

Self-perception of the benefits and motivations for practicing CrossFit™**Autopercepção dos benefícios e motivações para prática de CrossFit®****Autopercepción de los beneficios y motivaciones para la práctica de CrossFit®**

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Objective: to understand the self-perception of the benefits and motivations for practicing CrossFit™. **Methods:** descriptive study, with a cross-sectional design and quantitative-qualitative approach, carried out in 2022 with students from a box affiliated with the CrossFit™ brand who responded to a structured questionnaire. Data analysis was performed using Microsoft Excel and Epi Info™ applications, with data presentation in a descriptive table, with absolute and relative frequencies and proportion estimates ($p \leq 0.95$), in addition to thematic analysis. **Results:** the main motivations for joining and remaining in the practice of CrossFit™ were health/quality of life, aesthetics, social relationships and technical improvement. The self-perception of practitioners shows physical, psychological and social benefits, associated with improved quality of life and aspects related to morbidities. **Conclusion:** with time of practice, reasons may change when technical improvement and the perception of community, seen as principles of the CrossFit™ brand, contribute to student retention. **Descriptors:** Motor activity; Exercise; Motivation; Quality of life.

Objetivo: conhecer a autopercepção dos benefícios e motivações para prática de CrossFit®. **Método:** estudo descritivo, com delineamento transversal e abordagem quanti-qualitativa, realizado em 2022 com alunos de um box filiado à marca CrossFit® que responderam a um questionário estruturado. A análise de dados foi por meio dos aplicativos Microsoft Excel e Epi Info™, com apresentação dos dados em uma tabela descritiva, com frequência absoluta, relativa e estimativa de proporção ($p \leq 0,95$), além de análise temática. **Resultados:** as principais motivações para a adesão e permanência na prática de CrossFit® foram saúde/qualidade de vida, estética, relações sociais e aprimoramento técnico. A autopercepção dos praticantes mostra benefícios físicos, psicológicos e sociais, associados à melhora da qualidade de vida e de aspectos relacionados às morbidades. **Conclusão:** com o tempo de prática, os motivos podem mudar quando o aprimoramento técnico e a percepção de comunidade, tidas como princípios da marca CrossFit®, contribuem para a fidelização dos alunos. **Descritores:** Atividade motora; Exercício físico; Motivação; Qualidade de vida.

Objetivo: Conocer la autopercepción de los beneficios y motivaciones para la práctica de CrossFit®. **Método:** estudio descriptivo, transversal, con abordaje cuantitativo y cualitativo, realizado en 2022 con alumnos de un box afiliado a la marca CrossFit®, que respondieron a un cuestionario estructurado. Los datos se analizaron con Microsoft Excel y Epi Info™, presentándose en una tabla descriptiva, con frecuencias absolutas y relativas y proporciones estimadas ($p \leq 0,95$), así como análisis temático. **Resultados:** las principales motivaciones para unirse y permanecer en CrossFit® fueron la salud/calidad de vida, la estética, las relaciones sociales y la mejora técnica. La autopercepción de los practicantes muestra beneficios físicos, psicológicos y sociales, asociados a la mejora de la calidad de vida y aspectos relacionados con la morbilidad. **Conclusión:** con el tiempo de práctica, los motivos pueden cambiar, mientras que la mejora técnica y la percepción de comunidad, considerados principios de la marca CrossFit®, contribuyen a la fidelización de los alumnos. **Descritores:** Actividad motora; Ejercicio físico; Motivación; Calidad de vida.

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INTRODUCTION

Non-traditional fitness programs have received great attention from the general public. Among them, CrossFit™ stands out in terms of media appeal, with its characteristics that permeate competitive and motivational factors¹.

The CrossFit™ program is designed to enhance one's competence in all physical tasks. Athletes are trained to successfully perform multiple, diverse and random physical challenges. In addition to physical conditioning, the program seeks to maximize the neuroendocrine response, develop strength, carry out cross-training with different modalities, based on constant training and practice based on functional movements, in addition to the development of diet strategies².

