



CrossFit   
@CrossFit

 Follow

"MAKE America DO CrossFit Again."

— @MyTrainerBob

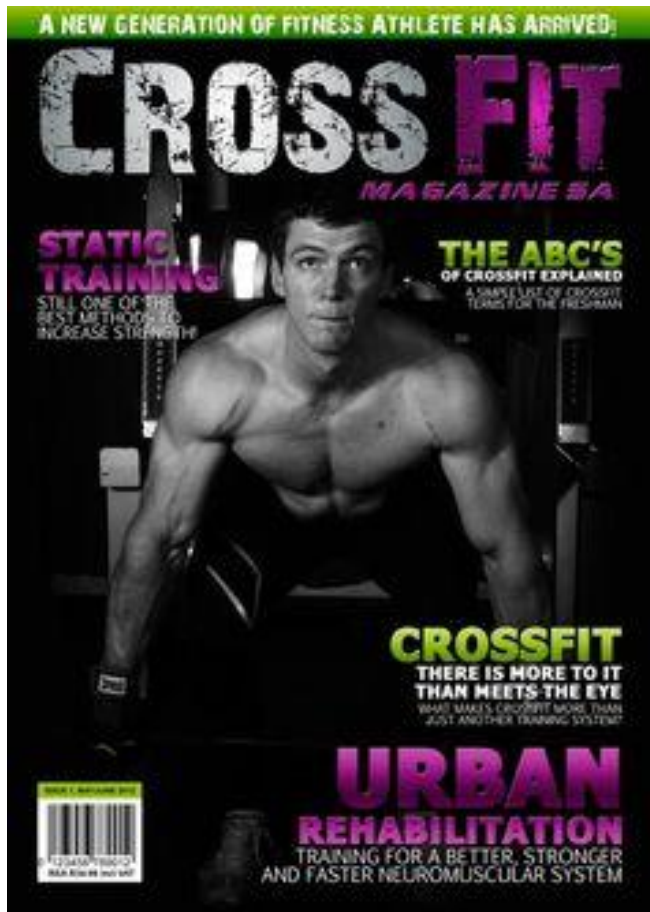


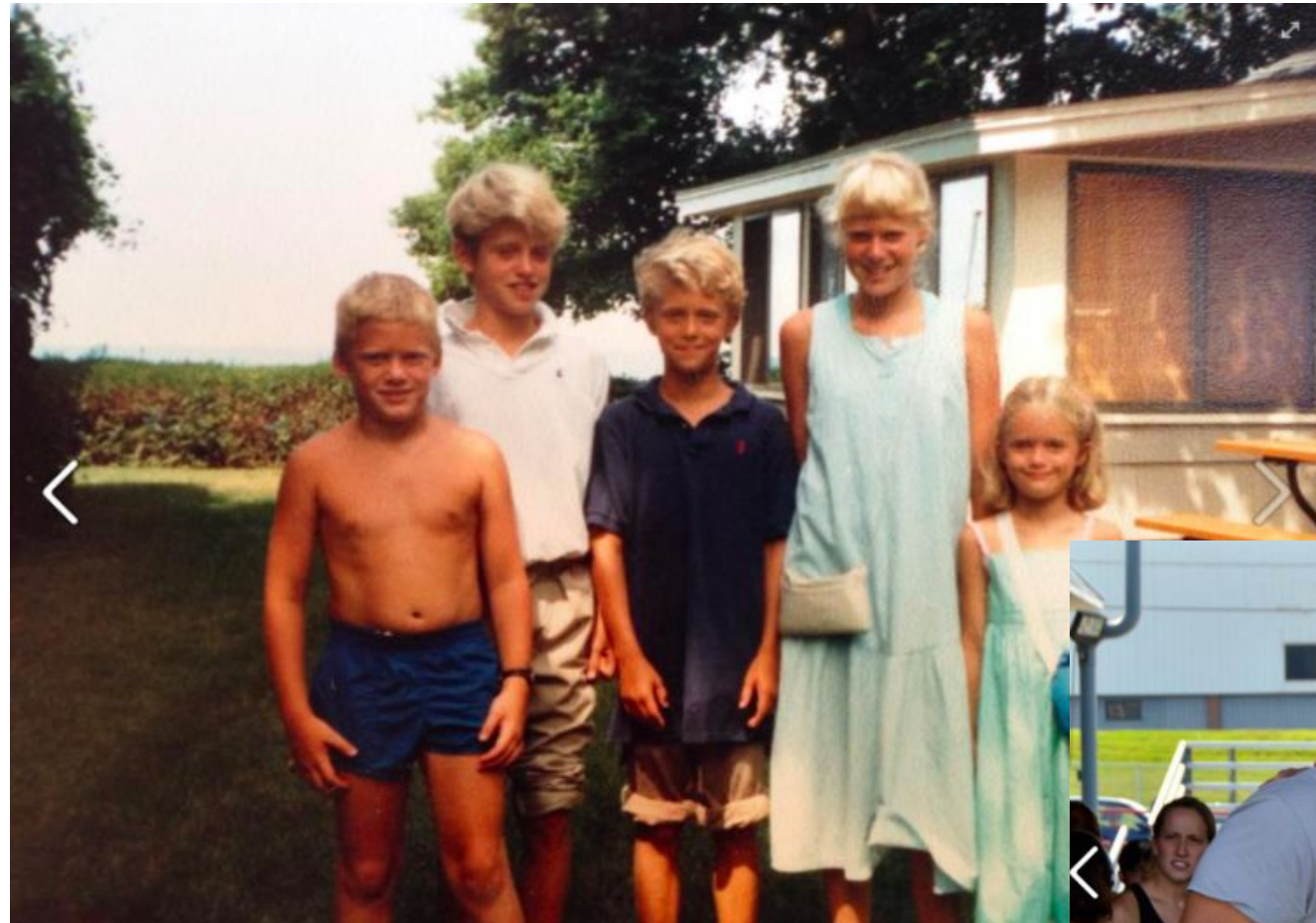
**CrossFit®**













World's Fittest Man? What is Fittest?

# Continuing to Grow...

12,641



Affiliates Worldwide

12,521



in the USA





# WORLD CLASS FITNESS IN 100 WORDS

A CrossFit lifestyle can be described in 100 words or less

Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: Deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstands, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports.



