

CROSSFIT LIVINGSTON PRESENTS

CROSSFIT MYTHS DEBUNKED

AND WHY YOU SHOULD JOIN US!

**You've heard a lot of reasons why CrossFit is bad.
We're here to shed some light on the subject.**

CROSSFIT IS HARD

Well, that's not a myth. The myth lies in the idea that doing things that are hard is somehow bad for you. CrossFit teaches you not to run from hard things, but take them head on.

CROSSFIT IS DANGEROUS

CrossFit is not inherently dangerous. Just like any sport, if done carelessly or excessively it can lead to injuries. We take great care to make sure our athletes are protecting themselves.

CROSSFIT IS EXPENSIVE

The average personal trainer would cost about \$400 per month for the type of attention you will get from our coaches. Personalized attention at a fraction of the cost.

CROSSFIT ISN'T CARDIO

Well this one is totally not true. We run, we row, we lift weights fast and we always try to push ourselves to perform at a level that gets the heart rate going!

CROSSFIT MAKES YOU BULKY

We believe that strong is sexy, thick thighs save lives and that being able to move and use the body you have outweighs any stigma society puts on your physical appearance.

CrossFit isn't just for elite athletes and people who are already in shape.

The workouts can be scaled, so that the difficulty matches where you are at physically. We have have members aging from 17 to 70!

CrossFit's motto is:

**"Constantly varied,
high-intensity,
functional movement".**

CrossFit is a sport, the sport of fitness. Like any sport, to succeed in CrossFit, one must practice, be determined, and work hard. We don't aspire to be in the "CrossFit Games" as seen on *ESPN*. We aspire to live healthier lives and truly enjoy seeing individuals within our community better themselves and improve their overall health.

**Increase your strength &
confidence**

.....
See rewarding growth
.....

Join our awesome fitness family