

HOW DOES CROSSFIT STACK UP AGAINST OTHER EXERCISE ENTITIES & MEANS?

7KCrossFit.com		CrossFit®	Gym	Yoga	Pilates	Home Gym	Private Training	Outdoors & Sports
ALL ASPECTS								
THE DOMAINS OF FITNESS - FUNCTIONAL FITNESS	Cardio/Resp.	★★★★★	★★★		★	★★	★★★	★★★★★★
	Stamina	★★★★★	★★	★	★★	★	★★★	★★★★
	Strength	★★★★★	★★★★	★★	★★	★★	★★★★★	★
	Flexibility	★★★★★	★	★★★★★★	★★★★★★	★	★★★	★★
	Power	★★★★★	★★	★	★	★★	★★★	★
	Speed	★★★★★	★			★	★	★★★★
	Coordination	★★★★★	★	★★	★★★	★	★	★★★★
	Agility	★★★★★	★	★	★★	★	★★	★★
	Balance	★★★★★	★	★★★★	★★★★	★	★	★★★★
	Accuracy	★★★★★	★	★	★	★	★	★★★★
PROFESSIONAL & TAILORED	Programing	★★★★★		★★★★	★★★★		★★★★★★	
CARING & CERTIFIED	Coaching	★★★★★		★★★★	★★★★★★		★★★★★★	
FUN & ENCOURAGING	Community	★★★★★	★	★★	★★			★
COACH & ATHLETE	Accountability	★★★★★		★★	★★		★★★★	★
CONSTANTLY VARIED EACH DAY	Adventurous	★★★★★	★	★★	★★		★★★	★★★★
BURNING FAT	Weight Loss	★★★★★	★★	★	★★	★	★★	★★★★
MUSCLE & PHYSIQUE	Body Change	★★★★★	★★	★	★★	★	★★★	★
TOTAL SUM	Real Results	★★★★★	★★	★	★★	★	★★	★
TOTAL VALUE	Price	Awesome	Fair	Fair	Expensive	Expensive	Very Expensive	Varies