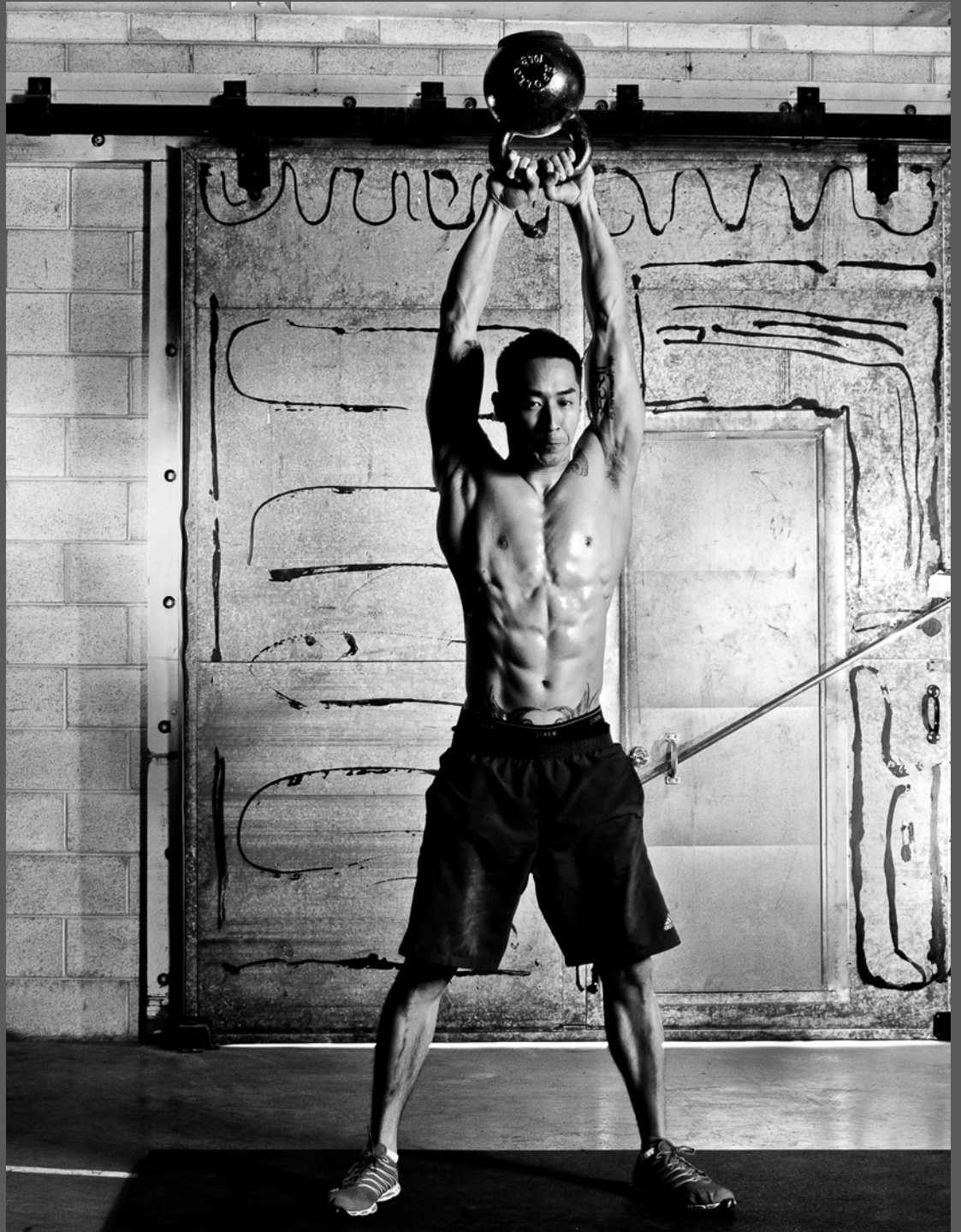




The Transformation

Jon Gilson narrates photographer Albert Dickson's look at the CrossFit body.





They'd look just as striking carved out of marble, guarding an acropolis. The human machine, at its potential, is art. Capture the light correctly, the flurry of movement, the struggle, and you capture the capacity to evoke emotion, the essential artistic quality of what we do.

This end point, the pinnacle of athleticism, the beautiful doing the impossible, is but one aspect of our sport, one aspect of our training.

For every chiseled picture, there is one that is not, sharp edges traded for rough, grace traded for strife. There is someone for whom seconds don't matter, for whom progress is measured in minutes. Someone for whom the act of standing is a personal record, never mind sprinting. There is someone getting life back, learning that the path of the athlete is the path to recovery.

In this realization, they're the same, the athlete and the novice, and the pictures don't matter. The light need not be captured, because someone said, "Go!"

The unyielding and the reborn stand side by side, pursuing the same goal. On different ends of the continuum, they use the same implement on the same canvas, intensity applied to the human body. There, the distinction between beauty and non is obliterated, rendered meaningless in the red mist of anaerobic activity.

In every end-point picture, every beautiful person smartly lit, we realize that we're witnessing what comes of this process, what happens when the novice stays the course, when intensity is applied again and again.