The method seeks to optimize physical capabilities, with emphasis on cardiovascular respiratory resistance, muscular endurance, strength, force, flexibility, coordination, speed, balance, agility and precision³. The practice promotes improvement in physical fitness with the development of aerobic capacity, coordination, agility and balance, using sports, functional exercises, Olympic lifting exercises, gymnastic movements and aerobic conditioning, which can be performed at high intensity⁴. The main benefit is the ability to improve stability produced by equal distribution of force and weight⁵.

By improving functional fitness, CrossFit™ contributes to the fight against chronic diseases and helps to combat this public health problem, at least from a physical point of view. In addition to the physical benefits, at the end of the activities, an improvement in mood and positive self-perception of quality of life is observed among CrossFit™ practitioners^{6,7}. Mood variations in pre and post-moderate intensity training were analyzed in CrossFit™ practitioners and a reduction in the level of tension, anger and depression was identified, suggesting benefits for the practitioners' mood states. These benefits are related to the intensity of the training and its execution in a pleasant and enjoyable environment, resulting in improved mental health and a better perception of quality of life⁸.

In addition to these aspects, practicing CrossFit™ promotes effects on body composition and various physical benefits, encouraging a healthier lifestyle, with improvements in body image and increased confidence⁹. Regular practice, in addition to improving physical performance, leads to greater functional independence, improved cognitive capacity, lifestyle and self-esteem¹⁰.

Given the need for regular practice to achieve benefits, the importance of motivation for adhering to and remaining in practice is considered. This depends on factors related to intrinsic - that is, personal - motivation to carry out a certain activity, such as pleasure and personal

satisfaction, and extrinsic factors, related to the environment in which the individual performs the activity. It is necessary to understand the different types of motivation that lead people to practice sports and exercise¹¹.

In the context of exercising that promotes well-being and motivates permanence over time, due to the improvement of different aspects of quality of life, the question arises: *“How does the practice of CrossFit™ impact the daily lives of its practitioners?”* To answer this question, this study aims to understand the self-perception of the benefits and motivations for practicing CrossFit™.

METHODS

This is a descriptive study, with a cross-sectional design and a quantitative-qualitative approach. The research was carried out on the premises of a CrossFit™ box, founded in 2015, in the interior of the state of Santa Catarina, Brazil, which serves approximately 600 students.

Data collection took place in the months of March and April 2022. They were contacted in the box where they trained, in the period before practicing the sport, and answered a structured questionnaire, with closed-ended (quantitative) and open-ended (qualitative) questions. The quantitative questions dealt with the motivations for joining, continuing and recommending the practice of CrossFit™. The qualitative questions dealt with self-perception of the benefits resulting from the practice of CrossFit™.

As an inclusion criterion, the participants were CrossFit™ practitioners regularly enrolled for more than six months, who voluntarily agreed to participate in the study. Minors, incomplete questionnaires and students who took separate classes in the box were excluded from the study. To define the sample, the SEstatNet™ system was used, which statistically determined the average estimate, with a 95% confidence level.

To analyze the closed-ended questions (with multiple-choice answer), related to the reasons for joining and continuing to practice CrossFit™, the Microsoft Excel and Epi Info™ applications were used, with data presented in a descriptive table, with absolute, relative frequency and proportion estimate ($p \leq 0.95$). To analyze the data from the open-ended question (participants responded spontaneously, without options to select from), related to the perceived benefits resulting from the practice of CrossFit™, a thematic analysis was carried out following Minayo's operational proposal¹², with its pre-analysis steps; material exploration; treatment of the results obtained and interpretation.

The study was approved by the Human Research Ethics Committee under Opinion number 54233421.4.0000.5636. To preserve anonymity, study participants were identified

with the letter P, plus a numeral, according to the order in which the interviews were carried out.

RESULTS

82 CrossFit™ practitioners participated, of which 53 were women (64.6%) and 29 were men (35.4%), aged between 21 and 70 years old, with the mean (M) = 31.57 and Standard Deviation (SD) = 7.57; practicing for an average of 2.46 years (SD = 1.96), with a weekly practice frequency of two to six days (M = 4.11; SD = 0.98).

