

MEMBER GUIDE & COMMUNITY STANDARDS

MEMBER HANDBOOK

NOTHING LESS

/ HUMILITY / HUNGER / HUSTLE

EDITION
2026

WELCOME TO THE GYM

WELCOME TO 1HUNDRED

This handbook outlines what members can expect from us — and what we ask from our community in return. **Read it once, keep it handy, and you'll know exactly how we operate.**

MISSION	Build your capacity through expert coaching, consistent effort, and a supportive community.
PRIMARY TOOLS	Group CrossFit, private training, skill sessions, nutrition coaching, and goal reviews.
MEMBER FOCUS	Safety, progress, accountability, respect, and clear expectations.
QUESTIONS	Contact us at coach@1hundred.fit for account, billing, scheduling, or coaching support.

HOW TO USE THIS GUIDE

The sections ahead move from who we are, to what we offer, to the day-to-day standards and policies that keep training safe and productive. A glossary of common CrossFit terms is included at the back for quick reference.

WELCOME

WHAT'S INSIDE

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A WORD BEFORE YOU START

NOTE FROM THE OWNERS

Thank you for trusting 1HUNDRED Fitness to guide you on your path toward your goals.

We want every member to feel supported, challenged, and cared for from day one. This handbook is designed to help you understand how our gym operates, what you can expect from our team, and how to make the most of your membership.

WHY WE EXIST

OUR MISSION

▼ BUILD YOUR CAPACITY

Whether it is more time, energy, or fulfillment, most of us are seeking more out of life. To achieve more, we must increase our physical and mental capacity by challenging body and mind on a regular basis. That is where we come in — we provide expert coaching to guide you on the journey toward your goals.

▼ YOUR PRESCRIPTION

We are, first and foremost, a coaching business. We provide frequent guidance to improve your physical and mental health, and our job is to help you enjoy the process while making progress.

We meet with each member individually every three to four months for a **Goal Review**. At that appointment, we may review body composition, attendance, progress, lifestyle habits, and next-step goals so we can build a practical plan for success. Based on those conversations, we will continue to adjust your plan, celebrate wins, and help you stay consistent over time.

WHAT WE STAND FOR

CORE VALUES

Three principles guide how we train, coach, and treat one another.

HUMILITY

"Begin by descending."

Recognize that you are, and always will be, a work in progress.

HUNGER

"The wolf on the hill is never as hungry as the wolf climbing the hill."

Know what you want and make a plan to get there.

HUSTLE

"Effort over everything."

Give your best effort at all times, in and out of the gym.

THE 1HUNDRED STANDARD

Humility keeps us coachable, hunger keeps us moving, and hustle shows up in every rep. Together they are the culture you join the moment you walk through the door.

HUSTLE

WHO YOU'LL TRAIN WITH

OUR LEADERSHIP TEAM

The people responsible for your coaching, your experience, and the day-to-day running of the gym.

JM

JON MOLLER**OWNER & GENERAL MANAGER**

Jon is responsible for business operations and supervision of all staff. In addition, he coaches group classes and serves members through private training and nutrition coaching.

KM

KIM MOLLER**OWNER & CLIENT RELATIONSHIP MANAGER**

Kim supports the member experience through relationship management, communication, and operational support.

AB

AMANDA BIETILA**HEAD COACH & DIRECTOR, KIDS & TEENS PROGRAMS**

Amanda is responsible for programming, coaching education, coaching quality control, and administration of our kids and teens programs.

HOW WE COACH YOU

OUR SERVICES

Different goals call for different tools. Here's how members train at 1HUNDRED.

GROUP CROSSFIT

UP TO 15 ATHLETES · EXPERT COACHING

Constantly varied, high-intensity, functional movements scaled for many ages and ability levels. Complete onboarding before joining group classes.

PRIVATE TRAINING

1-ON-1 OR SMALL GROUP

A plan tailored to your goals, schedule, and needs. Single-session and monthly packages in 30-, 45-, 60-, and 90-minute formats.

