



EST. 2014

New to CrossFit? Start here.

A friendly, plain-English guide to what CrossFit is, where it came from, how to get started, and what your first month will really be like.

Whoever you are, you'll be welcome:

- ✓ Complete beginners
- ✓ Every workout scaled to you
- ✓ 2 free taster classes
- ✓ Any age, any fitness level
- ✓ Coached every session
- ✓ No joining fee, no contract

So, what actually **is** CrossFit?

CrossFit is a training **methodology** that gets you fitter, stronger and more capable for everyday life. You train in a small group with a coach, doing a mix of movements you already use every day: squatting, lifting, pushing, pulling, running, jumping and carrying.

The same session works for a 25-year-old athlete and a 60-year-old grandparent. Everyone does the same workout, but the weights, distances and movements are adjusted to suit each person. That's called **scaling**, and it's the reason CrossFit works for everyone.

A methodology, not just a workout

Lots of gyms advertise "**CrossFit-style workouts**". Often that means movements you'd see in CrossFit, thrown together at random from one day to the next. Each session feels hard, but look across a week and there's no plan behind it.

At ORE we follow the **CrossFit methodology**. Every day is different, but each session is planned with care, so that across the week and beyond you build strength, stamina, skill and speed. **Varied, but never random.**



Small, coached groups

A coach runs every class, shows you every movement and keeps an eye on you throughout.



Scaled to you

Lighter weights, fewer reps or easier versions. You always work at the right level for you.



Fit for real life

Carry the shopping, play with the kids, feel good on holiday. That's the point.

What happens in a class?

Classes last about an hour and follow the same simple shape, so you'll quickly know what to expect.

Hello	Warm-up	Skill or strength	Workout	Cool-down
Hello The coach welcomes everyone and explains the session.	Warm-up Gentle movement to get your body ready.	Skill or strength Learn or practise a movement, taking your time.	Workout The main effort, usually 10–20 minutes, at your pace.	Cool-down Stretch, breathe, chat and pack away.

A very brief history

CrossFit started with one coach in California who thought fitness should prepare you for anything life throws at you, not just make you good at one thing.

1980s–90s

Former gymnast and coach **Greg Glassman** starts training people with a mix of gymnastics, weightlifting and short, intense conditioning, a combination that was unusual at the time.

2001

The first CrossFit gym opens in **Santa Cruz, California**.

Early 2000s

Free daily workouts are posted online. People around the world start doing them in garages and parks.

2002

The first **affiliate** gym opens in Seattle. Independent gyms could now train people the CrossFit way under the CrossFit name.

2007

The first **CrossFit Games** take place on a family ranch in Aromas, California, with about 70 athletes. It has since grown into a worldwide competition.

Today

There are thousands of affiliate gyms around the world. Most of the people in them aren't athletes at all. They just want to feel fitter, stronger and healthier.

Our story

2012

The ORE community starts training together in Telford.

2014

ORE becomes an official CrossFit affiliate. That's the "Est. 2014" on our logo.

You don't need to be fit to start. You start to get fit.

Our coaches have more than **50 years** of coaching experience between them, and every one of them remembers their own first class.

What does "affiliate" mean?

An affiliate is an independent gym with qualified CrossFit coaches that's officially licensed to teach CrossFit. Each one is locally owned and has its own personality. ORE is a not-for-profit community gym, run by Wrekin Barbell Limited.

WHERE OUR NAME COMES FROM

Why ORE?

Long before Telford had a name, the ground beneath it was rich in iron ore, along with the coal and limestone needed to turn it into iron.

In 1709, just down the road at Coalbrookdale, Abraham Darby found a way to smelt iron using coke instead of charcoal. Iron could now be made cheaply and in huge amounts, and this corner of Shropshire helped spark the Industrial Revolution. In 1779 the world's first iron bridge was built across the River Severn. It's still standing today.

Ore is the raw material. Straight out of the ground it doesn't look like much. But with heat, time and hard work, it becomes something strong enough to build the world.

