



**Forging Elite Fitness  
In The Queen City**

Attention student athletes! Announcing...

# CrossFit Sport

## What is CrossFit?

CrossFit is a strength and conditioning program which utilizes highly varied, random functional movement performed at a high level of intensity.

CrossFit delivers a fitness program which is broad, general and inclusive. "Our specialty is not specializing." The rewards of this program are evidenced in our clients who are athletes, firemen, policemen, military, weekend warriors and individuals of all ages who are trying to improve their health and fitness.

## What is CrossFit Sport?

CrossFit Sport is a program designed for middle school and high school athletes who seek to improve their sports performance. CrossFit Sport utilizes the principles of CrossFit while dedicating more time to teaching and building the training skills that are critical for developing athletes at the high school and collegiate levels.

Athletes will be properly trained in the areas that develop the *power* and *explosiveness* that is critical for all field, court and diamond sports. CrossFit Sport workouts consist of a combination of strength training, CrossFit metabolic conditioning (WODs), speed/acceleration work, agility and nutritional education.

## CrossFit Sport Workouts

CrossFit Sport workouts will train athletes in the following critical skills and techniques:

- ❖ Dead lifts
- ❖ Squats (Back, Front, Overhead)
- ❖ Overhead presses
- ❖ Bodyweight exercises
- ❖ Sprints (normal, resisted, hills)
- ❖ Plyometrics
- ❖ Nutritional education

As athletes demonstrate proficiency in these core power lifting movements, Olympic lifting techniques such and the Clean, Jerk and Snatch will be taught. Olympic lifts are the premier lifts for building power and explosiveness in *all* athletes.

## How do I Get Started?

CrossFit Sport sessions will be held three days per week at CrossFit Charlotte. MWF, 4-5pm/TTH,6pm Sa,11am.

The cost is \$125 per month

Contact Coach Andy Hendel if you have any questions. We invite you to come by our gym for a free workout and to discuss CrossFit and CrossFit Sport. You will not find a level of performance and achievement anywhere else.

Contact: Coach Andy Hendel (Coach A) 704.519.6693 [coacha@crossfitcharlotte.com](mailto:coacha@crossfitcharlotte.com)

CrossFit Charlotte – 9535 Monroe Rd. Suite 100, Charlotte, NC. 28270. Next to Inner Peak.  
[www.crossfitcharlotte.com](http://www.crossfitcharlotte.com)