![C:\Users\garyry\Pictures\crossfit\CFK_logo_v_tag_color_lightbg[1].png]()CrossFit Kids is not simply a scaled down version of CrossFit, it is entirely absolutely CrossFit geared and designed for a special population and the specific developmental needs of that population (neurological, cognitive, motor).

Since late 2004, CrossFit Kids has been “Forging the Future of Fitness” and is currently in over 400 gyms in North America, Australia, Europe, Africa, India, Japan and Panama.

CrossFit Kids is a strength and conditioning program that is specifically designed for kids and teenagers and helps them develop a lifelong love of fitness. In a group setting, children and teens participate in fun and engaging workouts that deliver measurable results and prepare them to be well rounded athletes.

With a network of over 2000 CrossFit Kids Trainers, CrossFit Kids is being implemented in preschools to high schools with before-and-after school programs and integration into Physical Education curriculum.

CrossFit Kids workouts consist of constantly varied, functional movements that deliver a fitness that is broad, inclusive, general and scalable for any participant at any level. This means that, for the most part, no two workouts are the same, so kids and teens never get bored and the novelty of each workout keeps them excited about participating. The functional movements involve exercises that are fundamental to all things that kids need to do when they play: pull, push, run, throw, climb, lift and jump. All of the movements are taught safely and effectively under the close supervision of thoroughly trained CrossFit Kids Trainers. When fitness is defined as broad, inclusive and general it means that participants will become well-rounded athletes who will be better at any and every sport that they play because CrossFit Kids doesn’t coach them to be good at just one thing.

Our workouts will increase physical competence in 10 fitness domains: Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. With scalable workouts, CrossFit Kids can equally benefit a person who is less active or an accomplished athlete by tailoring workouts so that each participant is challenged just enough to deliver measurable results and personal athletic progress.

The CrossFit Mantra:
"Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat. Practice and train major lifts: deadlift, clean, squat, presses, C&J, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climbs, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc., hard and fast. Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense. Regularly learn and play new sports".

Courtesy of [CrossFit Kids](http://www.crossfitkids.com).