RAW ORE

Straight from the ground



HEAT AND WORK

The furnace does its job



IRON

Strong enough to build with

DAY ONE

You, just as you are



COACHING

Turning up, week after week



STRONGER YOU

Ready for anything

That's how we see everyone who walks through our door. You don't need to arrive ready. You just need to turn up.

"But is it for me?"

Almost everyone has the same worries before their first class. Here are honest answers.

"I'm not fit enough."

You don't need to be. Every workout is scaled, so you'll do a version that suits you today. Fitness comes from coming along, not the other way round.

"I'll get hurt."

Every class is coached. We teach good technique first and only add weight when you're ready. Moving well always comes before moving fast.

"I'm too old, or it's been years."

Our classes welcome everyone from 11-year-olds to people in their 50s, 60s and beyond. Lots of people start after a long break from exercise.

"It looks intense and cliquey."

No shouting, no showing off. People will learn your name, cheer you on and stay to chat. Everyone in the room was new once.

"I don't know what to wear."

Whatever you'd go for a walk or a jog in. Comfortable clothes and trainers are perfect. There's a full list on page 7.

"I have an injury or health condition."

Just let us know when you book. Coaches will adapt movements for you. If you're unsure whether exercise is right for you, check with your GP first.

Jargon buster

You'll hear some new words. You don't need to learn them in advance, but here are the common ones.

Box A CrossFit gym.

WOD Workout of the day.

AMRAP As many rounds (or reps) as possible in a set time.

EMOM Every minute on the minute: do the work, rest for what's left of the minute.

For time Finish the work as quickly as you comfortably can.

Scaled Adjusted to suit you. What most people do, most days.

Rx "As prescribed": the workout exactly as written.

PB Personal best. You'll get lots of these early on.

HYROX, HybridNW, the Open... what are they?

You've probably seen these on social media. They're **fitness competitions**: sports events you sign up for, a bit like a 10k or a triathlon. Great fun, and a brilliant goal.

HYROX

An indoor race: eight 1km runs, each followed by a station such as a sled push or wall balls.

HybridNW

A North West series: nine stations, each after a 600m run. ORE is an official affiliate. Next race: Telford, **9 January 2027**.

ATHX

Started in the UK in 2023: a strength test, an endurance test, then a fast-paced circuit.

Training for a race isn't the same as getting fit

Each race uses the same set list of movements, every time. Train only for the race and you'll get better at it, but you'll be **specialising**, and that leaves gaps. Think of a 10k runner who struggles to lift a heavy suitcase into the loft. Repeating the same few movements can also lead to aches and niggles. CrossFit's planned mix of strength, stamina, skill and speed means fewer gaps, so you're ready for a race *and* for everyday life.

The CrossFit Open

CrossFit's own competition, and everyone's invited

Once a year, CrossFit releases one new workout a week for three weeks. People all over the world do them at their own gym, in Rx, Scaled or Foundations versions, so beginners take part alongside the fittest people on the planet. Billed as the world's biggest participation competition, it's a huge community event full of cheering and first-ever PBs. The next Open runs from **18 February to 8 March 2027**.

Fancy doing a race?

Brilliant. Our members take on all sorts, from grassroots local events right up to world level for two of our masters athletes:

5k and 10k runs

Half marathons

Spartan races

Triathlons

DEKA

Wild Hybrid

HybridNW

The CrossFit Open

Because CrossFit builds all-round fitness, you can try these at the drop of a hat, doing things others spend months training for. Our Friday **HYBRID** class adds race-style practice on top. Or skip racing altogether: it's a fun extra, never a requirement.

How to get started at ORE

Three simple steps, no pressure, and you can go at your own pace.

1

Book a free taster

Beginners get **two free taster classes**, and you can join any of our CrossFit classes. Book online at orecrossfit.co.uk/book-a-free-taster or message us on [WhatsApp](#). No experience needed and no commitment.

Fancy something different? Your first **HYBRID** class (Fridays, 18:30: running, lifting and conditioning) is free too. [Book it here](#).

2

Do our Kickstart

A relaxed **1.5–2 hour** introduction, over one or two sessions, where a coach teaches you the key movements and how to scale them. It costs **£25 and includes your first month of classes free**. Kickstarts run every month. If there isn't one advertised, [just ask](#) and we'll find you a date. Already done CrossFit before? You can skip this step.

