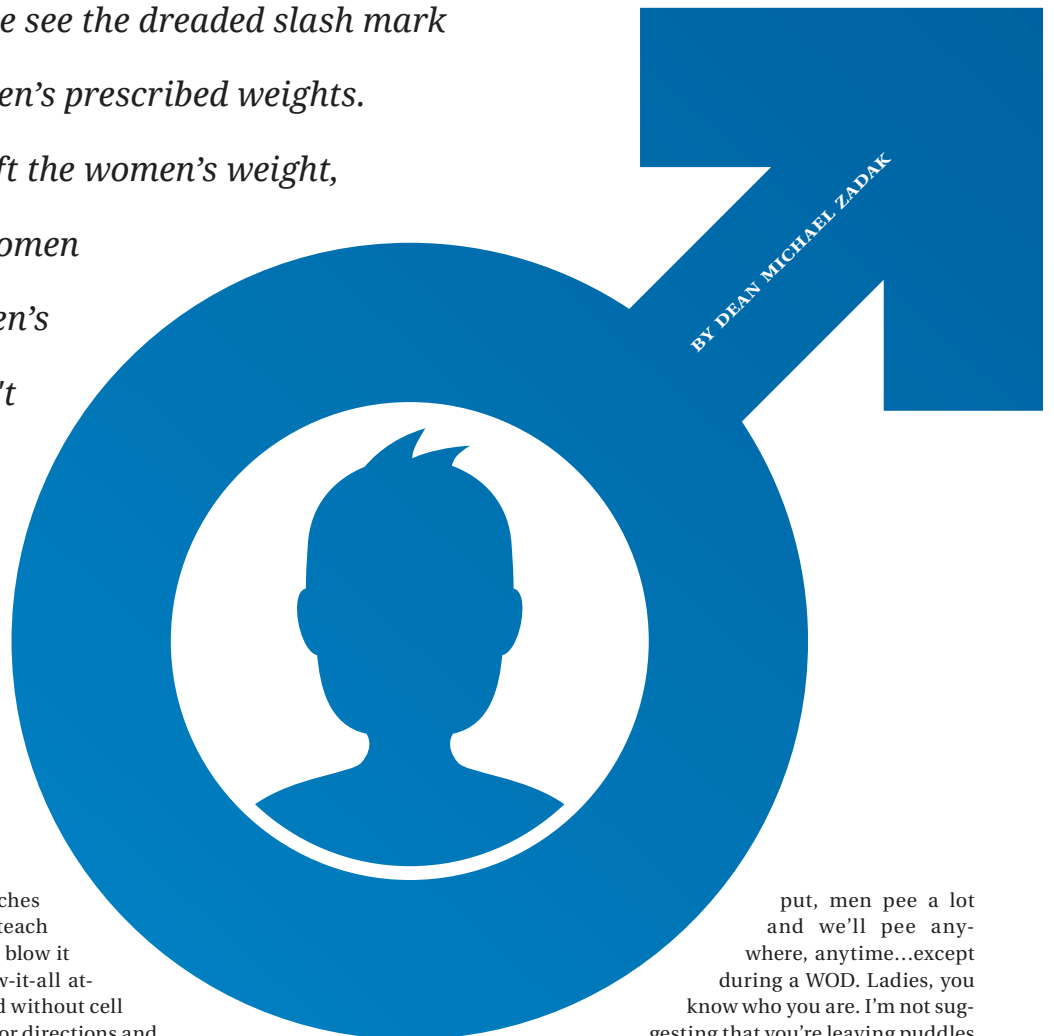


How The Slash Mark Should Work

After checking the WOD, we see the dreaded slash mark delineating the men's/women's prescribed weights.

Most guys are thrilled to lift the women's weight, while there are plenty of women who can power past the men's weight. Therefore, shouldn't the slash delineate the real differences between men and women CrossFitters? I think so, and here they are.



Don't Ask/Ask — I asked a couple of coaches and they told me women are far easier to teach because they'll take instruction, while men blow it off. How hard could it be to lift? This know-it-all attitude is inherited from our fathers who lived without cell phones and Google Maps. They never asked for directions and we're not about to start now.

