

# Crossfit: Fact vs Fiction



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# About me...

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# What is Crossfit?

- ◆ Strength
- ◆ Endurance
- ◆ Power
- ◆ Cardio
- ◆ Olympic Lifting
- ◆ Functional Movements
- ◆ Community
- ◆ Social
- ◆ Challenging
- ◆ Torture
- ◆ Motivating
- ◆ Fun
- ◆ Rewarding
- ◆ Life-Changing
- ◆ Revolutionary

# Strength



# Endurance



# Power



# Cardio



# Olympic Lifting



# Functional Movements



# Community



# Social



# Challenging



# Torture



# Motivating



# Fun



# Rewarding



# Life-Changing



# Revolutionary



# Crossfit Facts

- ◆ Time Efficient
  - ◆ Daily workout is usually less than 20 minutes
- ◆ Constant Variety
  - ◆ 1000's of different workouts
- ◆ Many workouts can be done in your own home, at your convenience
- ◆ Fitness Effective: As a whole
  - ◆ Strength, Power, Aerobic/ $\text{VO}_2$
  - ◆ Also hormonal and neural fitness

# Crossfit Facts...

- ◆ Flexibility and Joint Mobility for injury prevention
- ◆ Functional Life Improvement
- ◆ Unique Terminology
- ◆ Teaches proper lifting and body mechanics
- ◆ Exercises are scalable/modifiable to match your individual fitness level

# Myths of Crossfit



# Will CrossFit make me bulky?

- ◆ CrossFit builds strength, power and stamina
- ◆ Targets the entire body
- ◆ Allows you to get stronger not bigger
- ◆ Women will lose fat, build muscle, look leaner, and toned

# Am I too out of shape for CrossFit?

- ◆ No, CrossFit can be scaled to any ability and skill level
- ◆ A beginner can do the same work out as an elite athlete with the help of scaling

# Is squatting below parallel dangerous and bad form?

- ◆ For some people, anatomical and preexisting injuries may limit the healthy Range of Motion in their squats; for the general healthy population, there have been many benefits associated with performing the full squat.

# Is CrossFit for elite athletes?

- ◆ It can be, many high level athletes use CrossFit as a training program
- ◆ You do not need to be an elite athlete to participate in CrossFit
- ◆ Most crossfitters do not participate in competitive/organized sports/athletics

# CrossFit is too expensive. Why would I pay that much?

- ◆ CrossFit can be expensive, but for many individuals the time efficient and effective approach at fitness outweighs the price
- ◆ There are always trained CrossFit instructors that act as personal trainers that don't come with many gyms standard fees
- ◆ Much cheaper than standard personal training

# Is Paleo the only way to eat if you are a CrossFitter?

- ◆ No, although some studies have shown that the Paleo diet can have extensive health benefits, it is not necessary.
- ◆ Many CrossFitters still enjoy pizza and fru fru

# Does CrossFit lead to shoulder and knee injuries?

- ◆ Completing the exercises/movements with correct form can actually help prevent injuries as your joints get strengthened through their full Range of Motion
- ◆ Having joint stiffness can predispose that joint(s) to injury with functional activity or physical stress...the stretching incorporated in crossfit classes can help restore full motion to your joints

# Can you get a full workout in 30 minutes?

- ◆ In a short amount of time, each workout of the day improves aerobic fitness through increasing  $\text{VO}_2$  max
- ◆ High intensity interval training (HIIT) has numerous health benefits

# Isn't CrossFit only for competitors?

- ◆ CrossFit can be scaled down and adjusted to meet individuals own capabilities and fitness
- ◆ There are more competitive opportunities in CrossFit but are not necessary for one to participate in crossfit

# Will I throw out my back pulling weights from the ground?

- ◆ Proper form will protect your back against injuries
- ◆ Strengthening the posterior chain (i.e. Low back, gluteal muscles, and hamstring muscles) can actually

# Can I do CrossFit if I have prior injuries?

- ◆ Yes, but with an injury, proper healing is important for optimal health and performance
- ◆ All WOD can be scaled or modified to meet the unique challenges of each individual

# Is Rhabdo prevalent to those who are CrossFitters?

- ◆ Rhabdomyolysis is the breakdown of muscle into the bloodstream. Although this is a concern for CrossFit athletes, it is also linked to other high intensity sports. People at risk are people who are unfamiliar with CrossFit and go too hard before they have given their bodies time to acclimate to volume and intensity.

# I don't want to be an athlete, I just want to be healthy

- ◆ You don't need to strive to be an athlete to benefit from CrossFit
- ◆ CrossFit improves flexibility, joint mobility, builds stronger muscles, and can improve heart health

# Is CrossFit just circuit training that I can do anywhere?

- ◆ Although you can do CrossFit circuits and exercise anywhere, there is a supportive and tight knit community associated with CrossFit that can help you follow through with your goals
- ◆ Also, the coaches and classes are there to help teach you ways to improve

# Will CrossFit improve my sports/athletic performance?

- ◆ Yes, HIIT activities develop fast twitch muscles which is important in sports and athletic performance
- ◆ Strength, flexibility, and cardiovascular fitness are also benefits that CrossFit provides

# Am I too old to do CrossFit?

- ◆ Every exercise in Crossfit is scalable to match your unique fitness ability
- ◆ Many CrossFit exercises transfer to improved functional lifestyle (squatting, overhead lifting, etc.)
- ◆ You determine your level of intensity during the Crossfit workout
- ◆ Doing Crossfit can improve your functional strength, range of joint motion, and energy for everyday life

# Questions?

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