying the laundry, getting off the couch. Sit down with a coach and set your goal for the next 30 days.

THE ONE RULE: FINISH AT 80 PERCENT

For your first month, end every workout feeling like you could have done about 20 percent more. That leftover tank is what lets you come back two days later. Beginners who push to 100 percent in week one get sore, get discouraged, and miss the next two weeks. **Consistency beats intensity in month one, every time.**

RECOVERY BASICS FOR MONTH ONE

- **Sleep:** aim for 7 to 9 hours. This is when your body adapts.
- **Water:** sip through the day, and bring a bottle to class.
- **Protein:** include some at every meal to help sore muscles repair.
- **Soreness:** mild soreness for a day or two is normal early on. Sharp pain or joint pain is a signal to tell your coach.

COMMON BEGINNER MISTAKES

We see these every month. Every one of them is easy to fix once you know it.

Mistake: Going all out on day one.
Fix: Use the 80 percent rule. Your first month is about learning and showing up, not winning the whiteboard.

Mistake: Comparing yourself to the person next to you.
Fix: They may have been training for five years. Compare yourself to you from last week, and nobody else.

Mistake: Picking a weight because someone else used it.
Fix: Pick the weight that lets you keep perfect form for every rep. Ask the coach if you are unsure.

Mistake: Keeping an old injury to yourself.
Fix: Tell the coach before class. We can swap a movement in seconds, but only if we know.

Mistake: Showing up whenever you feel like it.
Fix: Lock in set days. Two or three fixed days a week will change you more than six random ones.

Mistake: Skipping the warm up or leaving before the cool down.
Fix: The warm up prepares your joints for the workout. It is part of the class, not an extra.

IF YOU ARE NERVOUS ABOUT YOUR FIRST CLASS

That is normal, and nearly everyone in our gym felt it. You will not be thrown into anything. A coach will walk you through every movement, show you the version that fits you today, and check in with you during the workout. Most people say the hardest part was walking in the door.

YOUR FIRST 30 DAYS CHECKLIST

Print this page. Check off each box as you go.

- [ ] Did my baseline self check and booked my week 4 retest
- [ ] Told my coach about any injuries or health history before my first class
- [ ] Picked my training days and put them in my calendar
- [ ] Week 1: two classes at Level 1 or 2, finishing at 80 percent
- [ ] Week 2: three classes, practicing the squat, deadlift, press, push up, and row
- [ ] Week 3: started writing down my scores and weights
- [ ] Week 4: retested one thing from week 1 and noticed the difference
- [ ] Sleeping 7 to 9 hours most nights
- [ ] Eating protein at every meal and drinking water through the day
- [ ] Set my goal for the next 30 days with a coach

[Photo: Carl to pick a 2026 member photo]

YOUR 4 WEEK TRACKER

Fill in one line after every class. It takes thirty seconds, and in four weeks you will have proof of how far you came. Energy and soreness use 0 to 10.

WEEK	DATE	WORKOUT OR LEVEL I CHOSE	ENERGY 0 TO 10	SORENESS 0 TO 10	SLEEP (HOURS)	ONE THING I LEARNED OR NOTICED
Week 1						
Week 2						
Week 3						
Week 4						

Tip: if soreness is 7 or higher two classes in a row, drop a level next class and tell your coach.

YOUR REFLECTION: WHAT DO YOU WANT?

This page is just for you. There are no right or wrong answers, and nobody is grading it. Take ten quiet minutes, be honest, and write whatever comes to mind. You get to decide what, if anything, you want to change.

1 What do you want CrossFit to do for you over the next few months? Think about how you want to feel, move, or look.

2 Why does that matter to you? What would it make possible for you, or for the people you care about?

Circle any that fit: Health | Family | Independence | Energy | Confidence | Freedom from pain | Being an example | Longevity | Self respect | Fun

3 What has gotten in the way before?

For example: schedule, starting too hard, an old injury, feeling out of place, not knowing what to do.

4 How important is it to you to start training right now?

0	1	2	3	4	5	6	7	8	9	10

0 = Not at all 10 = Extremely

Why did you pick that number and not a lower one?

YOUR REFLECTION, CONTINUED

5 How confident are you that you can get through your first 30 days?

0	1	2	3	4	5	6	7	8	9	10

0 = Not at all 10 = Extremely

Why did you pick that number and not a lower one?

What would move you one point higher?

6 Changing versus staying the same

Both sides have real reasons. Writing them down helps you see your own thinking clearly.

GOOD THINGS ABOUT STAYING THE SAME	NOT SO GOOD ABOUT STAYING THE SAME

GOOD THINGS ABOUT CHANGING	CONCERNS ABOUT CHANGING

7 Imagine it is six months from now and this worked. What does a normal week look like? What can you do that you cannot do now?

8 If you decide to start, what is one small step you would be willing to take this week?

WHEN TO REACH OUT

Look back over your answers. They often point to the real problem, and the real problem is not always the one we start with. Check any that sound like you.

- [ ] Your confidence number was below 7.
- [ ] The same thing has derailed you before, and you can already see it coming again.
- [ ] Pain, an old injury, or worry about getting hurt is the main thing holding you back.
- [ ] You are not sure where to start, or walking into a class for the first time feels like too much.

If you checked one or more, a conversation with a coach is a sensible next step. It is simply a way to get help with the exact thing in your way. If you checked none, wonderful: keep going with the plan and your tracker. Either way, the next step is yours to choose.

YOUR FREE FIRST STEP: A FREE TRIAL CLASS

Take a full class with a coach, scaled to where you are today. Prefer to talk first? Ask for a No Sweat Intro, or the Start Here Workshop if you are over 40 with achy joints.

Book here: [BOOKING LINK] · or call **(816) 441-4426**

Optional: if you like, bring this reflection with you to your free trial class. It gives your coach a head start on what matters to you, and you only share what you want to.

WHAT HAPPENS WHEN YOU BOOK

What it is like	A coach shows you around, walks you through each part of class, and picks the version of each movement that fits you that day.
What to bring	Training clothes, shoes, and water.
How long	Classes run about 60 minutes: warm up, skill, strength, then the workout.

MEET YOUR COACH

Every CrossFit class at Cerberus is led by a coach who teaches each movement through progressions and adds load only when the movement is clean. Here are some of the coaches you will meet.

[Coach name and photo: from Our Coaches roster]	[Coach name and photo: from Our Coaches roster]
CrossFit coach	CrossFit coach

FROM A MEMBER

> [Member story: Carl to pick a real 2026 member quote]

READY WHEN YOU ARE: BOOK YOUR FREE TRIAL CLASS

No experience needed. Your first class is scaled to you, and you leave knowing exactly what training here looks like.

Book here: [BOOKING LINK]

Or call us at **(816) 441-4426** · **crossfitcerberus.com**

JOIN THE CERBERUS SKOOL COMMUNITY

Ask questions, share your tracker wins, and talk with our coaches and members between visits. Join here: **skool.com/cerberusnutrition**

COACH CARL

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