

the **CrossFit** JOURNAL ARTICLES

Welcome to the CrossFit Journal 3.0!

We're excited to announce the latest evolution of the CrossFit Journal. You've probably already noticed the new appearance, but that's not all that's changed. Articles will now be published individually on a continual basis, instead of collectively as monthly issues. This will allow for shorter editorial lead-time and a greater opportunity for discussion and debate within the CrossFit community. Secondly, the entire CrossFit Journal back catalog is now available for subscribers. That's right, every article ever published in the Journal is now archived on this site for your discovery and study.

The New Design

The home page is host to the most recently published Journal content. You'll see that each article now contains an abstract or excerpt and links to download or comment on the article. Clicking on an article title or the "continue reading" link at the bottom of the article excerpt takes you to the full article page, where you see related articles and view and post comments. The archives of the CrossFit Journal can be explored in several different ways. The category and chronology links on the left side of the page let you dig into articles by topic or month of publication. Clicking on a category name anywhere on the site will display all of the articles published on that topic, while the all-new search feature at the top right of the page lets you quickly hone in on articles containing specific keywords.

Downloading Articles

The CrossFit Journal library now resides at journal.crossfit.com. Each article is contained within an entry. Each entry has an abstract describing the article. The link to download the entire article is on the right. Some of the articles are freely available to everyone, subscribers and non-subscribers alike. You'll see these marked as a "Free Download" and followed by links to the full content. Most of the articles, however, require a subscription to view. Subscribers are given a username and password. Once logged in, you'll find that download links to PDF, video, and audio articles are now available next to each

article. You can download this content to your hard drive or view it in your browser (but please don't redistribute it). There are no more monthly emails with links to the current issue. Everything is now in one place all the time, allowing you to access it whenever you want.

Monthly Downloads

At the end of each month, we'll collect all the written articles published that month into one PDF that you can download in a single click. You'll still have to visit the site for all the videos, though.

Comments

Publishing articles independently also allows for a rich conversation to grow around the article content. Anyone can read the comments associated with each article, but you must be logged in to post a comment. We think the culture of discussion will be much richer with this new format. Not only will it reduce the presence of trolls and off-topic discussion, we expect an improved dialog among commenters who've made a commitment to studying functional fitness. We encourage everyone to cross-reference articles and discussions throughout the entire CrossFit community as much as possible.

Publication Frequency

With the switch over to the new format, we'll gradually increase the quantity of articles published each month. For now, you can expect a new article about every other day. Over time, we intend to increase the quantity of articles and frequency of posting.

We Want to Hear Your Feedback

CrossFit is a grassroots organization. Your input is immensely valuable. Comment, submit your original material, and let us know what other types of content you'd like to see. We want to know what you think. Send us email at feedback@crossfit.com.



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