SKILL SESSIONS

FOCUSED TECHNICAL PRACTICE

Develop, refine, or master gymnastics and weightlifting skills through dedicated, coach-led practice.

NUTRITION COACHING

PRACTICAL · SUSTAINABLE

Guidance, education, and accountability to build habits that support performance, recovery, and long-term health — adjusted over time as you progress.

NEW TO CROSSFIT?

You must complete our onboarding process before joining group CrossFit classes. See section 08 for what that looks like.

TRAIN

SET YOUR EXPECTATIONS

WHAT TO EXPECT

Knowing what good coaching looks like — and how training adapts to you — helps you get more from every session.

01 COACHING

Our coaches are more than cheerleaders. Expect them to guide class flow, demonstrate workouts, teach proper movement, observe your performance, correct faults, and help you improve over time.

02 SAFETY

Keeping members safe is a priority. If you are uncomfortable with a movement, feel pain, feel dizzy, or need a modification, stop and ask a coach. If a coach asks you to reduce load or change a movement, it is in the interest of your safety and long-term progress.

03 LEARNING

No matter which program you join, you will learn about your body, your mindset, your strengths, and your opportunities for growth.

04 SORENESS

In the first few weeks of a new routine, soreness is normal. Your body will adapt as you become more consistent. Listen to your body, communicate with your coach, and take rest days when needed.

EXPECT

WHAT TO EXPECT • CONTINUED

SCALING & TRACKS

SCALING

Scaling is the adjustment of movements, weights, distances, or time in a workout. You will see members of many fitness levels and age ranges, each making the adjustments that fit their needs. Our coaches assist with scaling for special populations, including pregnant and postpartum athletes, members returning from injury, and individuals with adaptive needs. Appropriate scaling leads to faster progress, more consistency, and safer training.

WORKOUT TRACKS

Because our members have different backgrounds and ability levels, many group workouts include more than one pathway or option.

GRAY	NOVICE	BLACK	INTERMEDIATE	GOLD	ADVANCED
Intended for those newer to the gym and focused on foundational movement patterns.		For members with some experience who are progressing toward more advanced skills.		For members who have developed advanced CrossFit skills and want to keep improving.	

PICK THE RIGHT PATHWAY

Not sure which track to choose on a given day? Ask your coach. The right option is the one that lets you train hard, move well, and stay safe.

SCALL

HOUSE RULES

COMMUNITY STANDARDS

A few simple expectations keep 1HUNDRED welcoming, safe, and family-friendly for everyone who trains here.

- + BE POSITIVE**
No whining, no complaining, and no insulting yourself or others.

- + BE RESPECTFUL**
Listen to your coaches, be aware of those around you, and encourage others regardless of fitness level.

- + DRESS CODE**
Wear workout clothing that is supportive, secure, and appropriate for dynamic exercise.

- + LANGUAGE**
We are a family-friendly gym where children are often present — keep language suitable for small ears.

- + ASK QUESTIONS**
Your coaches are your greatest resource. If you do not know, ask.

- + FACILITY CARE**
Treat the gym, bathrooms, lobby, and equipment with care. Return equipment to its place and wipe up chalk and sweat.

- + CHILDREN & GUESTS**
Children stay supervised and out of active workout areas unless in an approved program. Guests and drop-ins check in with a coach first.

GETTING STARTED

ONBOARDING & YOUR FIRST DAY

ONBOARDING

If you are new to CrossFit, you will complete our onboarding process before entering small group classes. The goal is safe, efficient preparation for group training. Onboarding is typically **3 to 7 hours** of one-on-one instruction with a coach, during which you will learn foundational CrossFit movements, class expectations, and how we scale training for your level.

