

**DON'T DO THAT**

Exercise and Training Techniques that  
you should not do

# CrossFit Exercises

**Crossfit is both a sport and a way of training. Some even consider it a lifestyle. If you are looking to get fitter and healthier there are much safer and more effective ways to train than the traditional Crossfit way. That being said there are many standard Crossfit exercises that many advanced fitness enthusiasts can enjoy. I took the top 25 from BoxRox.com and made comments to each (please see page and look at bottom to see CrossFit Exercises with Comments). Some I do not agree to attempt at all. In order to even attempt any of these exercises you must PASS and score ADVANCED on the Functional Tests, as well as the Muscular Ability Tests. I have worked with too many people to count who have been injured doing some of the CrossFit exercises that I advise against doing. Example: A regulation snatch requires a deep squat. Some people do not have the hip structure to allow this without flexing/stressing the low back. The result of which could cause permanent damage. A deep squat on a healthy knee may not be as bad as once thought, but with a knee that has any damage or arthritis a deep squat can be harmful. According to WebMed not only are the some of the CrossFit exercises themselves risky, but performing them under a fatigued state, such as during an intense circuit, increases the risk of injury even further. WARNING: A very serious, yet rare muscular injury known as rhabdomyolysis is also a major concern with participation in vigorous exercise.**

**Is CrossFit Dying? See well written article.**

**What does the Research say: A 4-Year Analysis of the Incidence of Injuries Among CrossFit-Trained Participants : CrossFit-related hip and groin injuries: a case series : Injuries among weightlifters and powerlifters: a systematic review : Breaking the myths of competition: a cross-sectional analysis of injuries among CrossFit trained participants**