

Email or Phone

Password

Log In



Face ID

Create A New Account

First Name

Last Name

Phone number or Email

New Password

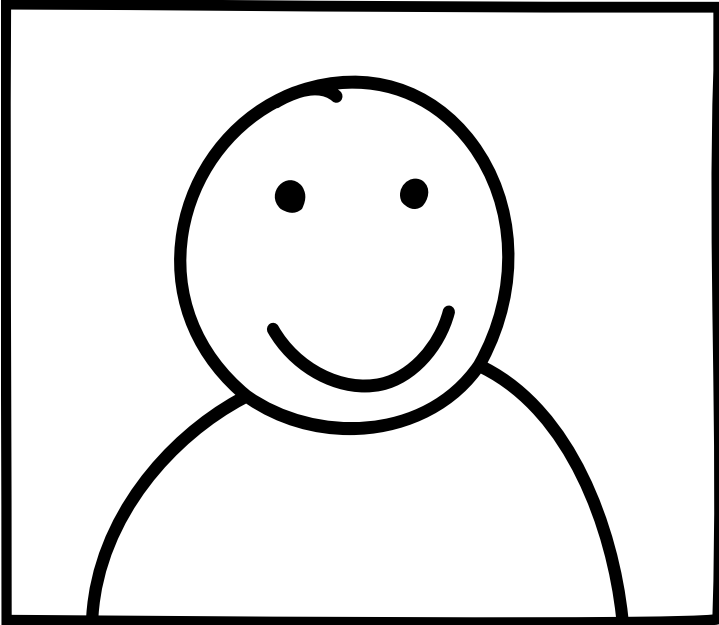
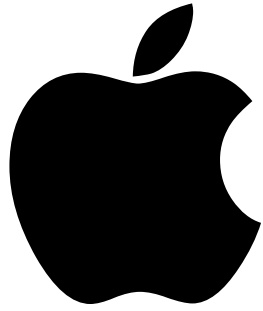
Birthday



Gender



Sign Up



Face ID



Welcome



Join Us



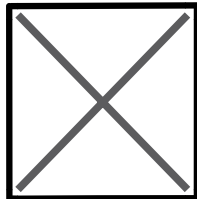
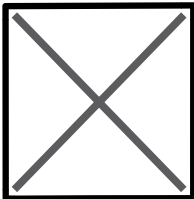
Find a Coach



Working Progress



Media & Musics





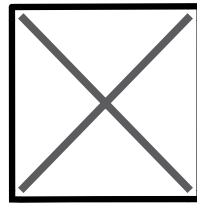
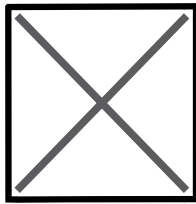
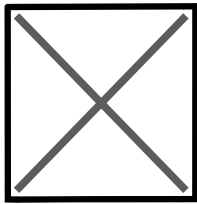
# WELCOME

i'M NOVICE

What is CROSSFIT ?

I did before...

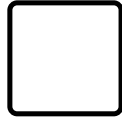
Where...? ▼



FREE FIRST SESSION

It's time to start CROSSFIT...

◀ FEBRUARY 2020 ▶						
S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
1	2	3	4	5	6	7

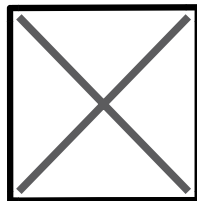
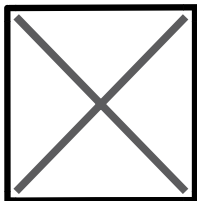


# What is CrossFit ?

A form of high intensity interval training, CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high intensity level.

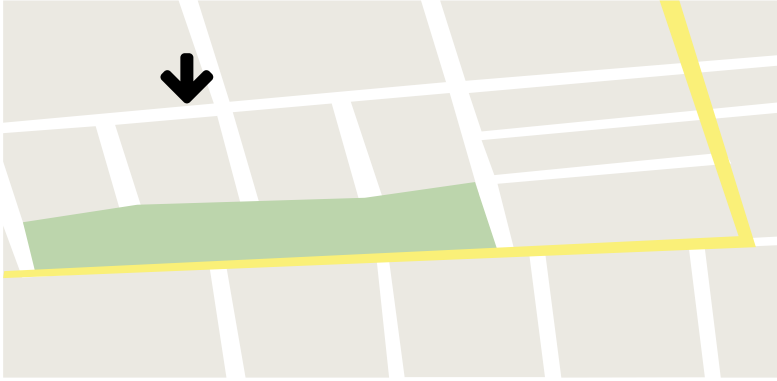
These movements are actions that you perform in your day-to-day life, like squatting, pulling, pushing etc. Many workouts feature variations of squats, push-ups, and weight lifting that last for predetermined amounts of time to help build muscles. This varies from a traditional workout that may tell you how many reps to do over any period of time.

