

# THE **CrossFit** TRAINING GUIDE

## CrossFit

### Understanding CrossFit

The aims, prescription, methodology, implementation, and adaptations of CrossFit are collectively and individually unique, defining of CrossFit, and instrumental in our program's successes in diverse applications.

#### **Aims**

From the beginning, the aim of CrossFit has been to forge a broad, general, and inclusive fitness. We sought to build a program that would best prepare trainees for any physical contingency—prepare them not only for the unknown but for the unknowable. Looking at all sport and physical tasks collectively, we asked what physical skills and adaptations would most universally lend themselves to performance advantage. Capacity culled from the intersection of all sports demands would quite logically lend itself well to all sport. In sum, our specialty is not specializing. The second issue ("What is Fitness?") of the *CrossFit Journal* details this perspective.

#### **Prescription**

The CrossFit prescription is "constantly varied, high-intensity, functional movement." Functional movements are universal motor recruitment patterns; they are performed in a wave of contraction from core to extremity; and they are compound movements—i.e., they are multi-joint. They are natural, effective, and efficient locomotors of body and external objects. But no aspect of functional movements is more important than their capacity to move large loads over long distances, and to do so quickly. Collectively, these three attributes (load, distance, and speed) uniquely qualify functional movements for the production of high-power. Intensity is defined exactly as power, and intensity is the independent variable most commonly associated with maximizing favorable adaptation to exercise. Recognizing that the breadth and depth of a program's stimulus will determine the breadth and depth of the adaptation it elicits, our prescription of functionality and intensity is constantly varied. We believe that preparation for random physical challenges—i.e., unknown and unknowable events—is at odds with fixed, predictable, and routine regimens.

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# Cross Fit Manual

**Anthony S. Fauci**



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