

CrossFit as a tool: Analyzing its possible benefits and potential pitfalls

CrossFit is a functional fitness training philosophy and methodology that has seen increased popularity in the past few years. Fitness specialists and personal trainers should be familiar with CrossFit's movements and methods in order to best evaluate its usefulness with clients. There is a growing body of research on the effects of CrossFit. Further, reasonable assumptions can be made on the long-term physiological adaptations to CrossFit based on energy systems used, muscles

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