



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.

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 specialise. 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.”

CrossFit focuses 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 favour of rowers, barbells and bumper plates, kettlebells, and rings. The ethic and aesthetic of the garage gym is pre-



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ferred 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 WOD's (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).

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.

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