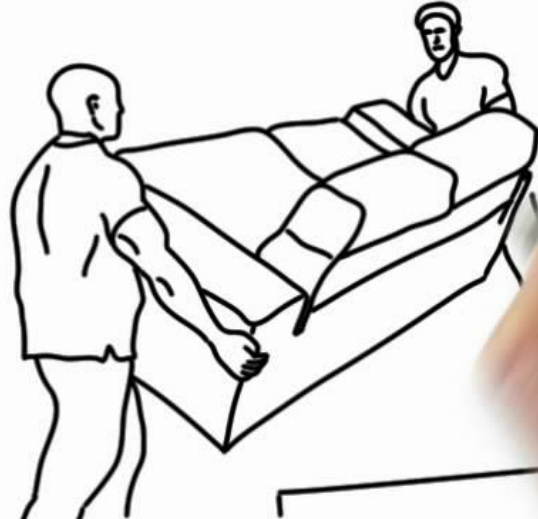
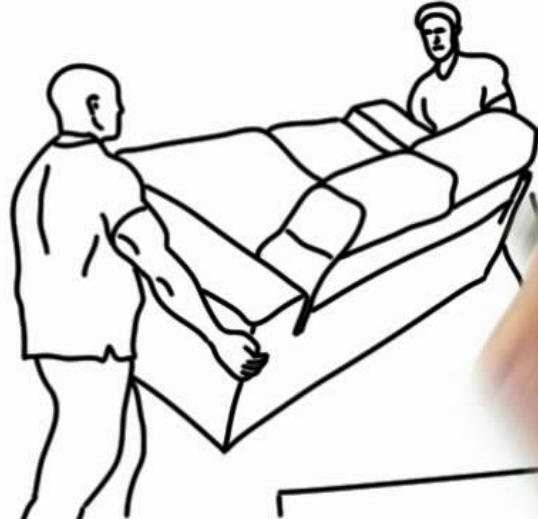
Sport

Weightlifting

Gymnastics  
(Body Control)

Metabolic Conditioning

Nutrition

	<p>4 hest &amp; Triceps</p>	<p>5 Run 30 Min.</p>	<p>6 Back &amp; Triceps</p>	<p>7</p>
	<p>11 hest &amp; Triceps</p>	<p>14</p>		<p>14</p>
<p>16 ps</p>	<p>17 Run 30 Min.</p>	<p>17 Chest &amp; Triceps</p>		
<p>23 ps</p>	<p>23 Run 30 Min.</p>	<p>25 Chest &amp; Triceps</p>	<p>25 k 3</p>	





CrossFit really is for *everyone* at *any* fitness level.





CrossFit PERFECTLY  
addresses our  
diminishing  
flexibility.