In the self-perception of the benefits and motivations for practicing CrossFit™, in terms of motivation for adherence, 97.5% pointed to health and quality of life, followed by aesthetics, indicated by 59.7% of respondents (Table 1).

Of the reasons that encouraged continuation in the modality, health and quality of life remained in first place, with 91.4%, again followed by aesthetics, with 53.6%, equaling the option of social relationships, which had initially been indicated by only 36.5% of participants. There was also an increase in the “technical improvement” option, which initially was 18.2%, rising to 42.6% (Table 1).

Table 1. Motivations for joining and continuing to practice CrossFit™ indicated by CrossFit™ practitioners in a box located in the interior of the state of Santa Catarina, Brazil, 2022.

Questions	NO (%) (No = 82)	CI (95%)
1. What encouraged you to JOIN CrossFit™?		
Achievements in competitions	4 (4.88%)	(0.22 - 9.54)
Technical improvement	15 (18.29%)	(9.92 - 26.66)
Health/Quality of life	80 (97.56%)	(94.22 - 100.9)
Social relationship	30 (36.59%)	(26.16 - 47.01)
Leisure	37 (45.12%)	(34.35 - 55.89)
Aesthetics	49 (59.76%)	(49.14 - 70.37)
Others	3 (3.66%)	(0 - 7.72)
2. What encouraged you to STAY in CrossFit™?		
Achievements in competitions	9 (10.98%)	(4.21 - 17.74)
Technical improvement	35 (42.68%)	(31.98 - 53.39)
Health/Quality of life	75 (91.46%)	(85.42 - 97.51)
Social relationship	44 (53.66%)	(42.87 - 64.45)
Leisure	42 (51.22%)	(4.4 - 62.04)
Aesthetics	44 (53.66%)	(42.87 - 64.45)
Others	2 (2.44%)	(0 - 5.78)

Note: I - Confidence intervals (CI) for the proportion with 95% confidence.

When asked about their self-perception of the benefits arising from practicing CrossFit™ and whether their quality of life had improved, 100% of participants answered affirmatively, so that the thematic analysis indicated psychological and social, physical and morbidity-related aspects.

From the psychological and social aspects, the benefits highlighted by the participants are related to the feeling of joy, good mood and happiness, with improved self-esteem and self-confidence. They indicate that there was an increase in the circle of friends (networking), with an improvement in relationships and interpersonal skills, as well as in communication. They reported that they feel stronger and more willing to overcome daily challenges, with improved concentration, management of emotions, discipline, organization, patience, resilience and reduced laziness, indicating that the practice of CrossFit™ encourages them to be healthier, prioritizing more time for rest and leisure, and the practice itself is seen as a leisure activity, bringing a feeling of well-being, as in some descriptions:

The box environment feels like a second home. I created bonds, made friends and feel better as a person. (P42)

Social interaction with people from different backgrounds; personal challenge related to frequency, commitment and consistency in physical exercise, for which I had not felt motivated for some time. (P72)

Crossfit made me enjoy constant physical exercise. (P73)

Among the physical aspects resulting from CrossFit™, participants highlighted increased resistance, mobility, strength, agility, improved cardiorespiratory conditioning and body composition, with aesthetic improvement, muscular definition, better body posture, decreased sagging and fat loss. They also highlighted the improvement in sleep quality and eating patterns, with a continuous feeling of well-being due to the absence of pain, improved disposition, immunity and performance in other sports:

It brought me friends, a desire to exercise, strength and aesthetics. (P 63)

Improves physical strength, sleep quality, flexibility, weight loss and muscle definition. (P 50)

Mobility to perform daily tasks. Mass gain and less sagging. A bigger circle of friends. (P 20)

Among the aspects related to morbidities, participants pointed out the improvement in the reduction of symptoms of anxiety and depression, back pain, migraines, regulation of the menstrual cycle, weight reduction and better control of diabetes:

More disposition and emotional improvement. My depression improved by 90%. (P11)

Health (regulated menstrual cycle and cured my migraine); interpersonal relationship; aesthetics. (P41)

More willingness for daily activities and leisure; increased perception of competence and ability to manage emotions and anxiety. (P72)

When asked whether they would recommend CrossFit™ practice to family and friends, 95.1% of participants responded affirmatively and 4.9% would recommend it with reservations.

