



CROSSFIT FACT SHEET

“ *One of the fastest growing fitness movements on the planet* ”

– Canada Business News Network

CrossFit is the principal strength and conditioning program for many police academies, tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide. The United States Marines, Special Forces, and Canadian Forces have altered their training regimen to include CrossFit principles, and many high school and college level coaches and gym teachers have also begun incorporating CrossFit workouts into their programming.

CrossFit's workouts combine Olympic lifting, gymnastics, and calisthenics into **high intensity timed workouts that have the feel of a sport.**

CrossFit is designed to be scaled for ability and fitness level. A martial artist training for a match will do the same routine as an elderly person who suffers from heart disease. However, the amount of weight used or the time spent on the workout will be adjusted. Load and intensity is scaled, but the program remains the same.

CrossFit does not specialize. It is not concerned with measurements or anatomy, but instead on function. Its fitness aims not at being the best in any one athletic situation, but being strong in all possible circumstances. **CrossFit's goal is to create “the quintessential athlete,** equal parts gymnast, Olympic weightlifter, sprinter, rower and 800 meter runner.”

However, CrossFit does focus on ten fitness domains: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy.

CrossFit gyms typically eschew “big-box” machinery like treadmills, weight machines, and ellipticals in favor of rowers, barbells and bumper plates, kettlebells, and rings. **The ethic and aesthetic of the garage gym is preferred** over that of the machine-based, bodybuilding commercial health club.

CrossFit's classes are typically held in a small group setting. **Each class is supervised by a trained and certified coach,** who provides individual coaching and makes sure that the workouts are done safely.

CrossFit's workouts are frequently referred to as WODs (Workout of the Day) because, although you will see workouts repeated over time, every day is a different routine.

Workouts are often named after women or for CrossFit members who died in the line of duty (Hero WODs).

Celebrity fans of CrossFit include Brad Pitt, Kelly Clarkson, and Jessica Biel.

CrossFit is not a franchise. Each gym functions as its own separate entity, paying a yearly affiliation fee for use of the name. **There are approximately 1000 CrossFit affiliates worldwide,** and CrossFit headquarters receives 2 or 3 new applications for affiliation every day.



EXAMPLE CROSSFIT WORKOUTS

“Kelly”

In as little time as possible,
complete 5 rounds of:
Run 400 meters
30 Box jump (24 inch box)
30 Wall ball shots (20 pound ball)

“Nasty Girls”

In as little time as possible,
complete 3 rounds of:
50 Squats
7 Muscle-Ups
10 Hang Power Cleans (135 pounds)

“Fran”

In as little time as possible,
complete:
21 Thrusters (95 pounds)
21 Pull-ups
15 Thrusters (95 pounds)
15 Pull-ups
9 Thrusters (95 pounds)
9 Pull-ups