



CROSSFIT TRAINING

What is CrossFit?

CrossFit is an ongoing progressive skill based competitive sport. CrossFit is a core strength and conditioning program based on constantly varied Functional movements performed at very high intensity. The beauty of CrossFit is in the Movement pattern and the variety of programming because CrossFit gives certain scientific programming guidelines and also gives the opportunity to be artistically creative enough to create infinite exercise workouts. CrossFit always prefer Functional Movements (which usually generates power from core to extremity) over isolation exercise which we see every day in gym i.e. Biceps curls or lateral raises etc.

CrossFit programming is based on the movement patterns taken from three modalities which are Gymnastic movements (bodyweight workouts), Weightlifting (overloading), or MetCon. (Cardio/Mono-structural movements i.e. Running, Cycling, rowing, swimming, jump rope, etc.)

4 Fitness Models:

CrossFit makes use of four fitness models for evaluating and guiding fitness. If the programming is based on these all models, then it can increase the capacity and capability of person and help to achieve optimal level of health and fitness. These models are:

A: General Physical Preparedness (G.P.P):

The first model shows if a person wants to optimize physical competence then in programming all 10 generally physical skills must be considered. There 10 G.P.P skills are: Cardio-respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, accuracy.

B: The Hopper:

The second encourages to work on weaknesses rather than specializing on limited strengths. Imagine a hopper is loaded with known and unknown physical task. And the task which you don't want to perform are the ones you should work on, even if they are out of your comfort zone.

C: Metabolic pathways:

The third model suggests that a person should work on all three metabolic pathways (phosphagen, Glycolytic, and oxidative) to enhance Metabolic engine capacity i.e. a person who prefers sprints should also try to build the capacity to do long distance.

D: Sickness-Wellness-Fitness Continuum:

This model suggests that nearly every measurable value of health can be placed on the continuum of sickness-wellness-fitness continuum and a person should work on optimizing each health value rather than getting satisfied on normal values as most of them are known healthy values. These health values can be anything i.e. blood pressure, body fat, bone density, muscle mass, HDL cholesterol, Etc.

CrossFit - Myth vs. Reality:

In Fitness industry there are different school of thoughts, some preach high intensity workouts, while others promote aesthetics, bodybuilding, movement flow or cardio conditioning. People who start their fitness journey sometimes get trapped in the myths or biased information which either make them confuse that which information is right or wrong. Here are few popular Myths about CrossFit:

I. CrossFit is Dangerous:

CrossFit is not Dangerous, Bad Coaching is Dangerous, Bad Movement is Dangerous.

In any sport or fitness program injuries can be caused if movements are performed badly, or progression/ overloading is made without having good foundation. CrossFit suggest the programming should be based on having good movement mechanics then perform good movements with consistency and then intensity should be increased. Following this will increase the efficacy and efficiency of the program.

II. Weight loss workouts only:

People often say that if someone wants to lose weight, they shall only do CrossFit and you have any other goal like increasing muscle mass then CrossFit is not for you. This is only because people who follow YouTube or other fitness enthusiast gets trapped in doing BAISED Programming and perform usually same type of workouts - either mostly bodyweights or do only few popular CrossFit workouts. CrossFit suggest TARGETING programming based on 4 fitness models will lead to better results i.e. increasing muscle mass, improving health numeric values, having good posture and mobility, etc.

III. Programmed for athletes only:

Watching people performing highly skilled and intensive workouts in CrossFit Wods or CrossFit GAMES, people assume that CrossFit is only for advance athletes. In fact, CrossFit is community based core strength and conditioning program and anyone (age/ gender/experience level) should be able to perform CrossFit workouts. Magic is

in proper coaching and Scaling. Scaling is done in order of Load, reps/time, and then movement. I.e. if a person cannot perform a workout FRAN (21-15-9 reps of (95/65lbs Barbell thrusters and pull-ups for time) then scaling can be done according to the capability and capacity of the participant. Load can be decreased, or repetitions can be minimized, or movement can be changed i.e. thrusters can be converted into shoulder db. Press + box squats, pull-ups can be converted into Ring/inverted rows.

IV. CrossFit is not sustainable:

People who tried CrossFit and moved to other programming often says that because CrossFit is highly intensive and demanding sport, so it is not sustainable. The reality is these people either do not focus on the CrossFit Programming Pyramid, neglect recovery, follow biased programming, or forget the basics that why they actually started the CrossFit and Ego takes over and they stop following the basics and foundations.

V. CrossFit can replace Aesthetics/bodybuilding:

People often think performing CrossFit workouts will give them their desired body shape. If someone is doing CrossFit, they will look in generally good body shape because they usually have less body fat % but in reality, if someone wants to build aesthetics, they have to do isolation exercises as well following bodybuilding guidelines.

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