DISCUSSION

The motivational factors for joining and remaining in the practice of CrossFit™ were health/quality of life, aesthetics, social relationships followed by technical improvement.

As a priority option for the search for health and quality of life, the findings corroborate another study¹³, in which the frequency of participation was positive and partially related to intrinsic motivating factors, development of skills and satisfaction of the psychological needs for autonomy and behavioral self-control. The personal purpose of improving health and quality of life appears to be primarily important for adherence and also for maintaining the practice of the sport, however intrinsic motivation may not be the only important factor in this process.

The frequency of participation was negatively predicted by external regulatory factors, that is, extrinsic motivation¹³. This evidence highlights the motivating factor “aesthetics” which, in this study, was among the reports of more than half of the participants, proving to be one of the main factors for starting and continuing the modality. Attention to this factor must occur in the sense that it can be an aspect that motivates the student intrinsically, for personal satisfaction, or extrinsically, with a view to meeting cultural and social standards of beauty. It is suggested that the effects of this factor on motivation could be positive or negative for maintaining the practice and could vary according to the perspective perceived by the practitioner.

However, in the results of this study, aesthetics was initially a factor of adherence for 59.76% of practitioners, discreetly decreasing to 53.66%, as a motivating factor for continuity. Technical improvement, which was initially indicated as a factor of adherence for 18.29% of participants, rose considerably as a continuation option for 42.68% of respondents. These findings demonstrate that when continuing to practice CrossFit™, participants care more about developing their skills and less about their appearance/aesthetics, which ends up being a consequence and no longer the priority purpose of the training.

In CrossFit™, collectively, everyone performs the same training session, however, bodily and aesthetic gains, technical development and consequent differentiation are related to individual commitment, with each person seeking their best¹⁴. This search for technical improvement is one of the premises of CrossFit™, which focuses on safety, with part of its

fundamental guidelines being mechanics, consistency and then intensity, that is, the more self-discipline and dedication, the better the results of this effort will be, developing resilience and determination that are transferable to all aspects of life, thus cultivating a culture dedicated to integrity and excellence¹⁵.

That said, it is observed in those surveyed that technical improvement is superior to aesthetics, being seen as a factor of continuity to the practice, which suggests that the CrossFit™ practitioner is more concerned with themselves, with their advances and technical achievements, than with aesthetic standards and/or pressure from society, in the search for the 'perfect' body. This aspect was highlighted in the training sessions, so that the clothing characteristic of this public is tight, short clothes with bodies showing, and the majority of practitioners are more concerned with the comfort and quality of the training, than with the aesthetic standards and exposure/judgment of their bodies being 'perfect' or not.

A study that analyzed the consumption habits and clothing preferences of CrossFit™ practitioners showed that practitioners give less importance to their physical appearance and focus more on comfort to achieve personal goals and proposals in the day's training, prioritizing practical, seamless and comfortable clothing, and are more focused on their personal pursuits than on their physique, status and physical appearance¹⁶.

These findings are in line with the CrossFit™ Ethos (culture-guiding beliefs and ideals), which reinforces the absence of mirrors in the pits, to avoid evaluating appearance and the isolating relationship of looking at oneself in the mirror, emphasizing execution of techniques, essential to optimize the safety, effectiveness and efficiency of the training program¹⁵.

With regard to social relationships, characterized, in principle, as an extrinsic motivator, the results showed that the relationships established by practitioners were also presented as important motivators. This factor was reported by 36.59% of participants as important for starting the practice, and it is noteworthy that, in a notable increase, 53.66% reported it as an important reason for maintaining it.

Research¹⁷ that sought to provide evidence of the social influence of exercise on CrossFit™ practitioners demonstrated that carrying out the practice was related to the establishment of social ties with colleagues, agreeing that the connection between participants can contribute to continued practice. The premise that environments that offer group exercises can help with regularity of practice seems to be confirmed and corroborates the findings of this study. It is complemented by the fact that the perception of social support and compliance with norms and standards in the modality are also associated with this motivational factor¹⁷.

