

The media's favourite exercise whipping boy is still gaining momentum. Try it for yourself and see why.

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SHOULD YOU TRY CROSSFIT?



THINK OF YOUR WORK-OUT ROUTINE LIKE AN iTunes PLAYLIST—EVEN IF IT'S FILLED WITH FAVOURITES, SOMETIMES YOU JUST HAVE TO MIX IT UP. SO IF YOU FEEL LIKE YOUR MOVES ARE GETTING STALE, IT'S PROBABLY TIME FOR A FITNESS SHAKEDOWN, AND CROSSFIT MAY BE THE PERFECT SOLUTION!

BIG HYPE, BIG RESULTS

Created by Greg Glassman at the turn of the millennium, this functional training, total-body strength and conditioning workout continues to reel in fans. The inception of the CrossFit Games in 2007 spurred a push in global popularity as athletes of every level decided this fitness trend could be their answer to getting in better shape. As a result, "boxes" (gyms exclusive to CrossFit) have begun popping up all over the place, creating pockets of CrossFit communities the world over.

Packed with plyometrics, Olympic lifts, intervals, and power-lifting movements, these workouts are always challenging, but can easily cater to a range of fitness levels. "We like to say that CrossFit is suitable for all age groups, from three to 99," shares Lisa Vayda, owner of CrossFit Incendia in Peoria, Arizona. "The beauty of CrossFit is that it is designed for universal scalability. This means that everyone from the elderly, to individuals with heart disease, to cage fighters can do CrossFit."

CrossFit tackles the common elements of any exercise program, including improved health, strength building, endurance training, and, ultimately, a more defined physique. Whether you're performing your daily workout at home, in a gym, or in a box, CrossFit is sure to push your fitness to a whole new level.

THE CROSSFIT ADVANTAGE

This time-saving, high-intensity program has a lot to offer. Here are six of our favourites.

MINIMAL EQUIPMENT: With a limited need for accessories, this is an ideal at-home or on-the-go workout.

A LEANER YOU: The strength and cardiovascular elements of CrossFit focus on speeding up your metabolism, burning fat, and improving the conditioning of your heart.

IMPROVED ATHLETICISM: CrossFit's functional nature will translate benefits to other sports and physical fitness activities on your agenda.

AGELESS: With its flexibility and versatility, CrossFit is the perfect fit for the young, the old, and everyone in between.

COMPETITIVE FUN: CrossFitters typically train together, creating an amicable yet ambitious atmosphere.

VARIETY: Constantly changing workouts keep CrossFit from getting monotonous, so your fitness interest is always piqued.

THE WORKOUT

Set an interval timer for 20 minutes. Complete the following four exercises in a circuit as many times as you can within that time.

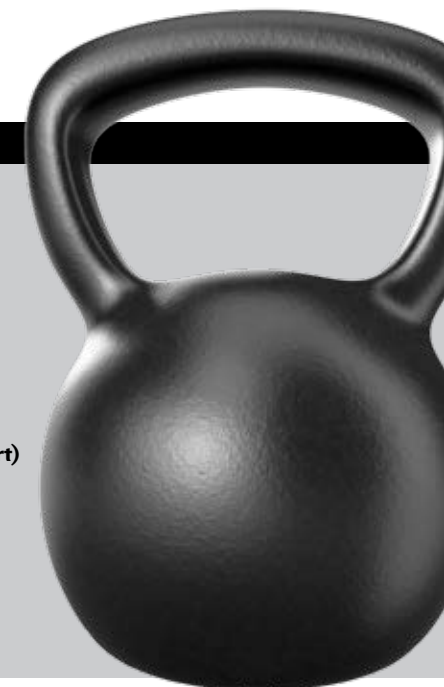
This workout of the day (WOD) contains compound movements that will target many muscles in your body, all at once. The intensity increases your heart rate while the movements strengthen and build muscles, making this one overachieving workout!

GEAR UP

You will need:

- 1 jump rope
- 1 kettlebell (1 pood equals roughly 36 lbs)
- 1 plyo box (or bench)
- 1 medicine ball (10 lbs to start)

**Please note: all weights are suggestions only. Make modifications based on your own specific fitness level and abilities.*



WALL BALL

ONE SET: 20
TARGETS: FULL BODY

Standing 12 to 18 inches from the wall, lower into a squat position while holding a medicine ball. As you explode into an upward motion, throw the ball to an eight-foot (or higher) target spot on the wall. As the ball hits the wall, lower back down into the squat position and catch the ball on the descent.

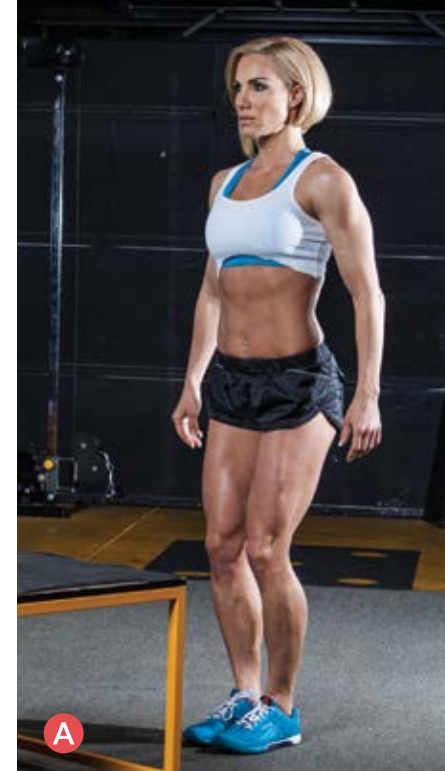
TIP:

A squishy medicine ball may be easier to catch than a hard one.

