

What is CrossFit?

www.crossfitstars.com

CrossFit is the sport of fitness. It is defined as:

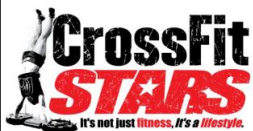
**CONSTANTLY VARIED FUNCTIONAL MOVEMENTS
PERFORMED AT HIGH INTENSITY**

CrossFit is a core strength and conditioning program that delivers a fitness by design: broad, general, and inclusive.

Elements of track & field, gymnastics and weightlifting are combined in short intense daily workouts to maximize results for any individual.

CrossFit teaches functional movement patterns, or, movements that you find in real life - pushing, pulling, squatting, jumping, throwing, carrying, and sprinting.

It taxes both the aerobic and the anaerobic energy systems.



CrossFit Stars - Our Programs

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of age, experience, or fitness goals.

We've successfully used our same routines for adults and junior professional tennis players.

Programs

Crossfit Kids – Prepare the kids *physically* and *mentally* to take on any challenge that lies ahead whether it is a career as a professional tennis player , or a life-long career in the corporate world. Educate and enthuse kids about functional fitness, make it rewarding and fun. Enjoyment equals sustainability.

Crossfit for junior athletes – Train the players in *every* dimension of fitness, such as strength, speed, power, agility and coordination, in order to bring them up as well-rounded athletes

Adult Bootcamps – operating in 5 locations in Cairo, the CrossFit Bootcamps are the place to be whether interested in losing extra body fat, general toning or strength fitness programs.