YOUR FIRST DAY

PHASE 01 BEFORE CLASS ● Reserve your spot through Wodify. ● View the plan for the day up to one week in advance. ● Don't be discouraged by unfamiliar movements — coaches scale to your ability.	PHASE 02 DURING CLASS ● Arrive a few minutes early. Class starts on time. ● If late, enter without disruption. ● Join only after the necessary warm-up and coach approval.	PHASE 03 AFTER CLASS ● Clean your station, including chalk and sweat. ● Return all equipment to its designated area. ● Gather your belongings; lost items go to lost & found for a limited time.
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BRING WITH YOU

Workout clothes, athletic shoes, a water bottle, and a willingness to learn. That's it.

BEGIN

BOOKING & CANCELLATIONS

ATTENDANCE POLICY

All group classes are reserved in advance through Wodify. These policies keep coaching quality high and spots fair for everyone.

RESERVATIONS

All group classes must be reserved in advance through Wodify. Class sizes may be limited to protect coaching quality and safety. If a class is full, join the waitlist.

WAITLIST

If class reservations are full, members may join the waitlist through Wodify. If you are on the waitlist, we still encourage you to attend class so we can do our best to get you a workout. This also helps us identify when a class is consistently over capacity, allowing us to make schedule adjustments as needed.

CANCELLATIONS & NO-SHOWS

If you cannot attend, cancel your reservation as early as possible so another member can use the spot.

ARRIVING LATE

If you arrive after class begins, the coach will determine whether there is enough time for you to warm up safely and participate appropriately.

ATTEND

YOUR GYM APP & STAYING IN TOUCH

WODIFY & COMMUNICATION

▼ WODIFY

Wodify is our primary app for reservations, waitlists, workout tracking, and account information. We strongly encourage members to use it regularly.

- ▼ Reserve classes and join waitlists
- ▼ View workouts and track results and progress
- ▼ Manage your account details

Need help with Wodify? Visit the Client Help Center first. If you still need assistance, email coach@1hundred.fit.

▼ COMMUNICATION

For billing questions, membership changes, schedule concerns, or general support, email coach@1hundred.fit. Coaches may also communicate through Wodify, email, or approved gym channels. Please allow a reasonable response window for non-urgent questions.

URGENT MATTERS

Urgent health or emergency concerns should be handled in person or through appropriate emergency services — not through app messaging.

TRACK

AROUND THE GYM

SOCIAL, RETAIL & CLOSURES

▼ SOCIAL MEDIA

We love celebrating member progress. Tag 1HUNDRED Fitness and support each other online with positivity and respect. Photos and videos may occasionally be taken in the gym for coaching, celebration, or marketing. If you prefer not to appear, let a coach know and we will honor your preference. When taking your own photos or videos, respect the privacy of other members and avoid recording anyone without permission.

▼ RETAIL

Retail items may be available for purchase, including drinks, supplements, and apparel. Availability may vary. If self-service checkout is available, complete payment at the time of purchase. Questions about pricing, inventory, or payment? Ask a coach before taking an item.

▼ WEATHER, CLOSURES & SCHEDULE CHANGES

Holiday schedules, weather closures, and other temporary changes are communicated through Wodify, email, social media, or other official gym channels. Members are responsible for checking updates before traveling to the gym during severe weather or holiday periods.

CONNECT

YOUR RESPONSIBILITIES

HEALTH & SAFETY

Training is a partnership. Honest communication about how you feel is the most important safety tool we have.

Please inform your coach before class if you have an injury, medical restriction, pregnancy-related consideration, recent illness, or any other condition that may affect training. Members are responsible for exercising within their limits and for communicating honestly when something does not feel right.

STOP & TELL A COACH IF YOU FEEL...

Unusual pain, shortness of breath beyond normal exertion, dizziness, or any sign of injury during class. Stop immediately and notify a coach.

FREQUENTLY ASKED**Q What if I have never done CrossFit before?**

No problem. New members complete onboarding before joining group classes so they can learn foundational movements safely and confidently.

Q Do I need to be fit to start?

