

CrossFit

Name:

Institution:

CrossFit

In our local CrossFit gym, there is a note pinned to the wall that reads, "Pain Gain." Notably, the gym instructor wants people to understand that the CrossFit gym requires dedication. I believe CrossFit is meant for everyone irrespective of one's profession, age, size, or weight. Therefore, people should not assume that it is only meant for bodybuilders or masochists. The majority of people do not understand the meaning of CrossFit, who participates in it, and how to join, and the benefits of CrossFit.

CrossFit is a fitness regimen founded by Greg Glassman. It is a type of workout that requires an individual's body weight to generate power in the entire body (Herz, 2015). Glassman claims CrossFit developed when he was a teenage gymnast. The teenage athlete discovered that using dumbbells and barbells would make him stronger than other teenage athletes who focused on bodyweight. In his case, Glassman employed the "Jack of all trades" strategy to define his approach to fitness. Similarly, one can apply the approach to achieve greater work capacity in all domains.

Markedly, general physical preparedness is the main objective of CrossFit. It is not aimed at achieving specialized fitness in a given set of movements as most people assume. Furthermore, CrossFit exercises focus primarily on strength and aerobic exercises, such as push-ups, sprints, squats, deadlifts, lunges, and burpees, among others. The aforementioned workouts are effective for beginners in CrossFit, especially when conducted under the supervision of a CrossFitter. The "Pain Gain" statement in our local gym indicates that the activity involves various functional exercises performed at high intensity. In brief, weight gain is the major

challenge that CrossFit beginners face because it involves reactivating muscles. However, the frequent and intense workout will initiate weight loss and muscle gain. According to Smith et al. (2013), trainees are prone to injuries. However, Smith and colleagues insist that training under professional CrossFitter's supervision reduces injuries.

CrossFit training has a wide range of benefits, especially for individuals that train regularly and consistently. The benefits include enhanced confidence, stamina, flexibility, cardiovascular endurance, agility, speed, power, balance, and accuracy, among others (Nielsen et al., 2014). Everyone wants flexible and improved respiratory endurance. Additionally, the above benefits rely on an athlete's ability to incorporate movements from gymnastics, high-intensity workouts, and weightlifting. In this case, the benefits are only achievable if an athlete exercises regularly and consistently. About privacy, the CrossFit community encompasses personal training and group activity. However, when people perform workouts together, it boosts morale and output, which in turn influences performance. Training together also builds relationships among trainees and trainers. On the same note, the entire CrossFit workout takes roughly an hour or less depending on the CrossFitter an athlete chooses; this means it does not waste time and can be incorporated into an individual's routine or schedule.

Observable, measurable, and repeatable results support the CrossFit fitness program, which prepares trainees for physical contingency. The program's design accommodates universal scalability; hence, this makes it the best program for committed trainees. Furthermore, trainees that enjoy sports can also participate in CrossFit games scheduled every summer. At the moment, CrossFit is popular worldwide and defines fitness among athletes. In this regard, anyone who

wants to be physically fit, flexible, and strong should try CrossFitting. Besides, it is fun, convenient, and improves the health status of an individual—especially the mental and cardiovascular system.

References

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