

1. Why Use CrossFit?

Why do we do CrossFit? Who really relies on the results of their fitness to preserve their lives? Soldiers, Police and Fire fighters. What is being adopted throughout the Special Forces communities, Secret Service, US Marshals, FBI, ATF and many other people who rely on fitness to preserve their lives? CrossFit.

When it comes to an endeavor where being weak costs you your life, they do CrossFit. Most of us do not require that level of fitness in our daily lives. Why train this hard? If you look at a continuum when on one side is residing in a nursing home and the other end the decathlete (or similar well-rounded, capable individual), ask yourself this simple question: Which side do I want to be on?

Time, aging, and lifestyle conspire to put us in long term care homes and alike. The harder we pull toward the elite side of the continuum, the less close we are to the nursing home. If teaching a 57 year old women to dead lift 200 plus pounds seems extreme, think of the grandmother who can't pick up her 20-lb grandson. Which place do you want to be in? Why?

Our goal is to create people who are capable in ALL aspects of fitness. When the SEAL Teams and Special Forces adopt Swiss balls as a major tool to keep them alive when it counts, I will buy them. Until that time, we will do CrossFit.

[\(Go Back\)](#)