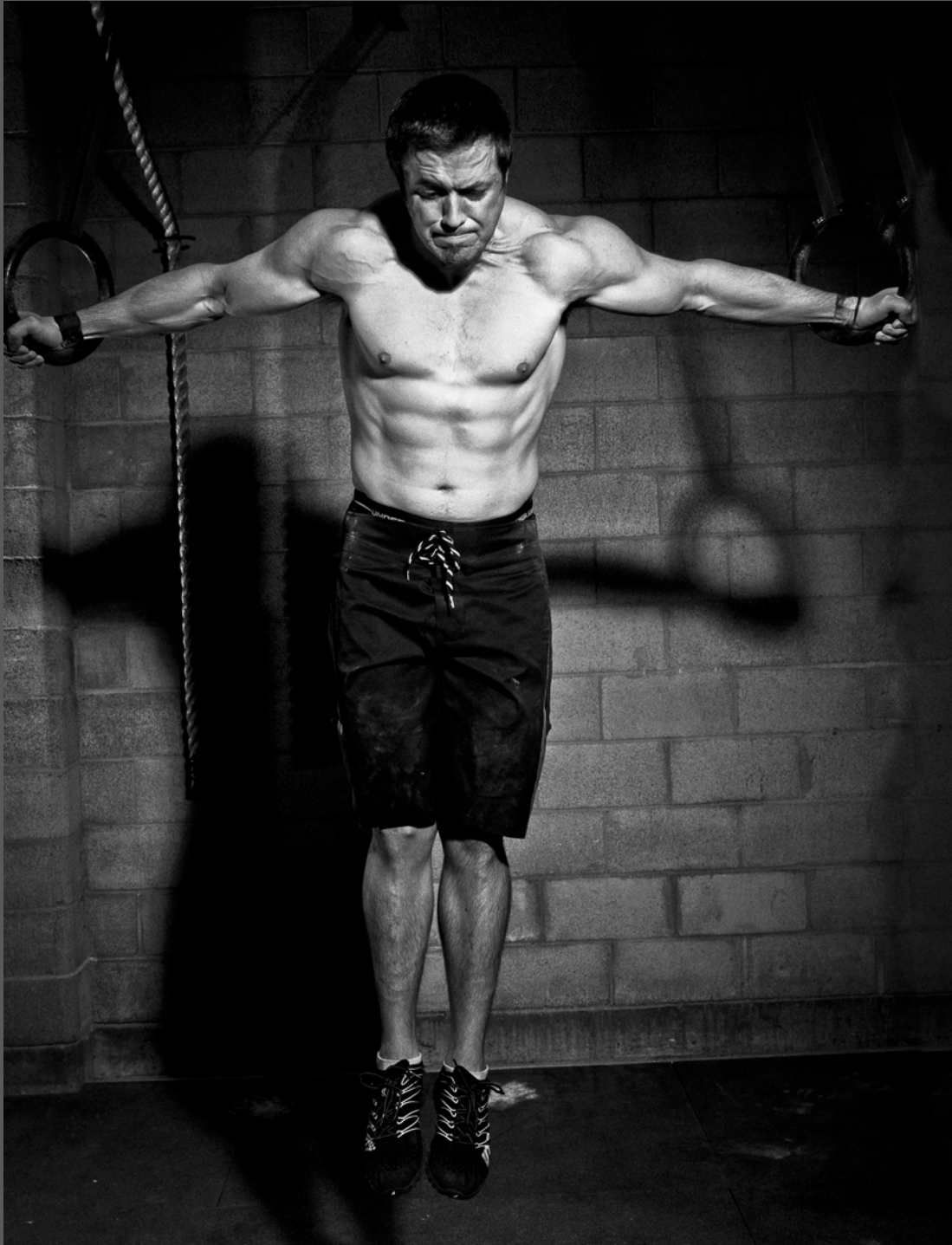
Rough edges are sharpened and polished, and weak resolve turns hard. Skirmishes are traded for easy victories, razor technique substituting for blunt force. The day-to-day becomes trivial, easy, the games we play that much more enjoyable. The novice becomes the athlete.

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The light turns kinder, and the photographer's lens turns. Those who persevered find themselves at the other end, measuring progress in seconds—sprinting, recovered.

And there they are celebrated, assuming their potential.

They are art.



About the Authors

Albert Dickson is a photographer based in Boise, Idaho. He has worked in health care for the past 27 years while pursuing photography as an enthusiast and then as a part-time professional. Today, Albert is leaving his first career to fully dedicate himself to photography. Albert has traveled the west from Alaska to Baja photographing amazing landscapes. His fine-art landscape photography has been exhibited around the Northwest and can be seen at Albert-Dickson.com.

Since 2008 years he has taken a new direction with his photography: "I have fallen in love with the human form. Making photographs that explore the complexity and dynamics of individuals can be challenging and tremendously rewarding. The CrossFit community is a perfect fit for my style of photography. My relationship with CrossFit has evolved from this photo series. I have found an ever-growing subject for my camera in the local fitness industry thanks to the fine people I met at Crossfit Refinery in Boise. Thanks to everyone at CrossFit Refinery for collaborating with me on these images." Albert can be reached at Albert@Whetstonemagery.com or by visiting his blog at Whetstonemagery.com.

Jon Gilson is the founder of [Again Faster Equipment](http://AgainFasterEquipment.com) and a member of the CrossFit Seminar Staff.