No. Our program is designed to be scaled for a wide range of fitness levels, ages, and backgrounds.

Q What should I bring to class?

Workout clothes and athletic shoes, a water bottle, and a willingness to learn.

FAQS · CONTINUED

MORE QUESTIONS

Q How often should I come?

That depends on your goals, training history, recovery, and schedule. A coach can help you choose the right rhythm.

Q What if I have an injury?

Tell your coach before class. Many workouts can be modified to fit injuries, limitations, pregnancy, postpartum needs, or other considerations.

Q Can I drop in?

Drop-ins may be permitted for experienced CrossFit athletes, subject to coach approval and schedule availability.

STILL HAVE A QUESTION?

Your coaches are your greatest resource. Ask before or after class, or email coach@1hundred.fit — we're happy to help.

MEMBERSHIPS

CANCELLATION & HOLD POLICY

Life happens. Here's how holds and cancellations work so there are no surprises.

▼ HOLDS

Membership holds may be approved for injury, pregnancy, long-term illness, or other special circumstances at management discretion. Hold requests must be submitted in writing to coach@1hundred.fit. Be sure to include the duration of your hold request in your email.

Memberships automatically resume at the end of the approved hold period unless other arrangements are confirmed in writing.

▼ CANCELLATION

To cancel your membership, notify us in writing at coach@1hundred.fit. Once notified, we will stop the membership from renewing at the end of the current billing period. You may continue attending through the remainder of that paid period. Refunds are not provided for unused time unless approved by management due to exceptional circumstances or required by law.

POLICY

SPEAK THE LANGUAGE

COMMON TERMS & ACRONYMS

CrossFit has a vocabulary of its own. Use this quick reference to decode the whiteboard — you'll pick most of it up within a few weeks.

ACRONYM	MEANING	NOTES / COMMON USE
AB	Assault Bike / Air Bike	Usually calories on a fan bike.
AFAP	As Fast As Possible	Complete the work as quickly as possible.
AHAP	As Heavy As Possible	Lift the heaviest load possible for the prescribed work.
AMRAP	As Many Rounds/Reps As Possible	Timed workout format.
ATG / A2G	Ass-to-Grass	Full-depth squat cue / slang.
BB	Barbell	Equipment shorthand.
BJ	Box Jump	Jump onto a plyo box.
BJO	Box Jump Over	Jump onto or over a box, then descend on the other side.
BMU / Bar MU	Bar Muscle-Up	Muscle-up performed on a pull-up bar.
BP	Bench Press	Strength movement.
BS / B/S	Back Squat	Barbell squat with bar on the back.
BW	Bodyweight	Often used for bodyweight load or movement.
C2	Concept2	Usually rower, bike, or ski erg.
C2B / CTB	Chest-to-Bar Pull-Up	Pull-up where chest contacts the bar.
C&J / C + J	Clean and Jerk	Olympic lift.
Cal / Cals	Calories	Common output target on rower / bike / ski.
CAP	Time Cap	Maximum time allowed for a workout.
CF	CrossFit	General abbreviation.
CFT	CrossFit Total	Max back squat, press, and deadlift.
CFWU	CrossFit Warm-Up	Classic CrossFit warm-up format.
CLN	Clean	Barbell clean.
DB	Dumbbell	Equipment shorthand.
DL	Deadlift	Strength movement.
DNF	Did Not Finish	Did not finish within the cap or stopped.
DNS	Did Not Start	Entered but did not begin.

