

WHAT IS CROSSFIT?

CrossFit is a fitness program focused on maximizing a persons potential in strength, cardiovascular endurance, respiratory endurance, power, speed, stamina, flexibility, coordination, agility, balance, and accuracy. In other words, general all-around athleticism. By using constantly varied, functional movements executed at high intensity, we can improve the physical fitness, or what we call general physical preparedness, in everyone from elite athletes to sedentary office workers, kids to seniors.

CrossFit is a broad and inclusive program encompassing the standards you would expect; weightlifting, body weight exercises, and traditional cardio. However the magic of CrossFit also calls for Olympic lifting, climbing, throwing, basic tumbling, and gymnastics. It taxes both the aerobic and the anaerobic energy systems. Isolation movements have no place here, we focus on whole body, functional movement patterns that occur in activities of daily living. Core strength may be a contemporary buzzword but it is a foundation of our program. CrossFit makes us better general athletes and allows us to specialize outside of the gym, be it on the track, the court, or the streets.

Everyone can do CrossFit but CrossFit is not for everyone. Lets be honest, CrossFit is hard work. There will be no magazine reading while pedaling here. The people who thrive from CrossFit are committed to hard work, dedicated to consistency, willing to try without fear of failure, and eager for challenge. Rarely will you do the same workout twice. Routine is our enemy and will lead to mediocrity, complacency, and injury. For those of you whose lives depend on your fitness; law enforcement, military, and first responders, CrossFit is what you need to be doing. Talk to us and we will explain why we so strongly believe in this. Of course our belief is that CrossFit is the ultimate training program as it can be tailored to suit anyone and any fitness level.

Think you are up to the challenge? Call or email us to arrange a time to stop by. CrossFit is an art that must be experienced to be truly understood. We look forward to helping you reach your fitness goals.