



What is the purpose of The Fittest Games Challenge?

The Fittest Games Challenge is created to regionally set a platform for athletes to develop their skills prior to competing at the National Level at The National CrossFit Games. The events are also a great way to be active in the community and compete with other individuals in a challenging and fun workout – and it's for a great cause!

Who can win the Grand Prize?

Only participants competing in the elite division who complete all 4 events are eligible for the Grand Prize. The elite male and female with the most points will win the Grand Prize.

Are coaches eligible to win the Grand Prize?

Coaches are not eligible to win the Grand Prize. Coaches competing in the Coaches Division have the opportunity to win a cash prize at each event. Refer to the Coaches Division for more details.

What is your Refund Policy?

We are unable to refund registration money. Please be sure you can attend the Challenge prior to committing.

What is CrossFit?

CrossFit is constantly varied, functional movements executed at relative intensity. This method of training is scalable for all fitness levels, and makes it ideal for everyone regardless of fitness level or experience. Our program delivers a fitness that is, by design, broad, general, and inclusive.

Watch *What is CrossFit* Video: <http://www.youtube.com/watch?v=6pqBNPNcR9c>

What is a CrossFit Bench Mark Workout?

Benchmark Workouts are a series of workouts that will serve to measure and benchmark your performance and improvements through repeated, irregular, appearances in the "Workout of the Day". They are unique in that each benchmark is given a female name. For example, names like Angie, Diane and Fran.

Read Entire Benchmark Workouts Here:

http://www.crossfit.com/journal/library/13_03_Benchmark_Workouts.pdf

What is the CrossFit Total?

The CrossFit Total is the sum of the best of three attempts at the squat, the press, and the dead lift, the three most effective lifts in existence for developing and testing functional strength.

Read Entire *CrossFit Total* Article Here: http://www.crossfit.com/journal/library/52-2006_CFTotal.pdf

What is a Met Con Challenge?

MetCon stands for Metabolic Conditioning. Biking, running, swimming, rowing, speed skating, and cross-country skiing are collectively known as "metabolic conditioning." In the common vernacular they are referred to as "cardio." Read Entire Article Here:

<http://www.crossfit.com/cf-download/CFJ-trial.pdf>