3

Join when you're ready

Pick the membership that suits you. **No joining fee, no long-term contract**, and just 30 days' notice if you ever want to cancel.

Memberships

Unlimited (includes LIFT and HYBRID)	£57.50/month
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Couples (two adults living together)	£95/month
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Youth (11+)	£20/month
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10-class pack	£80
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Single class or drop-in	£10
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Prices correct at October 2026. Terms and conditions apply.

Your first class

- Comfortable clothes you can move in
- Trainers (flat-ish soles are ideal, but any will do to start)
- A water bottle and a small towel
- A light snack an hour or two before, not a big meal
- Arrive **10 minutes early** so we can say hello and show you around
- Tell your coach about any injuries or worries

Your first month

Your first month starts as soon as you finish [Kickstart](#), and your classes for that month are free. Here's what it usually looks like, and how you'll probably feel along the way.

Skipping Kickstart? If you've done CrossFit before and are joining straight away, your first month starts from your first class as a member. The same tips apply, just at your own speed.

3–5×

How often should I come? For the best results, aim to train **three to five times a week**. Start with two or three while your body gets used to it, then build up from there.

Before you start: your [tasters](#) and [Kickstart](#)

1

Arrive 10 minutes early. We'll say hello and show you around.

2

Meet your coach. Mention any injuries or worries.

3

Warm up with the group. Just follow along.

4

Do your version of the workout, at your pace.

5

Then do Kickstart to learn the key movements and how to scale them.

WEEK

1

Find your feet

Your first classes as a member. Aim for about two this week. There'll be lots of new names and movements, so don't worry about remembering them all: your coach will always show you again and give you an easier version of anything that's too much today.

How you'll feel: a bit nervous beforehand and proud afterwards. Your muscles may feel sore for a day or two. That's normal, and a gentle walk helps.

WEEK

2

Find your rhythm

Try two or three classes, building towards three a week. Picking the same days and times helps you build a habit and get to know the regulars. Start jotting down the weights you use and your scores, so you can see your progress later.

How you'll feel: less sore, more confident, and recognising a few friendly faces.

WEEK

3

Notice the difference

This is often when people notice the changes outside the gym: more energy, better sleep, stairs feeling easier. Because everything is new, personal bests come thick and fast. It's also a good week to try something different, such as a LIFT session (Olympic weightlifting) or the Friday HYBRID class. Both are included in Unlimited membership.

How you'll feel: movements start to make sense, and you might even be looking forward to class.

WEEK

4

Make it a habit

Your free month is coming to an end, so it's time to choose the membership that fits your life. Look back at where you started; you'll be surprised. Then ask your coach for one thing to work on and set yourself a goal for the next few months. From here, three to five classes a week will get you the best results. It could be your first pull-up, a heavier lift, or a race with friends.

How you'll feel: stronger, fitter, and like you belong here. Because you do.

Top tips for your first month

- **Go at your own pace.** Don't compare yourself with anyone else.
- **Consistency beats intensity.** Three classes every week beats five one week and none the next.
- **Ask questions.** Coaches love them, and there are no silly ones.
- **Rest, eat well and drink water.** Your body gets fitter between sessions.
- **Say if something hurts.** We'll find another option.

Optional goal

HybridNW Telford

Want something to aim for?

HybridNW Telford is on **Saturday 9 January 2027**, and ORE is an official affiliate. Ask a coach about racing with the team. It's completely optional (see page 6).

Your first-month checklist

- | | |
|---|--|
| ☐ Book <u>your free tasters</u> | ☐ Complete <u>Kickstart</u> (or join straight away) |
| ☐ Build up to three classes a week | ☐ Write down your weights and scores |
| ☐ Try a LIFT or HYBRID class | ☐ Learn three people's names |
| ☐ Choose your membership | ☐ Set a goal with your coach |



EST. 2014

Ready when you are.

[Book your first free taster today.](#) No experience needed. No commitment. We'll look after you.

BOOK YOUR FREE TASTER

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