The results of an investigation into the social relations factor also suggest that people's perception of the same motivational factor can change over the course of the experience. This premise corroborates the indication that reasons can change over time¹⁸, which demonstrates that it is important not only to know the reasons that motivate the practitioner in their adherence, but also to monitor the maintenance or changes in motivational aspects.

A survey in which men who practice soccer, spinning and CrossFit™ were interviewed, to explore reasons for continuing and giving up the structured practice of individual and collective modalities, showed that the variation in the social structure and organization inherent to each of the activities were related to pleasure, intention and ability to remain active in practice¹⁹.

Collective activities seem to be motivating, due to intrinsic effects caused by positive social experiences²⁰. It is noted that an organized environment that promotes a perception of satisfaction, with the establishment of positive social relationships, contributes to the motivation of practitioners and indicates that this can be achievable even in an individual modality, through which affective bonds and the perception of community are established, as is the proposal of CrossFit™², which is an individual modality, practiced by the majority of students collectively.

Still on the influence of social relationships, interviews carried out with coaches/box owners suggested that aspects such as demonstration of care and consideration by administrators, perception of inclusion, tolerance and encouragement of empowerment, occurrence of common interests among practitioners, challenges healthy relationships (with oneself and with others) that encourage positive bonds and the possibility of having one's own initiative in involvement, without external pressure, strengthen the sense of community in the box²⁰. The reports of more than half of the participants in this study, indicating that social relationships become, over time, the predominant motivational factors for maintaining the practice, confirms these assumptions.

When social relationships begin to be perceived as an aspect that promotes personal satisfaction and well-being, this aspect can also be thought of, indirectly, as intrinsic motivation. Social strengthening in the modality is associated with perceptions of overcoming, support, comparison and competition between subjects and with oneself¹⁴. Social facilitation is perceived by aspects such as perception of support, interest in exercising with friends and family, receiving support in the training environment, adapting training to individual characteristics and good skills of the coach²⁰. It is assumed that the way the practitioner perceives social relationships, not only with their colleagues, but also with the professionals

who work in the box, affects their motivation to practice, also causing them to recommend the practice of CrossFit™ for family and friends, as 95.1% of participants stated.

In relation to the self-perception of the benefits resulting from the practice of CrossFit™, it is observed that the psychological and social benefits resulting from the practice interfere with the perception of quality of life, represented by a biological-social hybrid, mediated by mental, environmental and cultural conditions, permeating spheres of satisfaction of basic needs (food, access to drinking water, housing, work, health and leisure), in addition to non-material values such as love, solidarity, social inclusion, personal fulfillment and happiness that lead to a standard of comfort and well-being²¹. The search for health and quality of life, understood as an intrinsic motivation, was among the most important motivational factor for adherence (97.6%) and maintenance (91.46%) of the practice mentioned by the participants in this study, in addition to perceived benefits in physical and psychological factors, social insertion, satisfaction, leisure, immunity and reduction of pain and illnesses, which suggests a strong contribution of the practice of CrossFit™ on the perception of quality of life of practitioners.

Specifically on aspects of intrinsic motivation, a systematic review²² selected articles on psychological variables in CrossFit™ practitioners and indicated that intrinsic motivation was high for participation in training, with emphasis on the search for fun and pleasure, challenges and affiliation. The results of the present study corroborate this indication, insofar as, in addition to the search for health/quality of life and social relationships, practitioners predominantly reported the importance of leisure, both in joining and maintaining the practice of the sport. Making it possible to infer that offering training permeated by promoting pleasure, overcoming challenges and a sense of belonging tends to be powerful for student engagement. Thus, motivational aspects lead students to enter and remain in practice, suggesting that their maintenance is also associated with the perception of achieving these goals, as evidenced in the results of the present study, in which participants reported perception of physical benefits such as resistance, strength, cardiorespiratory fitness, improvement in body composition, aesthetic gains such as reduced sagging, increased muscle definition, improved body posture and fat loss.

