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McCullom Health & Wellness



Newsletter

AM I READY FOR CROSSFIT?



by **James A. McCullom II** on April 1, 2017

What's the Flippin' Deal here???

The phenomenon known as crossfit is a type of high intensity interval training otherwise known as HIIT that can make fat melt from your body like ice on a hot summer day! However, the question remains; are you at a level of fitness or health that can meet the

demand that is required to perform crossfit? I will outline who should and should not be diving into a crossfit program.

First and foremost, I have to admit, I love crossfit! It is an excellent supplement to a traditional fitness program of resistance training, weight training and cardio; however, it is not a program I would recommend a beginner to exercise to undertake. I also believe that if you suffer from significant orthopedic issues, crossfit may not be the optimal routine for you to begin. Here are the benefits of crossfit.

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PROS

1. Fat Burning Machine

You will never experience a workout that will be as dynamic as a legitimate crossfit program, therefore your body will begin to drop the fat like its going out of style. A crossfit routine by nature involves a number of dynamic and explosive movements with little to no rest in between sets. This is a great formula for fat burning!

2. Functional Mobility

There may not be a workout in existence that can make you functionally stronger than crossfit can! There is a REAL difference in gym strength and functional strength. The movements mimicked in a crossfit regimen are those that are often done in our everyday lives such as grasping, lifting and carrying a heavy item such as when you go to the store to fill up a 5-Gallon water jug. The gains made in the weight room are for specific non-dynamic movements, thus possibly putting you at a disadvantage when it's time to grasp, lift and carry that 5-Gallon water jug to your car.

3. Fun, Fun, Fun

Let's just face it, Crossfit is kickass!!! It's very fun, it makes you feel coordinated and like a BEAST all at the same time. It alleviates the boredom that may come from a traditional workout of lifting weights and then running endlessly on a treadmill. This particular routine mixes up the routines and challenges your body in new and exciting ways, thus improving your overall performance.

CONS

1. Have You Moved Like That Before?

One of the scariest things about crossfit is that it doesn't take much for you to get yourself into serious trouble. Many crossfitters sacrifice quite a bit of form. I have witnessed this A LOT! When we sacrifice our form, bad things happen. If you have not participated in any kind of dynamic sport or maybe it's been a while, crossfit is not the routine to just dive into. In a recent article in 'The Box Mag', an expert reports that greater than 50% of all crossfit injuries are sustained by beginners. This often happens because they aren't ready for the stress or dynamics that are demanded by the body and lack proper supervision when performing these routines.

2. AN ORTHOPEDIC NIGHTMARE

Let's not lie to each other here, crossfit is incredibly high impact which can translate into hip, shoulder, knee and ankle injuries. It can also lead to an early onset of osteoarthritis because the sport is high impact in nature. The constant banging on joints from a box jump, the constant stress placed on the AC joint from using battling ropes or the sacrificing of form from fatigue can lead to a person being in excruciating pain and thinking crossfit isn't so fun. All crossfitters or potential crossfitters should get clearance from their orthopedic surgeon prior to stepping into the Box.

BOTTOM LINE:

Crossfit is a dangerous, amazing, risky badass workout and it's simply not for everyone. My personal opinion is if you are a beginner, learn how to move appropriately before taking up a crossfit regimen. Begin with a traditional regimen 1st. Crossfit is not a routine to just jump in to. If you have a history of orthopedic problems, please seek clearance from your doctor before starting (not just your general practitioner, but consult an orthopedic surgeon).

I would also recommend not to do crossfit all the time if longevity is in your plans. As opined to above, I believe crossfit should be a supplement to a traditional program so as to avoid stressing out your joints everyday of your program.

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