Downpour/Drip — We all know the disgusting things a guy can do to a bathroom. Sometimes you have to wonder if we even take aim. Simply

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put, men pee a lot and we'll pee anywhere, anytime...except during a WOD. Ladies, you know who you are. I'm not suggesting that you're leaving puddles behind. You've admitted it because I've heard you say, "I peed a little" or "I piddled." I suggest you go with "I dripped."

Down and Out/Up and Around — Ask a guy about his day and he'll say, "Fine" or "Brutal" with little to no commentary. Ask him about his injury and you'll get the Gettysburg Address of pain. "Thruster kills my lower back and forget chest-to-bar. I went to the chiropractor and had it taped. The pain starts here then shoots down my blah, blah, blah." Meanwhile, women power through all kinds of excruciating pain. My guess is it stems from giving birth. After that a pulled "hammie" or sore shoulder is a walk in the park.

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Bed Head/Coiffed — Sorry guys, the only CrossFitter who can pull off a headband is Rich Froning. And if you're thinking about a bandana, give it up. You'll look like you're about to rob a train. Most women don't even know how many headbands they have. I know, I've asked. "Countless," I was told. Some gals wear more than one, and they're color coordinated



"I'm good here."/Where are you going?" — Men are perfectly happy to collect what they need and WOD in any spot they can find. I think it's because from early childhood we could build an impenetrable fort from a few couch cushions, dining room chairs and a blanket. However, women first want to know where their friends are going. Then they start rearranging things like it's their family room. "I think the kettle bell would look better there, next to the box. Now we'll put the ab mat next to the bar because the light is better. No, the colors are wrong. The box doesn't match the kettle bell."

Rogue/lululemon — Typically a guy will wear the first shirt he pulls from the drawer. If it's a new Rogue shirt, then it's time to show it off. And chances are you're going to see that shirt a lot over the next month. A Lululemon bag always gives the woman's new outfit away. Apparently, these bags are as important as the clothes. And you're assured to hear the obligatory, "I was going to buy that, but it didn't look good on me. It looks darling on you, though!"

Holy socks/Painted toes — I think the reason Reebok numbers their Nanos is so guys know when to buy the next pair. We'll put a sock on with a hole in it and vow to "throw it out next time." Ladies walk in wearing flip-flops so they can showcase their painted toes. Then the Nanos come out of the gym bag looking as good as the day they were bought. Of course, their socks are new, too. Why? Because their old socks are lost somewhere in their car along with the countless headbands.

"Get in there"/Nurturing — When it comes to dropping the children off at Kids Club, women know exactly what they're doing. They make sure the kids are safe, have their snacks, and never head into the box without issuing a few instructions and warnings. Men, on the other hand, hustle the kids into the room without stopping like they're throwing a few quarters in a toll basket.

"S up!"/Oh my god, I forgot to tell you" — Men get by on a quick "How's it going?" and a "See ya tomorrow." Women will drive together and walk into the box talking like they hadn't seen each other for weeks. "You didn't tell me that. Wow. What else did she say?" And goodbyes? I've sat through shorter Scorsese films. Oddly enough, when they talk about their husbands, it's usually done with a hand motion that, loosely translated, means "He's an idiot."

Know of other differences? Share them with me at dean@crossfitkilter.com.

Dean Michael Zadak is a sales director and works out at CrossFit Kilter in Mundelein, Ill., with his wife and daughter. He released his first novel in 2013 and has been published in a variety of magazines sharing his humorous view on life, music, and CrossFit.



with the rest of their outfit. Apparently, the choice also depends on how they want their hair to look after the WOD. What!? My head hurts.

Phewww!/Ahhhh! — This category proves that Secret is one heck of a deodorant. Guys! Seriously! How do you not smell yourself? You stink. Every box has finite space. And they're called a box for a reason. That's all it is, a huge box. It's not a model space for hi-tech HVAC and air filtration, so shower, put deodorant on and quit crop dusting the place with your protein powder gas.