**CrossFit will reintroduce us to our basic, inherent & childlike sense of fun!**

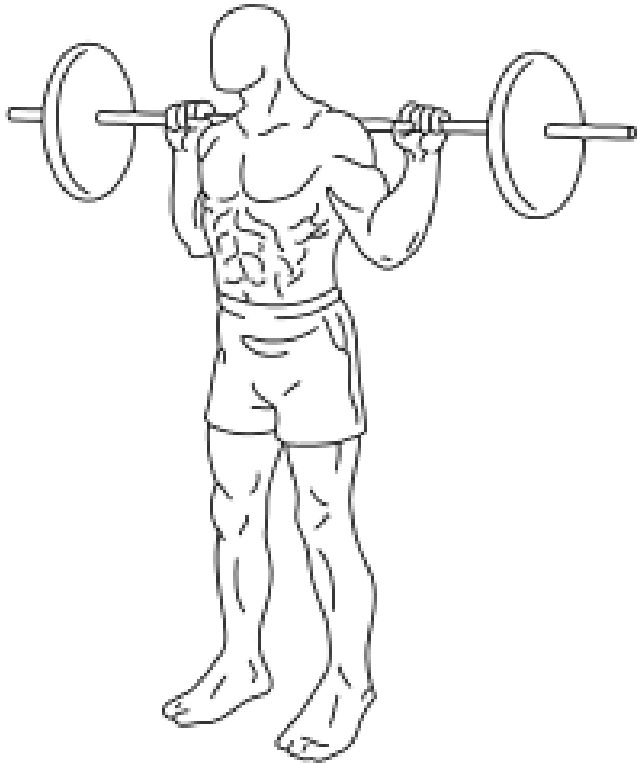




George Bernard Shaw made the keen observation that "We don't stop playing because we grow old; we grow old because we stop playing". Guess what everyone.. CrossFit again has the perfect solution to the problem. Come and join us. The playground is open!