A



B



A

BOX JUMP

ONE SET: 10
TARGETS: GLUTES, HAMSTRINGS, AND QUADS

Beginning with your feet together, squat down and extend your legs rapidly to come up onto the top of a secure box or bench. Graduate to a higher box when you're ready to make things more intense.

B



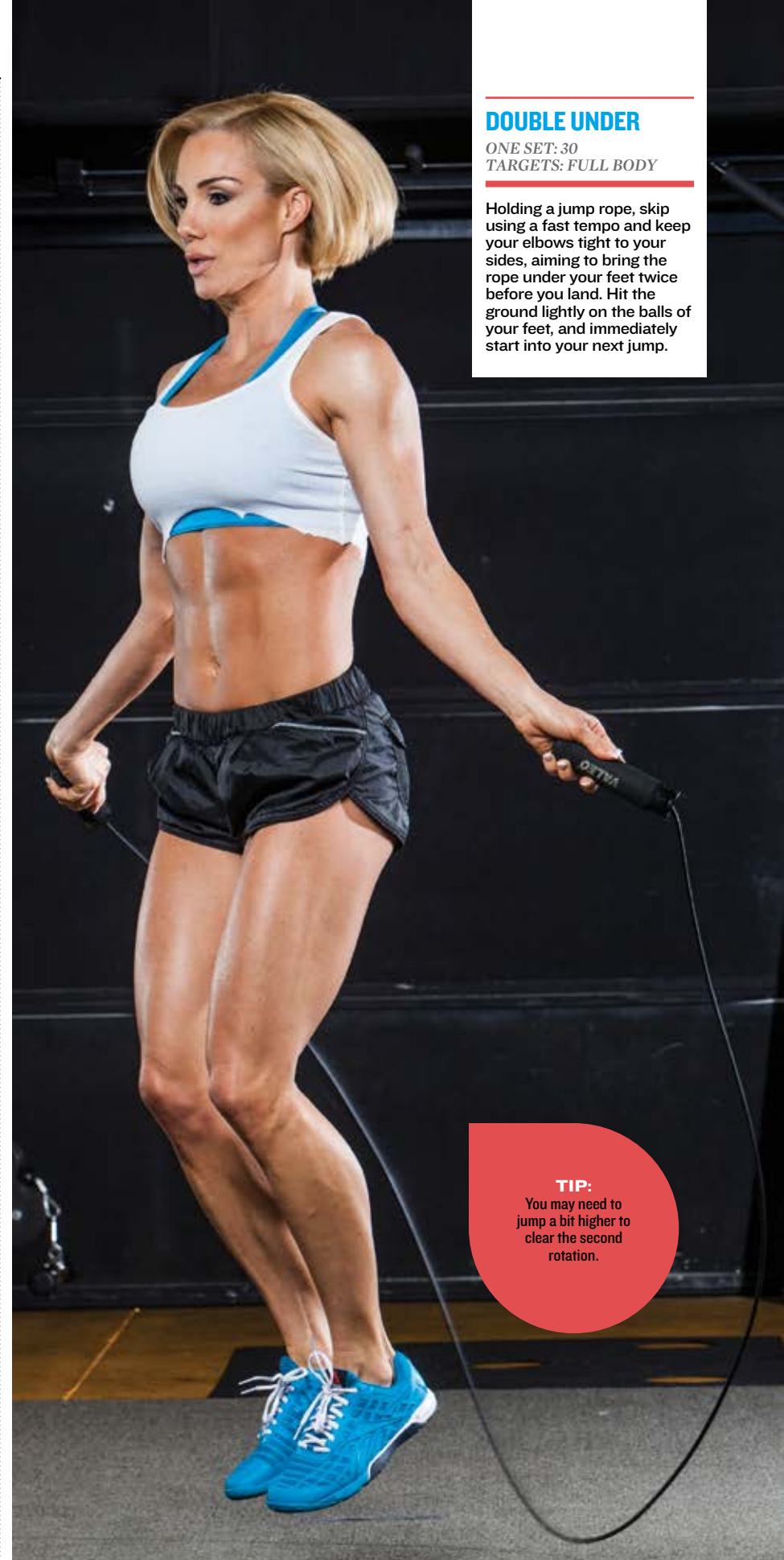
DOUBLE UNDER

ONE SET: 30
TARGETS: FULL BODY

Holding a jump rope, skip using a fast tempo and keep your elbows tight to your sides, aiming to bring the rope under your feet twice before you land. Hit the ground lightly on the balls of your feet, and immediately start into your next jump.

TIP:

You may need to jump a bit higher to clear the second rotation.



KETTLEBELL SWING

ONE SET: 20

TARGETS: POSTERIOR CHAIN, GLUTES, HAMSTRINGS, BACK, AND SHOULDERS

Hold a kettlebell and begin by standing with your feet slightly wider than shoulder-width apart, toes pointing slightly outward. Squat down, allowing the kettlebell to swing back between your legs, and thrust it upward using the momentum of your hips to raise the weight. **FORM**

A

TIP:

Try to get the kettlebell up to shoulder height, and maintain a flat back and supportive core.

B

LEARN THE LINGO

Have you ever noticed that CrossFit seems to have its own language? Here's your quick reference guide to some of the more commonly used terms:

WOD: Work out of the day.

Pood: Russian unit of measurement.

AMRAP: "As many rounds as possible."

Chipper: "Chipping" away at a WOD in order to complete the multiple movements involved.

Rx: Prescribed.

Box: CrossFit gym.

Thruster: Front squat with a push press.

EMOM: Every minute on the minute.

Rounds: One set of multiple exercises.

Repetition: A single movement.

Intervals: A short rest period followed by a lengthier burst of exercise.

