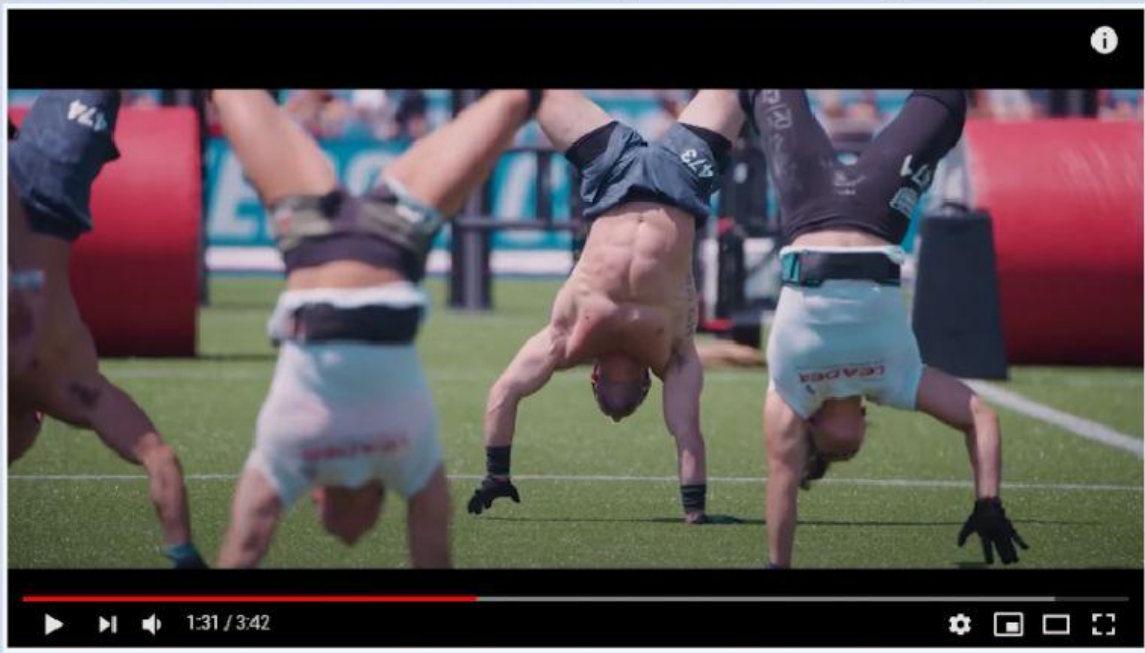


CROSSFIT GAMES

Juan Ramón Carrión

➤ Watch the video to learn how athletes compete in the crossfit games.



➤ Watch the video to learn how athletes compete in the crossfit games.

OPINION QUESTIONS

1. Did you know about crossfit?
2. Do you know anybody who practices crossfit?
3. Have you seen anyone training?
4. Have you ever seen The Crossfit games before?
5. Do you like them?
6. What do you like the most?
7. What's the most surprising thing for you?
8. Do you think it is a complete sport? Why?
9. Would you like to practise it in the future?
10. Choose a word out of these below to define crossfit.

VOCABULARY ON CROSSFIT



weightlifting
bars



weight discs

They are weights. 



dumbbells



Assault air bike

There are dumbbells with fixed weight and with 



They are doing drills. 



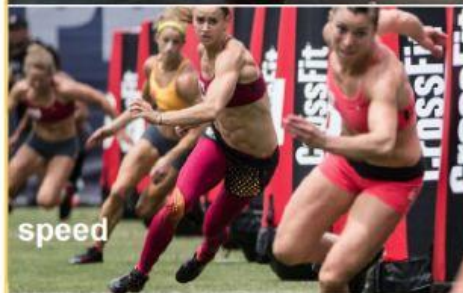
CrossFit

stretching



physical strength

There are many
exercises to
your
endurance
conditioning. 



speed



endurance

QUESTIONS ABOUT CROSSFIT

Watch the video and activate the subtitles if necessary. Remember that you can slow down the playback. I recommend watching the first time at 0.75 and a second time at real speed.



1. Is it recommended constant variation?
 - A. Yes.
 - B. No.
 - C. It doesn't matter.
2. Why is recommended constant variation?
 - A.Because, with variety you will be better prepared.
 - B.Because repeating the same exercises is boring.
 - C.Because it's important to use all the material in the gym.
3. This type of workout combines:
 - A.Gymnastics drills, weight training and endurance conditioning.
 - B.Gymnastics drills, juggling and endurance conditioning.
 - C.Weight training, juggling and endurance conditioning.
4. Crossfit workouts use functional movements because:
 - A.It's cheaper and more effective for life.
 - B.You can train almost everywhere.
 - C.Both are correct.
5. What's the main reason to use high intensity?
 - A.Because it brings the best results in less time.
 - B.Because low intensity is not cool.
 - C.With low intensity you get more tired.