CrossFit OTL

Welcome to CrossFit OTL.

Walking through the door was the hard part. This is everything you need for your first week, in five pages.

9155 Blvd 26, Suite 270, North Richland Hills, TX 76180
Call or text (817) 479-0023 · crossfit-otl.com

Your first week

Six stops, in this order.

> **New to CrossFit?** Start with On-Ramp: three one-on-one sessions with a coach.

1

Get the app. Book your week.

Download it on your phone, then book every class for week one, now.

Download on the App Store | Get it on Google Play

2

Turn on Social notifications

In the app's Social tab: news, events, shoutouts.

3

Follow @crossfitotl

Events, PRs and member milestones on Instagram.

4

Get your free InBody scan

Ask a coach. Do it this week.

5

Find the AED and our address

AED by the water fountains. Address on both doors.

6

Pick your days. Show up.

Put them on the calendar. Treat them like work.

Your first class

60 minutes, five parts, every time.

10 min before — **Arrive**
Early, for your first few classes.

Start — **Briefing**
The workout, and your track: Beginner, Intermediate or RX.

General warm-up
Heart rate up, joints moving.

Specific warm-up
Today's moves, light. Your coach sets your weight.

Workout
Your coach corrects as you go.

Cool-down
Stretch, announcements, tomorrow's preview.

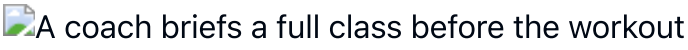
60 min — **Done, on time**
The next class is waiting.

10 min

Arrive early for your first few classes.

What to bring

- [ ] Water bottle
- [ ] Training shoes
- [ ] Towel


A coach briefs a full class before the workout

Gym etiquette

The same 11 you'll see on the wall at the gym.

1. **Arrive early and be prepared**
   Come a little early and ready for class.
2. **Ask questions**
   Coaches are here to teach and keep you safe.
3. **Wait to clean up**
   Wait until everyone finishes. Your coach calls it.
4. **Respect the equipment**
   Coach supervised or approved. No kids on the floor unless in kids class.
5. **Count accurately**
   Full movements. Quality over speed.
6. **Handle barbells properly**
   Don't drop empty bars, or bars with change or 10 lb plates.
7. **Clean equipment**
   Wipe down sweaty or bloody equipment after use.
8. **Be honest about abilities**
   Work with your coach to find your limits.
9. **Focus on progress**
   Aim for daily improvement, not perfection.
10. **Reserve classes**
    Book your spot ahead in the app.
11. **No headphones during class**
    No AirPods or headphones, including running day.

In an emergency

ADDRESS FOR 911

9155 Blvd 26, Suite 270 North Richland Hills, TX 76180

AED

On the wall by the water fountains

Three jobs, out loud: one person calls 911, one gets the AED, one goes outside to walk the ambulance in.

Who to text

(817) 479-0023

Call or text. Email admin@onthelinefitness.com
9155 Blvd 26, Suite 270, North Richland Hills, TX 76180

Your first 90 days

Week 1

You'll be sore. Keep coming anyway.

Week 4

Someone out-lifts you? They just started earlier.

Week 4

Scale not moving? An InBody scan shows the muscle you gained.

Month 3

Regular class days can help you stay committed. Any class is open to you.

Past three months, the odds turn in your favor.

Everything else is online

The full schedule, programs, Kids and Teens, our coaches, our story and every policy. Classes run from 5 AM every weekday, plus Saturday at 8:30 AM. Book in the app.

crossfit-otl.com/welcome