



CrossFit FAQ

CrossFit is a high-intensity strength and conditioning workout. It emphasizes dynamic exercises such as Olympic lifting, plyometrics, and kettlebells.

Who can do CrossFit?

CrossFit can be modified for a variety of ages and fitness levels. There are even CrossFit classes for kids and seniors.

Is CrossFit safe?

Because CrossFit is a high-intensity form of exercise, it may not be the best choice for everyone. Check with your doctor to make sure CrossFit is right for you.

What are the benefits of CrossFit?

Regular CrossFit workouts can build strength and improve cardiovascular endurance. It counts towards your recommended 150 minutes of moderate to vigorous-intensity exercise.

Are there risks to CrossFit?

Any form of high-intensity exercise carries the potential for injury. To reduce your risk, get clearance from your doctor first and remember to increase gradually.

