

## What's the Deal With CrossFit & Should you Try it?

CrossFit exploded as a fitness trend some years back, and its popularity continues to draw in new acolytes. But is this fitness craze something that will last thanks to amazing results, or just another trend that will eventually wane?

Many of the people promoting CrossFit on their Tumblrs or Instagram feeds have sung praises to the moon and back, but others are still wary. Only reading one side of a story can lead to high expectations and possible disappointment, but ignoring the potential of such a rave review routine could mean you are missing out.

What's the real deal with CrossFit? Is it the right workout for you? We've looked into this controversial workout, and have uncovered some pros and cons concerning the style, but only you can decide if it's worth a try.

### What is CrossFit?

CrossFit is a circuit workout done once a day. It usually includes heavy lifting, power-lifting, and other forms of high-intensity steps. These workouts are meant to increase strength rapidly and help push your limits to the extreme.

Some of the pros of CrossFit could include:

- **Competition and Community.** CrossFitters are serious about what they do, and if you're serious, too, they will welcome you with open arms. If you're a competitive person, this may be the perfect atmosphere for you. You can match your progress with others, work alongside people in the same level as you, and even make new friends in the process.
- **Intensity.** If you're a fast-paced person, one workout a day may sound perfect for you. If you follow the program correctly, your progress will be faster too. Looking for rapid results before summer, a wedding, or the holidays? CrossFit could be your way to success.
- **Excitement.** While yoga, Pilates, and solo jogs may give you time to think and clear your head, CrossFit is nothing but power and excitement. Push yourself, step up to the plate, and improve your body while the adrenalin flows, if serious exertion at a serious pace is your thing.

Then again, there are some cons when it comes to CrossFit.

- **Risk.** CrossFit can be grueling. Knowing your limits is the first step to pushing them. If you have no prior experience in high-intensity workouts, or are just beginning a path towards health, CrossFit can require an assessment of capability before getting started and you'll need to be aware that you'll be very, very sore after your first few classes.
- **Low Personalization.** Some people aren't ready for the sheer willpower and strength it

takes to complete a session, and there's nothing wrong with that. Don't let the high energy, competitive environment push you into biting off more than you can chew and causing yourself an injury.

- **Pain.** While many health books say to stop working out when you feel pain, CrossFit is the opposite. In CrossFit, pain is weakness leaving the body, and if you're not about to throw up by the end of the workout, you didn't do it right. It's certainly not an environment for the faint of heart.

Is CrossFit a good idea for your level of fitness, your strength, and your determination? You could find that it is an amazing fit and you love it. However, this type of workout is definitely not one size fits all, and there's no reason to worry if it turns out to not be your cup of tea.



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