

THE
CrossFit JOURNAL

FOR THE AGES

“Age is an issue of mind over matter.
If you don’t mind, it doesn’t matter.”

—Mark Twain

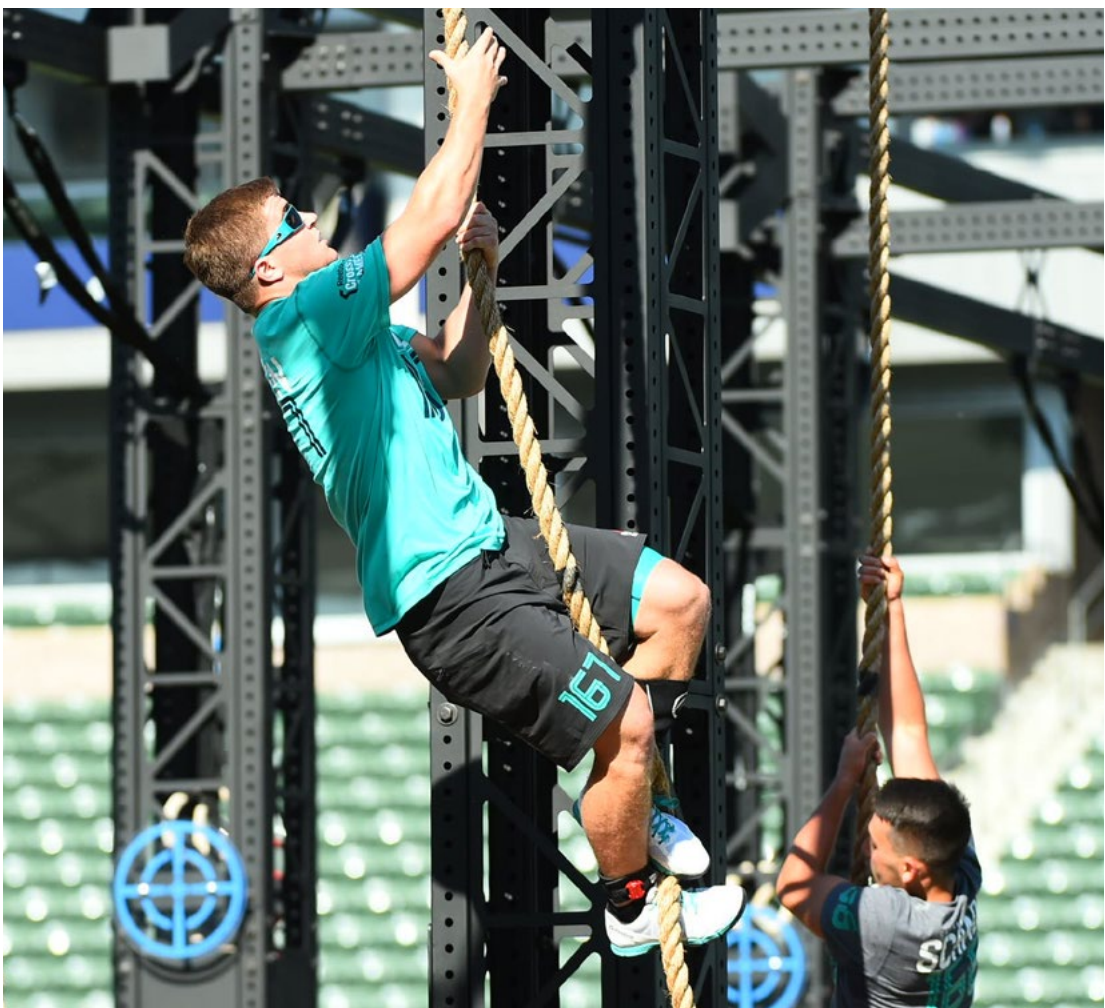


For the last two years, masters and teens have performed the same workouts at the CrossFit Games, and the schedule puts the two groups in close contact throughout the competition. Our photographers were able to watch competitors from 14 to 64 perform the same movements back to back, and their images are a testament to the power of functional movement.

CrossFit allows its youngest athletes to set themselves up for a lifetime of fitness, and it allows its oldest athletes to maintain function and even high performance into their later years. While CrossFit is tied to data, these images make it clear that fitness is also a lifestyle and an attitude, not just a number.













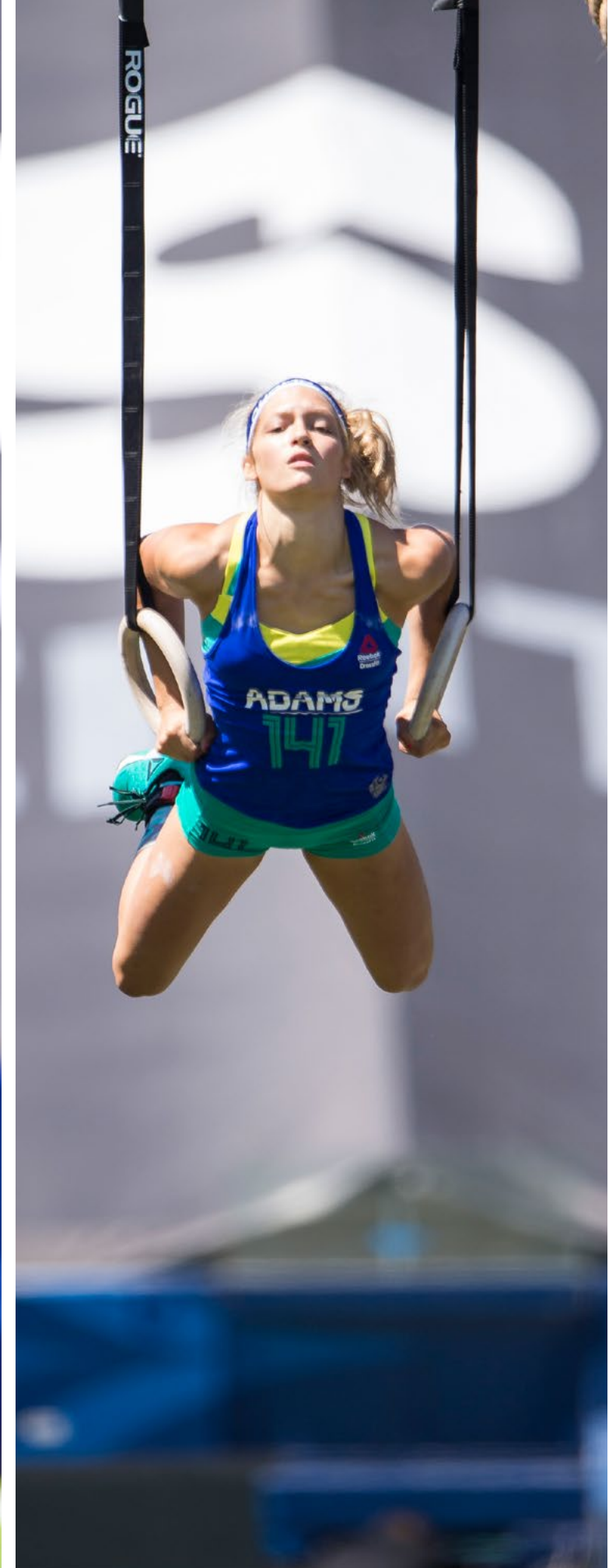
























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