

# Download The Power Clean Crossfit Journal

The deadlift, being no more than the safe and sound approach by which any object should be lifted from the ground, keeps company with standing, running, jumping, and throwing for functionality but imparts quick and prominent athletic advantage like no other exercise."Why you workout My wife and I were talking last night and she brought up an interesting idea that I wanted to share. Recently I rejoined her gym and left the gym where I was working out. CrossFit's focus is constantly varied, functional movements, executed at high intensity. Our goal is to increase your fitness in a well-rounded way; meaning the workouts are designed to get you stronger, faster, more endurance, flexibility, stamina, ability, and more. CrossFit is a core strength and conditioning program designed to elicit as broad an adaptational response as possible. It is not a specialized fitness program, but a deliberate attempt to optimize physical competence in all ten areas of fitness: