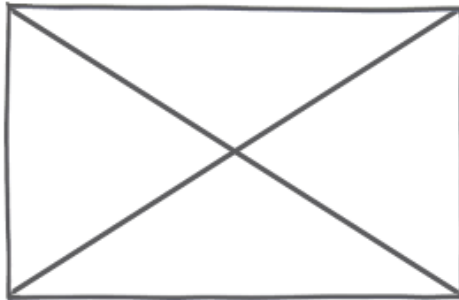




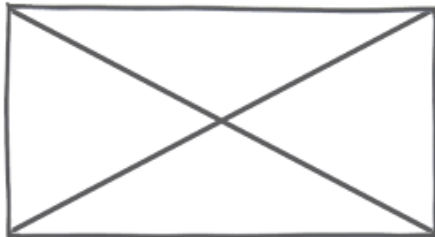
4144 S 4 Mile Run Dr, Arlington, VA 22206

[Work out Schedule](#)[WOD](#)[Contact Info](#)[About Us](#)[Getting Started](#)[Our Programs](#)[Our Coaches](#)

Free Workout

Every Saturday at noon there is a free workout for those interested in joining CrossFit Adaptation. Whether you've never done a CrossFit workout before, or you are a seasoned athlete, this is your chance for an introduction to CFA and CrossFit in general. All Saturday free Work Out of the Day's (WODs) are appropriate for absolute beginners and we look forward to answering your questions and discussing our program.

Today's Workout of the Day



EMOM for 30 minutes

Minute 1: 20 Reverse Lunges (in place)
Minute 2: 15 Box Jump Overs (24/20)
Minute 3: 10 Toes to Bar

Elements Program and Membership

December Group Elements

[Sign up for November Group classes or Memberships](#) 

Private Elements — If you are interested in a Private Elements, send us an email info@crossfitadaptation.com

Handstand Walks Workshop!

When: Saturday November 15th from 1-2pm
Where: CFFC

Come and work on this great gymnastic skill. [Coach Linsey](#) will get you inverted and moving. Take with you the cues, skills, and progressions to succeed at this unique skill.

One requirement — you must be able to ["kick up on the wall"](#) unassisted.



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About Crossfit Adaptation



CrossFit Adaptation (CFA) is a 6,000 square foot fitness coaching facility and dynamic fitness community located in the heart of Shirlington in Arlington, VA. We offer group and individual coaching via the CrossFit methodology.

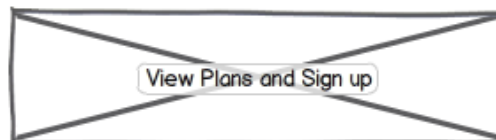
CrossFit workouts are comprised of constantly varied, functional movements, performed at a high intensity. Our natural, primal movements largely influence the movements we perform in our workouts.

What CFA can offer you

- Broad and constantly varied workouts, infusing multiple functional movements performed at a high intensity
- Exercises that mimic movements performed in day-to-day life or sports
- Workouts that are easily scalable to your fitness level
- Comprehensive fitness and restored vitality through sessions that fit easily into even the busiest of schedules
- A professional environment and a knowledgeable staff dedicated to helping you reach your fitness goals
- To always challenge you so that you never get bored and to create a community that will inspire and motivate you

CFA is for people who

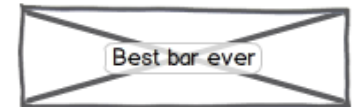
- Want to get in shape but don't know how to design a fitness program
- Dislike the impersonal "GloboGym" environment
- Have lost interest in your gym routine or get bored with your workouts
- Think you don't have time to exercise (our workouts are short and intense)
- Are looking to get faster or stronger for your sport
- Are no longer seeing results with your current training regimen



Upcoming Events

[Handstand Walks Workshop](#)**When:** November 15th from 1-2pm**Where:** CFFC

Recent News



Now available in the fridge!

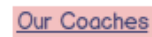
Single Bar = \$4.00

Box of Bars = \$22.00

Really tasty!

[Find out more](#)

Contact Info



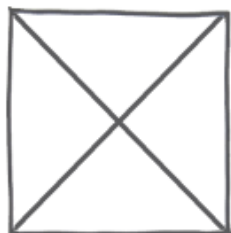
We always welcome drop-ins from other affiliates!



Getting Started

In order to sign-up for any membership, our Elements program or a skills test-in must have been completed.

Free Workout



Each Saturday at noon, CFA provides a free workout for non-members that are interested in checking us out. All you need to do is show up and be ready to workout! We will be happy to explain the program and answer any questions that you may have.

[View our Schedule](#)[Elements](#)[Membership](#)[Skills Test/Drop In](#)[Olympic Lifting/Barbell Club](#)

In order to sign-up for any membership, our [Elements](#) program or a [skills test-in](#) must have been completed.

\$160

- 9x per month [WODs](#)
- Unlimited Yoga
- Unlimited Olympic Lifting Workshop

\$180

- 10 class punch cards
- [WODs](#) Only

\$195

- 13x per month [WODs](#)
- Unlimited Yoga
- Unlimited Olympic Lifting Workshop

\$220

- Unlimited [WODs](#)
- Unlimited Yoga
- Unlimited Olympic Lifting Workshop

Discounts

- 15% off – Sworn Law Enforcement Officers, Active Military, Fire Fighters, and Full-time Teachers.
- 10% off – Married couple memberships

[Sign up today](#)

Upcoming Events

[Handstand Walks Workshop](#)

When: November 15th from 1-2pm
Where: CFFC

Recent News



Now available in the fridge!

Single Bar = \$4.00
Box of Bars = \$22.00

Really tasty!

[Find out more](#)

Elements

Option 1: Group Class

\$199

Eight total classes, these sessions meet twice per week, for one month. After four classes, you will have full access to our regular [WODs](#) for the remainder of that month.

- 15% discount offered to Law Enforcement Officers (LEO), Active Military (MIL), Firefighters (FF), and Full-time Teachers (FTT).

Option 3: Testing

\$199

Eight total classes, these sessions meet twice per week, for one month. After four classes, you will have full access to our regular [WODs](#) for the remainder of that month.

- 15% discount offered to Law Enforcement Officers (LEO), Active Military (MIL), Firefighters (FF), and Full-time Teachers (FTT).

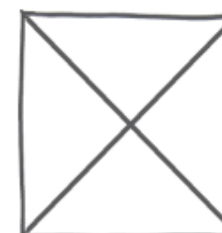
Option 2 : Private Classes

\$450

- 1 on 1 training

\$330

- 2-3 on 1 training

**Membership****Elements**

Skills Test-In

\$15

After successful completion of the test-in, membership is offered and you can [sign-up](#).

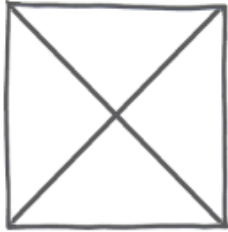
Drop In Fee

\$20 Fee**\$30 w/shirt or tank**

We always welcome drop-ins from other affiliates!

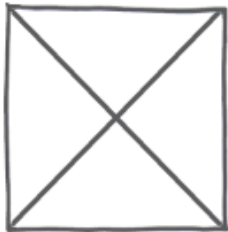


Our Programs

[View our Schedule](#)[View Pricing](#)

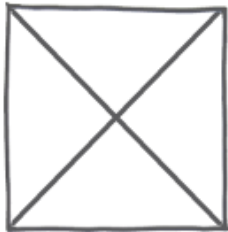
Elements

These classes last about one hour and are made up of two to three new skills that will be focused on each session. There will also be a WOD for the second portion of the class. We need to know that you can demonstrate a basic level of technical proficiency in these movements, before moving on to our membership status. Once you have completed four of the Elements class, you can attend as many regular WODs as you like for the remainder of that month.

[>> Read More](#)[View our Schedule](#)[View Pricing](#)

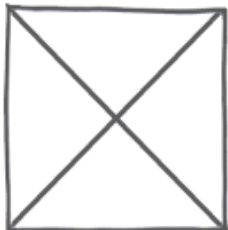
Adptation Barbell Club

The Adaptation Barbell Club meets at CFA every Tuesday and Thursday at 7:30 PM and Sundays at 11:30 AM.

[>> Read More](#)[View our Schedule](#)[View Pricing](#)

Olympic Lifting

One of the best (free) benefits of CFA is the opportunity to train with World Masters Champion Rick Bucinell every Sunday 1pm-3pm..

[>> Read More](#)[View our Schedule](#)[View Pricing](#)

Yoga

CFA yoga is a core part of our program and is focused on improving your fitness and making good athletes better. Yoga is included as part of CrossFit memberships or monthly yoga-only memberships are also available. Drop-ins are also always welcome for Yoga, and CrossFit [Elements](#) is not required.

Upcoming Events

[Handstand Walks Workshop](#)

When: November 15th from 1-2pm

Where: CFFC

Recent News



Now available in the fridge!

Single Bar = \$4.00

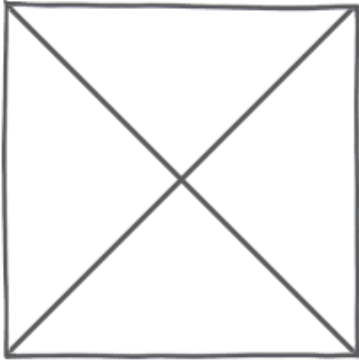
Box of Bars = \$22.00

Really tasty!

[Find out more](#)



Olympic Lifting



Both the snatch and the clean and jerk bring speed, power, coordination, and balance to your overall training while increasing explosive strength and explosive output. These lifts are an integral part of the CrossFit program. We provide you with the coaching of these lifts under World Masters Champion Rick Bucinell every Sunday at 1:00 PM, generally lasting two hours.

THIS IS ABSOLUTELY FREE TO ALL OF OUR MEMBERS.

If you are not a member but have questions about our Olympic Lifting program then email us at info@crossfitadaptation.com.

The drop in fee for this class is \$20 for non-members.



Upcoming Events

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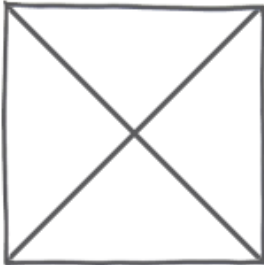
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Our Coaches



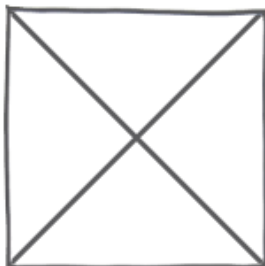
Dave Torpy
CFA Manager



CrossFit was introduced to me in 2010 and immediately changed my outlook on my fitness and health. The methodology, challenges, and dedication that it promotes allowed me to start out as a beginner, and work towards attainable goals within my abilities.

Learning specific Olympic lifts or trying to master some other movement, became a great drive for me. Although my athletic career only stemmed from a few years of high school sports, I have never felt this good, fit, or healthy.

I'm CrossFit L1 certified, CrossFit Kids certified, and have attended various related seminars. I'm always thrilled when new and veteran athletes make meaningful gains or accomplish new goals.

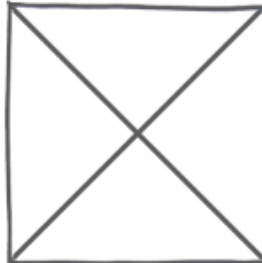


Aviv Bercovicz
Head Coach



My athletic experience was focused on competitive wrestling at the scholastic and collegiate levels. I competed at the NCAA Division 1 Level at American University under Mark Cody. I served as an Assistant Strength and Conditioning Coach at American University from 2003-2004. I've been involved with CrossFit training since 2006.

Since then I have attended and completed the following certifications/seminars: CrossFit Level 1 (2007/2010), CrossFit Kettlebell Certified, CrossFit Barbell Certified, CrossFit Olympic Lifting Certified, CrossFit Movement & Mobility Certified, CrossFit Kids Certified, CrossFit Coaches Prep Course, USA Weightlifting Sports Performance Coach

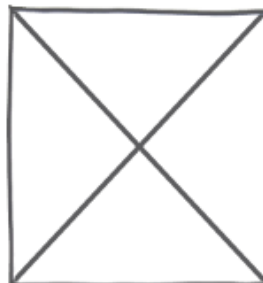


Curtis Blake



I am a former police officer who served in both the Arlington County and DC Metropolitan Police Departments. I worked in the Tactical Unit, as a Field Training Officer, and patrol over the course of 13 years with both organizations.

I have now been coaching CrossFit full-time for the past 6 years. I am Level 1 Crossfit and Crossfit Kids certified in addition to having attended multiple other CrossFit certifications. I believe that Crossfit is not exclusive to "athletic" types and that everyone benefits from our workouts, regardless of goals.



Linsey Wise



I have been an athlete most of my life – I was a competitive swimmer for 17 years, and was also involved in track & field, gymnastics, and cheerleading. Post-college I took a break from sports and quickly realized that I missed competitions as much as I missed being fit. I found CrossFit through a martial arts gym and haven't looked back since.

The dynamics of working out in a group setting and the variation found in each WOD are what I love about CrossFit; that and the fact that I am a diehard competitor, and am constantly humbled knowing that the equipment and clock are my stiffest competition. My certifications include: CrossFit Level I Trainer, Coach's Prep Course, USA Weightlifting Level 1 Sports Performance Coach, CrossFit Movement & Mobility.

Visit my CrossFit blog at:
<http://linseycfa.wordpress.com/>

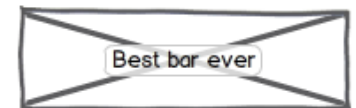
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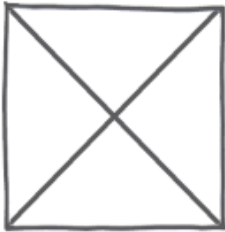
Box of Bars = \$22.00

Really tasty!

[Find out more](#)



Work out Schedule



Our box doesn't see much downtime. At CFA, we fill the day with workouts ([WOD's](#)), and season with skills sessions and workshops to hone your CrossFit technique with our coaches. In addition to CrossFit, CFA is Northern Virginia's center for performance-focused yoga with classes covering Recovery, Ashtanga and Vinyasa yoga.

Not only is CFA one of the most affordable CrossFit programs in the area, but our memberships also include yoga, skills sessions, and the Sunday Olympic lifting workshop.

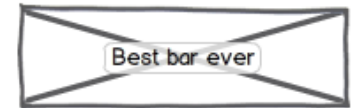
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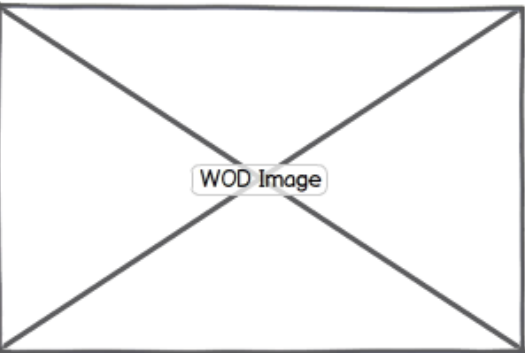
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Really tasty!

[Find out more](#)



Workout of the Day



WOD Image

Saturday, Nov. 22, 2014

"Fight Gone Bad"
3 Rounds – 1 minute at each station, with 1 minute rest between rounds:
Box Jumps (20")
Push Press (75/55)
Row (calories)
Wall Balls (20/14, 10")
Sumo Deadlift High Pull (75/55)

Post total reps to comments.

[Previous](#)

[Next](#)



User Image

AvivCFA on November 15, 2014 at 1:51 pm said:
Today's Leader Board
'Fight Gone Bad'

Women
1.) Meghan CFA 274
2.) Anna 262
3.) Teresa 247

Men
1.) Mike H 355
2.) Eric 352
3.) Brandon CFA 336

Have a great weekend everyone. Happy B-day to Mike H...

[Reply](#) ↓



User Image

Mike H on November 15, 2014 at 9:25 pm said:
Listen, everybody knows I wear my heart on my mid-ankle to mid-calf. Much love to the half calf crew for celebrating my bday this afternoon as well. In the words of Taylor Swift: "I've got a blank space baby and I'll write your name"
#swiftfit

[Reply](#) ↓

Leave a comment

Name

Email

Message

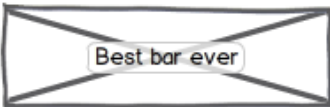
[Submit](#)

Upcoming Events

[Handstand Walks Workshop](#)

When: November 15th from 1-2pm
Where: CFFC

Recent News



Best bar ever

Now available in the fridge!

Single Bar = \$4.00
Box of Bars = \$22.00

Really tasty!

[Find out more](#)



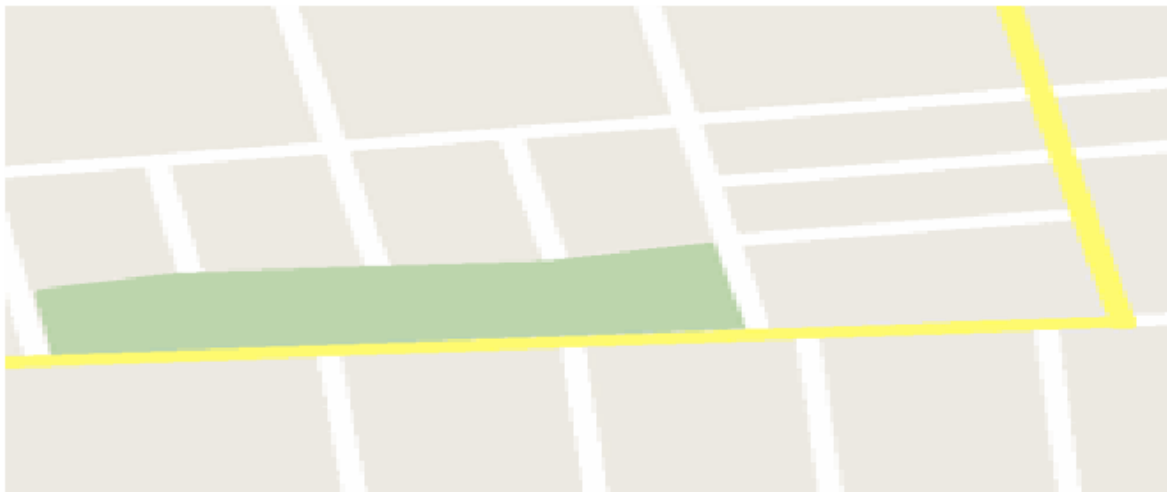
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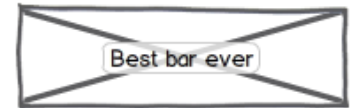
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Upcoming Events

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