**The CrossFit approach to strength training ideally addresses our individual needs**



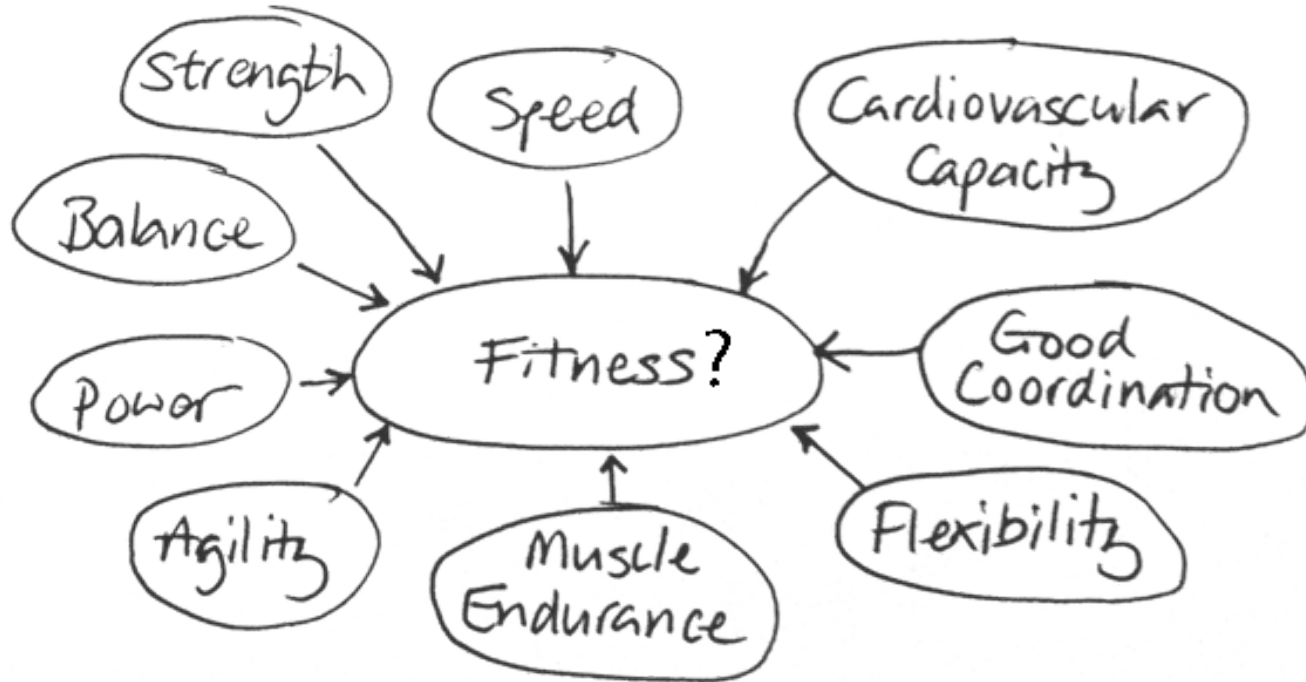


**CrossFit presents us with significant challenges.**

# Misery Loves Company.

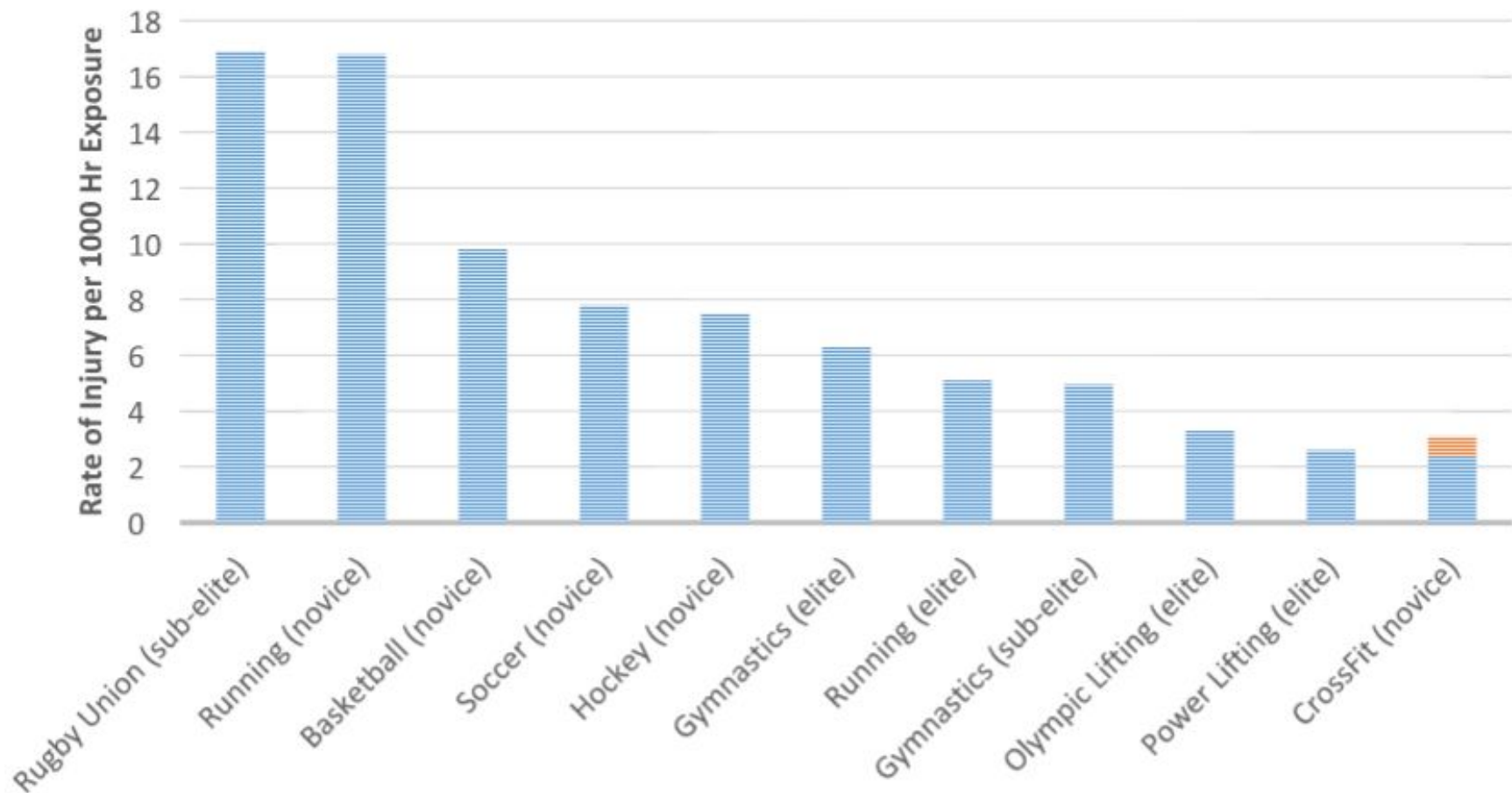


We all age differently and no matter what our specific need is, we've got you covered!





# Rate of Injury In Sport



# Injuries in CrossFit

Why do injuries happen?

Some models:

- Mobility and Stability - Gray Cook
- Internal risk factors (sex, age, body composition, skill level, etc)
- External risk factors (environment, equipment, sports/ specific biomechanical demands, etc)
- Motor control deficits (skill) vs biomechanical deficits (mobility)<sup>4</sup>

Bottom Line.....

CrossFit is made for everyone

but



It is not for everyone.