GLOSSARY · CONTINUED

TERMS & ACRONYMS

ACRONYM	MEANING	NOTES / COMMON USE
DQ	Disqualified	Used in competition scoring.
DU / DUBS	Double-Unders	Jump rope passes twice per jump.
E2MOM / E3MOM	Every 2 / 3 Min on the Minute	Interval format.
EMOM	Every Minute on the Minute	Work at the top of each minute.
FS	Front Squat	Barbell squat in front rack.
G2OH / GTOH	Ground-to-Overhead	Any path from floor to locked-out overhead.
GHD	Glute-Ham Developer	Equipment; also GHD sit-ups / extensions.
GPP	General Physical Preparedness	Broad, general fitness.
HC	Hang Clean	Clean starting from the hang.
HPC	Hang Power Clean	Hang clean caught above parallel.
HSC	Hang Squat Clean	Hang clean caught in a squat.
HPS	Hang Power Snatch	Hang snatch caught above parallel.
HS	Handstand	Often in handstand skill contexts.
HSPU	Handstand Push-Up	Inverted push-up, usually against a wall.
HSW	Handstand Walk	Walking on hands.
IF	Intermittent Fasting	Nutrition / lifestyle acronym.
KB	Kettlebell	Equipment shorthand.
KBS	Kettlebell Swing	Russian or American standard varies.
KTE / K2E	Knees-to-Elbows	Hanging core movement.
MB	Medicine Ball	Equipment shorthand.
MEBB	Maximum Effort Black Box	Older CrossFit programming term.
ME	Maximum Effort	Heavy-strength effort.
MetCon	Metabolic Conditioning	Conditioning, usually high intensity.
MU	Muscle-Up	Ring or bar muscle-up unless specified.
NFT	Not For Time	Quality / skill work, not speed-scored.
OHS	Overhead Squat	Squat with load locked out overhead.
PC	Power Clean	Clean caught above parallel.

GLOSSARY • CONTINUED

TERMS & ACRONYMS

ACRONYM	MEANING	NOTES / COMMON USE
Pd / Pood	Pood	Kettlebell unit; 1 pood ≈ 16 kg / 35 lb.
PJ	Push Jerk	Dip, drive, and rebend overhead.
PP	Push Press	Overhead press using leg drive, no rebend.
PR	Personal Record	Best personal performance.
PB	Personal Best	Same general idea as PR.
PS / PSN	Power Snatch	Snatch caught above parallel.
PU	Pull-Up or Push-Up	Ambiguous; context matters.
RFT	Rounds For Time	Complete rounds as fast as possible.
RM	Rep Max	E.g. 1RM, 3RM, 5RM.
1RM / 3RM / 5RM	One / Three / Five-Rep Max	Max load for that number of reps.
ROM	Range of Motion	Movement standard / depth.
RPE	Rate of Perceived Exertion	Effort scale, often 1–10.
RMU / Ring MU	Ring Muscle-Up	Muscle-up performed on rings.
Rx / Rx'd	As Prescribed	Workout done exactly as written.
S2OH / STOH	Shoulder-to-Overhead	Strict press, push press, or jerk.
SC	Squat Clean	Clean caught in a full squat.
SDHP	Sumo Deadlift High Pull	Barbell or kettlebell pull.
SN	Snatch	Ground to overhead in one motion.
SP	Shoulder / Strict Press	Press overhead without leg drive.
SPP	Specific Physical Preparedness	Sport- / skill-specific training.
SQ	Squat	Generic squat shorthand.
SS	Starting Strength	Strength program often referenced.
SU	Single-Unders	One rope pass per jump; or sit-ups in context.
T2B / TTB	Toes-to-Bar	Hanging core movement; toes contact bar.
TGU	Turkish Get-Up	Kettlebell / dumbbell get-up.
WB / WBS	Wall Ball / Wall-Ball Shot	Squat and throw a med ball to a target.
WOD	Workout of the Day	The day's programmed workout.

THANK YOU FOR TRAINING WITH US



HUNDRED
FITNESS

NOTHING LESS

EMAIL

coach@1hundred.fit

PHONE

352-234-3210

LOCATION

251 SW 143rd Street
Newberry, FL 32669

ONLINE

www.1hundred.fit
[@1hundredfitness](https://www.instagram.com/1hundredfitness)

HUMILITY · HUNGER · HUSTLE