CrossFit is similar to Orange Theory in that there is a standard "workout of the day" (WOD) that all members complete on the same day.





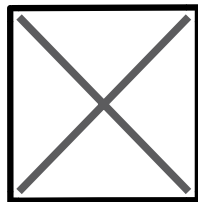
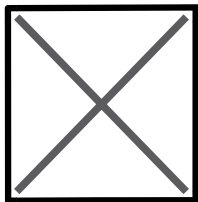
## Join Us



96 East 56 Street, New York, NY 10010, USA

[crossfitnyc@gmail.com](mailto:crossfitnyc@gmail.com)

+1 (929) 6453 6987



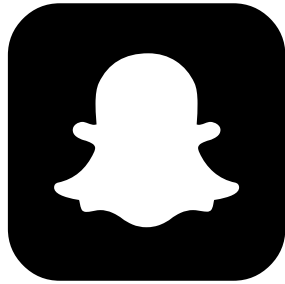
A horizontal rectangular input field with a black border and the placeholder text "Email..." inside.A horizontal rectangular input field with a black border and the placeholder text "Password..." inside.

Log In

[Forgot Password ?](#)

[Sign Up for Facebook ?](#)





Log In

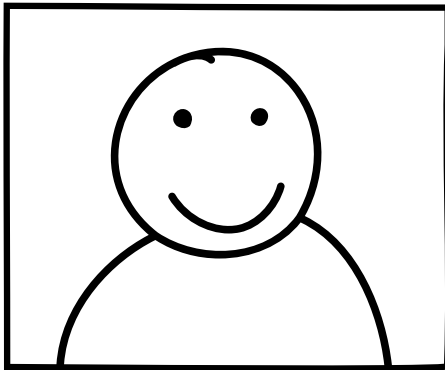
Sign Up

[Forgot Password ?](#) 





# INSTAGRAM



Log In

[Log In With Another Account](#)

New to Instagram ?

Sign Up



# Welcome To Twitter

See what's happening in the world right now



Log In

Sign Up

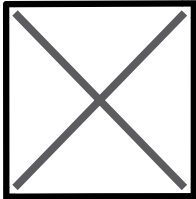
[Forgot Password ?](#)





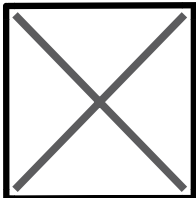
# Find a Coach

If you are looking to lose weight and food rebalancing



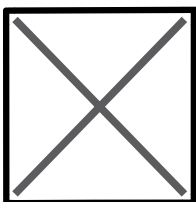
Sandra: 32 years old  
She has been specializing in nutrition  
and weight loss for 5 years

If you are looking to gain muscles mass  
and protein food nutrition



John: 26 years old  
2017 United States Crossfit Champion  
Works with us since 2 years

If you want just to maintain your body  
and have a personalized follow-up



Niko: 29 years old  
Coach since 6 years  
Will give you motivation  
and a personnalize follow up very month



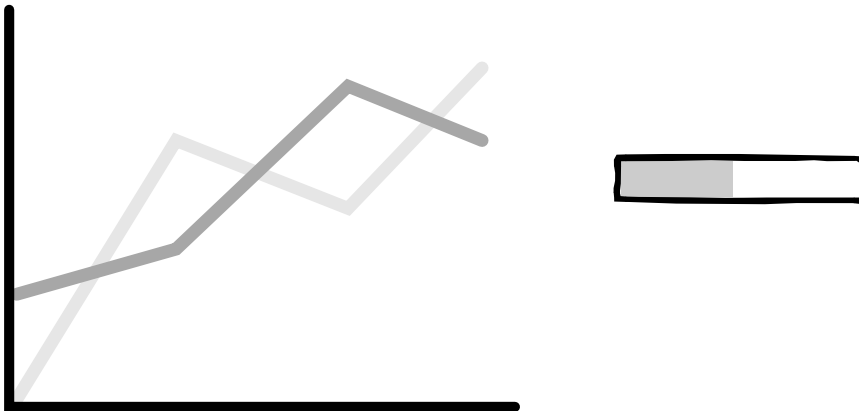
# Working Progress

Month 1

Size:  3

Age:  3

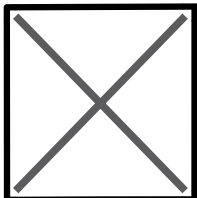
Weight:  3



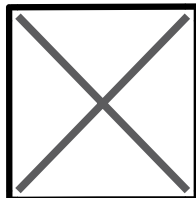
Feedback of your feelings:

