

16<sup>th</sup> International Conference and Exhibition on

# OBESITY & WEIGHT MANAGEMENT &

## 17<sup>TH</sup> WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA



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### CrossFit as a tool: Analyzing its possible benefits and potential pitfalls

CrossFit is a functional fitness training philosophy and methodology that has seen increased popularity in the past fifteen years. Fitness specialists and personal trainers should be familiar with CrossFit's movements and methods in order to best evaluate its usefulness with clients. There is a growing body of research on the effects of CrossFit. Further, reasonable assumptions can be made on the long-term physiological adaptations to CrossFit based on energy systems used, muscles engaged, biomechanics and velocity of movements. There is evidence that risk of injury is likely among participants not exposed qualified trainers and other disturbing messages are encountered when one engages the CrossFit community. This presentation will review the philosophy of CrossFit and its deviation from standard fitness training from a scientific, practical and experiential stand points. It will also evaluate the benefits of CrossFit as a functional fitness regimen and potential pitfalls with its adherence. The focus is not on definitive judgments about the efficacy of CrossFit, but rather to provide information to exercise specialists and trainers as they engage a population moving away from standard fitness centers and growing more interested in functional fitness. Participants will be presented with a balanced and fair analysis of this increasingly popular training method.

### Biography

Robert LeFavi is a PhD holder, is Chairman, Department of Health Sciences, Armstrong State University, Savannah, GA, where he also serves as Professor of Sports Medicine. He has written over 30 scientific articles, made 50 national and international scientific presentations, has authored over 700 articles in the popular press and has been an at-large Science Editor for two international fitness magazines. He is a certified strength and Conditioning Specialist (CSCS) and national coach for USA weightlifting, has been quoted as an expert in *The New York Times*, *Washington Post*, *San Francisco Chronicle* and has appeared on CNN and ESPN.

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