



FREESTYLE: CROSSFIT

IF YOU HAVEN'T ALREADY TRIED CROSSFIT THEN HERE IS A PROGRAM TO HELP YOU DISCOVER THE AMAZING BENEFITS THIS UNIQUE WORKOUT PROGRAM HAS TO OFFER.

CROSSFIT BURST ONTO the fitness scene in the year 2000. It was initially made popular by hardcore military personnel and fitness fanatics who were looking to train hard, fast and extreme. This concept attracted competitive beasts that loved to be challenged daily. These days there are over 3,500 CrossFit-affiliated gyms worldwide, mostly in the USA. Some followers practice CrossFit's exercise program on their own rather than at an affiliated gym, completing workouts which are posted daily on the company's website.

CrossFit is a strength and conditioning training style that is based on high energy, functional movement that is constantly varied, with the goal in mind of improving fitness across the board. The set workouts

are typically short, requiring demanding all-out physical exertion for approximately 20 minutes or less. They combine movements such as sprinting, rowing, skipping, climbing ropes, weightlifting, and using tools like barbells, dumbbells, gymnastics rings, pull-up bars, kettlebells, and raised boxes. These tools are used in numerous combinations to form prescribed 'Workouts of the Day' (WODs).

Hour-long classes at affiliated gyms typically include a warm up, a skill development segment, the high-intensity WOD, and a period of individual or group stretching. Performance on each WOD is often scored and/or ranked to encourage competition and to track individual progress.

Pictured: Peter Mamo, from Your Physique Personal Training, ph: 0410381364, www.yourphysique.com.au



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TRAINING PROGRAM

WODs are scaled to participant's abilities and genders. A typical WOD would be:

- 10 deadlifts (male 80kg, female 50kg)
- 10 squat thrusters (male 50kg, female 30kg)
- 20 two-handed kettlebell swings (male 24kg, female 16kg)
- 400m run x 4 (record time)

Note: The above weights are just a guide

Due to the intensity and explosiveness of the exercises in a CrossFit workout, there are many benefits for the average exercise enthusiast; however, due to the intensity of the exercises (which is what produces the benefits), the risk of injury can be increased if technique is incorrect. The explosive and plyometric exercises in a CrossFit workout require rapid lengthening and shortening of muscles, so if you do not take the time to develop the necessary flexibility and movement skills first, the joints might not allow a full range-of-motion, which could cause muscle trauma and/or injury. For this reason, before beginning a CrossFit program, I recommend you work with a personal trainer to learn how to perform the movements required for the workouts.

CROSSFIT BENEFITS INCLUDE:

- ✦ Burning a high number of calories in a short period of time
- ✦ Improving your aerobic fitness
- ✦ Increasing anabolic hormone levels
- ✦ Promoting muscle growth
- ✦ Feeling challenged in your workouts
- ✦ Adding diversity to your workouts.
- ✦ Developing better mobility, stability and movement skills
- ✦ Testing your competitive nature against others.

CRAIG MORRISON

Craig's four years' military service and eight years' experience in the fitness industry has shaped his unique and effective approach to life and training. For an extensive training plan contact Craig via upandgopt@7mail.com



DEADLIFT

Place the bar on the ground by your feet. Add a weight you can safely lift. Stand behind the bar with your feet shoulder-width apart with your shins up against the bar. Squat down by bending equally at the waist and at the knees. Using an overgrip or under/overgrip, place your hands so they are waist-width apart. With eyes straight ahead, and spine straight and flat, breathe in and lift by extending your legs and your waist. The bar should remain close to your body at all times. Exhale as you lift. Pause, then bend your knees and lower back to return to the starting position.



THE TWO-HANDED KETTLEBELL SWING

Stand with your feet slightly wider than shoulder-width. Turn your feet to 45-degree angles. Squat down with your back straight. Grab the kettlebell with both hands. Swing it backwards between your legs and then up to your chest. Use your hips, legs and buttock muscles to propel the kettlebell. Your arms should be straight at the top of the swing.



SQUAT THRUSTER

With feet slightly wider than shoulder-width, and barbell rested across chest and shoulders, ensure your elbows point out in front of you to create a platform with your shoulders that the barbell can rest on. Perform a front squat by engaging your quadricep muscles and tightening your core. Keep your back straight to support the weight while you squat down and then back up. Complete the thruster move by doing a push press at the top of the squat movement. This is done by using your legs and arms to simultaneously push the bar over your head into a full lockout position. If you are doing continuous thrusters, lower the arms from the locked out position, back down to the original front squat position, so the barbell rests across your shoulders and arms. From there, perform a front squat to initiate the next thruster. Come out of the move by lowering the barbell back down to the weight rack or on the floor.