

fitness

Want to get fit fast? CrossFit workout uses the competitive nature in all of us

By Kristen Browning-Blas
Denver Post Fitness Editor

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Brandon Deines of Longmont, who trains with Coal Creek CrossFit, rests after finishing 500 meters on a rowing machine, 10 burpees (squat-thrust pushups), 40 snatches with a 53-pound kettlebell and 30 ball slams. (Helen H. Richardson, The Denver Post)

Functional, varied, intense.

That's a CrossFit workout. "It's a fun, intense way to get in phenomenal shape," says Skip Miller, owner of Front Range CrossFit. "You're moving your body weight, or a weight, around your body, and the workouts are constantly changing."

Because CrossFit workouts are timed and coached, they offer a "very efficient way to get in shape." And because they are conducted in a group, CrossFit classes employ a certain amount of competition to boost the burn.

"It's basically group suffering," says Miller. "You're much more willing to suffer in a group than you are by yourself; that's just human nature."

As organizer of the annual Colorado Open CrossFit competition, Miller must really

like making people suffer. Now in its third year, the event has grown from 37 athletes to the 180 CrossFitters who competed Aug. 28 and 29.

Don't let these photos fool you. CrossFit is for anyone who wants to get in shape fast, says Miller. "The key thing about CrossFit is it's scalable for anybody's fitness level. We have people of all shapes and sizes."

Could you do this?

Check out the final of four workouts over two

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days in the Colorado Open. Competitors had 18 minutes to complete two rounds of the following exercises.

500 meters on rowing machine

10 burpees: For this modified squat thrust, the athlete starts in a standing position, then squats and kicks out his or her legs, reaching a plank, or pushup position. After the pushup, the athlete comes back to a squat, then jumps over a 6-inch-high bar, with the hands clapping fully extended over the head. The clap must be audible and must happen while the athlete is in the air.

20 kettlebell snatches, each hand (24 kg for men, 16 kg for women): The athlete must have the kettlebell hit lockout (come to a stop) overhead, with the arm at extension and the hand directly over the shoulder. The knees and hips must be at

extension (aligned) when the hand is directly over the shoulder.



John Moffitt of CrossFit Parker works to get the 53-pound kettlebell over his head during the competition. The kettlebell has to be lifted 20 times over the head on each arm for a total of 40 times. (Helen H. Richardson, The Denver Post)

30 ball slams (45 pounds for men, 30 for women): The athlete lifts the weighted ball from the ground and raises it overhead. The ball must be directly over the head with the knees and hips at extension. The athlete slams the ball down onto the ground hard enough to make it bounce.

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The athlete must catch the ball before it hits the ground again. You cannot simply raise the ball over your head and then let it drop to the ground. It must be slammed, and you must catch it on the rebound.

4673. For a complete list of workouts and results from the Colorado Open, see frontrangepost.com. Learn more about this style of fitness and find a local affiliate at crossfit.com.

How they did

WOMEN

First: Jasmine Dever, Front Range CrossFit

Second: Kristen Olson, Front Range CrossFit

Third: Shannan Simpson, Front Range CrossFit

Fourth: Cherie Chan, CrossFit Verve

Fifth: Louisa Berky, Front Range CrossFit

MEN

First: Matt Hathcock, CrossFit Unbroken

Second: Nate Beard, CrossFit RED

Third: Dan Fink, CrossFit Castle Rock

Fourth: Chris Hoppe, Progressive Fitness CrossFit


Fifth: Kevin Montoya, CrossFit Flex Gym

Front Range CrossFit

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