
THE CrossFit JOURNAL KIDS

CrossFit Kids Community

Jeff and Mikki Martin talk about the CrossFit Kids exhibition at the L.A. Fitness Expo.

By Jeff and Mikki Martin CrossFit Kids

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Staff / CrossFit Kids

CrossFit Kids had the opportunity to make a presentation at the recent L.A. Fitness Expo at the Los Angeles Convention Center on Jan. 29 and 30. There was an obstacle course and some challenges and games. Additionally, we featured a demonstration competition workout by two 12-year-old male athletes from CrossFit Kids at CrossFit Brand X and two 13-year-old female athletes from CrossFit Kids Monrovia.

The demo WOD was as follows:

AMRAP in 10 minutes of:

- 5 power cleans (45/35 lb.)
- 10 box jumps (24 inches)
- 5 pull-ups

These youngsters were amazing, and the boys just barely nosed out the girls.



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