Put Photos of your Body Progress

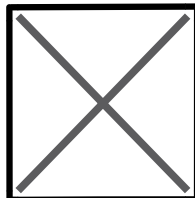
Front



Back



Right Side





# Music



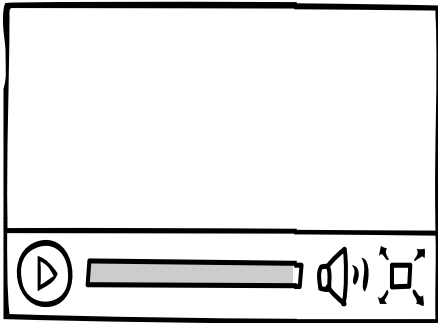
Pre-select Crossfit Playlist Musics



Make your own playlist



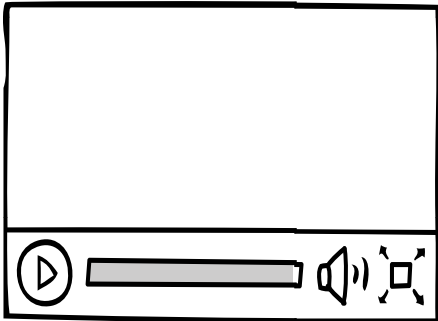
Home



## Rodyy Ricch

The Box [Official Music Video](#)

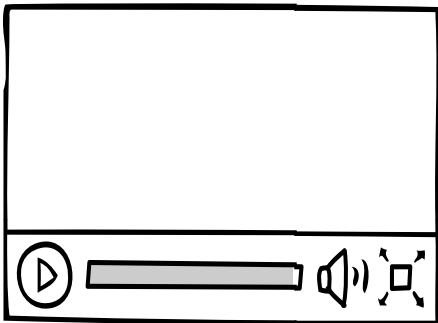
4,7 M views 21 hours ago



## Bad Bunny

La Difficil (Video Oficial )

5,9 M views 16 hours



## Lady Gaga

Stupid Love (Official Music Video)

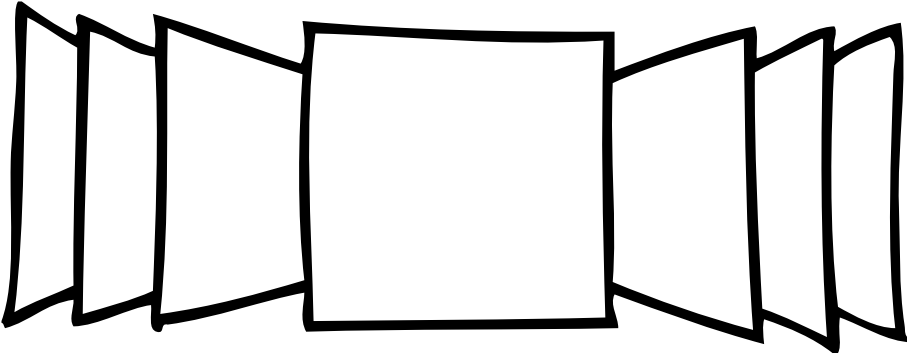
13 M views 1 day ago



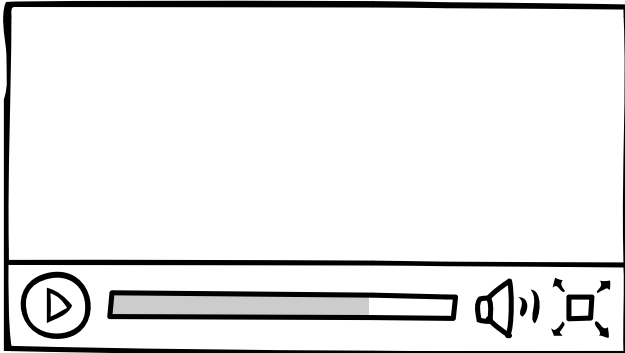


MIXCLOUD

Q search



Beyoncé - Crazy in Love



Señorita - Shawn Mendes

I'm a Mess - Bebe Rexha

Bad Guy - Billie Eilish

IDGAF - Dua Lipa

Perfect - Ed Sheeran

Hello - Adèle

