

# CROSSFIT

OCTOBER 1, 2016

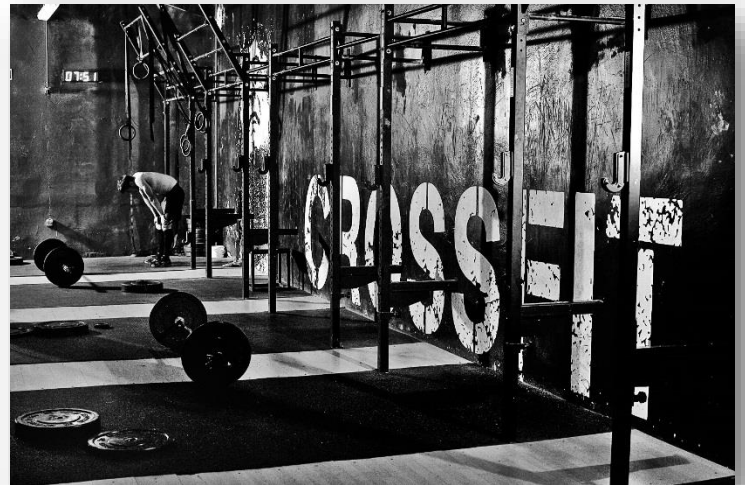
## CrossFit Origins

CrossFit is one of the newer workout regimens that was developed by Greg Glassman, a former gymnast and gymnastics coach, back in 2000. It began with a single gym in Santa Cruz, California and has now expanded into more than 7,000 CrossFit gyms worldwide.

## What is CrossFit?

CrossFit is a constantly changing variety of functional movements performed at relatively high levels of intensity. They reflect the core movements of life in order to improve activities of daily living as well as overall fitness and health. According to information gathered by ACE experts, CrossFit is built upon three fitness standards that embody their training approach.

1. The true definition of fitness encompasses 10 parameters of physical fitness.
  - a. Health related parameters. Which include:  
cardiorespiratory endurance, muscular endurance, strength, and flexibility.
  - b. Skill related parameters. Which include: agility, balance, coordination, speed, power, and accuracy.
2. True fitness implies the ability to perform as many tasks as possible efficiently and effectively.
  - a. This concept is advocating universal scalability. Meaning that the same exercises can be



used regardless of age or experience, but should be scaled by load and intensity, rather than a completely different program altogether.

3. Energy required for all human activity draws upon three energy pathways and true metabolic conditioning targets all three in a balance and coordinated manner.

## Why Take an Interest?

CrossFit can be very effective. Working out at high intensities for shorter periods means that the exerciser can likely achieve great results while spending less time exercising. Also with high intensity interval training, one can expect to see a greater increase in aerobic capacity than what is typically seen with more traditional training. CrossFit is focused on preparing participants for the movement challenges of life, so along with aesthetic reasons, there is practicality for choosing this mode of exercise.



## Things to Consider

While CrossFit offers some great benefits, there are also some concerns that should be noted. Many CrossFit workouts are made to be completed as quickly as possible. Because of this, form and technique can suffer during exercises, this can lead to injury. Sometimes people will be more likely to quit because the programming for CrossFit can be quite difficult.

It is important that if you are at high risk for cardiovascular disease or have any major health issues that you get the proper screenings before you begin CrossFit. Because technique is important to prevent injury, most of the time CrossFit gyms, known as "boxes", will offer beginner courses for CrossFit to help ease newcomers into the intense workouts. This helps build foundations and good technique to prevent injury down the road.

## WODs - Workout of the Day

A WOD is a workout of the day. One example of a WOD is Half Cindy. Which is 10 minutes, AMRAP, includes the following:

- 5 pull ups
- 10 push ups
- 15 air squats

If you are looking for a box to start a CrossFit regimen, check out this map by clicking the following link.

<https://map.crossfit.com/>

## CrossFit Lingo

Here are a few examples of some of the lingo used in CrossFit.

**Box** – A CrossFit gym.

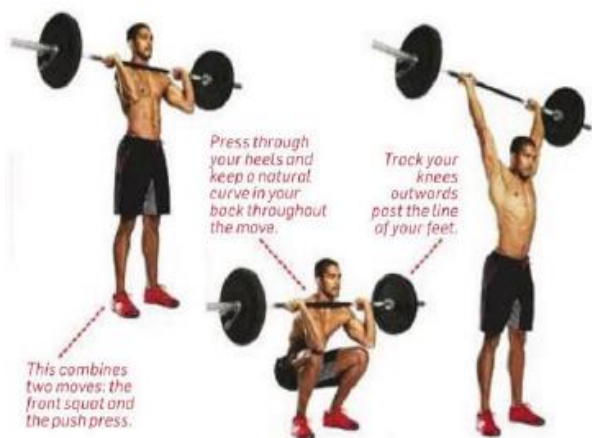
**AMRAP** – As many reps/rounds as possible.

**DU** – Double under. While jumping rope, allow the rope to pass under your feet twice while you are in the air.

**MetCon** – Short for metabolic conditioning. Usually consists of a few exercises repeated AMRAP style.

**Rx'd** – What is written after your score if you did each exercise of the WOD without any modifications. Meaning you complete it as prescribed.

**Thrusters** –



## References

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