Interviews with coaches/box owners indicate that increased engagement in the face of the perception of reduced body fat, increased physical capabilities, cardiorespiratory capacity, bone and joint health are physical benefits perceived by practicing the modality¹⁹. Studies²³⁻²⁴ that set out to evaluate the physical effects of practicing CrossFit™ demonstrated gains in several ways. There is an increase in work capacity in sport, which facilitates performance and other metrics, such as the maximum amount of oxygen that the body can absorb with each

breath (maximum VO₂), the lactic acid threshold, body composition, strength and flexibility²³. Another beneficial potential is the cardiorespiratory response to submaximal interval exercise, which helps regulate blood pressure, through greater vascular conductance of the worked muscles, consequently leading to better systemic oxygenation²⁴.

In a comparison of physical capabilities and traditional resistance training, among young adults who exercised, with one year of practice, twice a week, using pull-down tests on the fixed bar, a 20-meter round trip test and a vertical jump²⁵, the results showed better cardiorespiratory capacity in individuals practicing CrossFit™. Benefits for bone health were also demonstrated in a study in which, after activity, osteocytes (cells derived from osteoblasts, belonging to bone tissue) detect changes in the shape and volume of the bone, emitting signals to increase or decrease the release of mediators specific bones that will influence the formation of a more congruent and dense bone layer, with exercise contributing 30% to bone hardness²⁶.

These benefits are related to controlling the emergence and progression of morbidities, as well as the development of chronic non-communicable diseases (cardiovascular diseases, neoplasms, chronic respiratory diseases, diabetes mellitus, mental and neurological conditions). Chronic diseases affect six in ten adults in the United States, four in ten people have two or more chronic diseases that predict death and disability, and although the majority of these diseases are due to several factors, the main risk factor is the lack of physical activity²⁷.

When evaluating the levels of CD4 and CD8 during exercise, which are common markers of leukocytes, it was found that, after six months of CrossFit™ training, there was no change in the level of CD4, however, the levels of CD8 increased significantly for both sexes, demonstrating an increased immune response, helping to prevent infections and chronic diseases, such as diabetes and cancer²⁸.

Another health benefit of CrossFit™ can be observed at a hormonal level, with control of cortisol levels. The hormone cortisol is a hormone that affects several systems, such as respiratory, cardiovascular and nervous systems, and plays a role in blood glucose levels, pressure and inflammatory responses²⁹. In an analysis of research that evaluated cortisol levels during exercise, it was discovered that after six months of CrossFit™ training, women and men showed a decrease in cortisol levels, with men going from an average of 15.6 to 12.6 pg/mL, and women, from 22.6 to 18.3 pg/mL²⁸. Suggesting that decreasing cortisol levels and increasing the immune response may help prevent infections and chronic diseases.

Cortisol levels are associated with stress levels, which, when elevated recurrently and without recovery periods, generates uncomfortable physical and psychological symptoms that are harmful to health³⁰. Participants in the present study indicated an improvement in sleep

quality, disposition, immunity and dietary patterns in their physical gains. As psychological benefits, they reported improvements in mood, self-esteem and self-confidence, concentration, emotional regulation, increased energy, organization and priority of leisure and rest time. In addition to the perception of reduced pain and increased feeling of well-being, which promote the perception of a higher quality of life. In this way, these benefits perceived among CrossFit™ practitioners are linked, directly or indirectly, with the facilitation of stress regulation.

In addition to the benefits, work is needed to also investigate the risks arising from practicing the modality, and the prejudice related to the practice of CrossFit™ as a risk factor for injuries is still a stigma present in the community. Contrary to the belief that CrossFit™ is physically harmful, injuries are no more common than in other sports when compared to other forms of exercise such as running, handball, triathlon, gymnastics, soccer and rugby. The rate of injuries in CrossFit™ is not considered high and it is inferred that such results are due to the lack of physical contact and the practice of exercise on uneven ground, which have already been shown to be associated with the occurrence of injuries in sports⁴.

In CrossFit™, injuries to the shoulder joints, shoulder girdle and spine are prevalent, however, specialized instructions for beginners, initial orthopedic examinations, attention and involvement from well-qualified trainers can contribute to lower injury rates³¹. Therefore, CrossFit™ is a recommended practice for adults looking for high-intensity exercise and a wide variety of exercises, and the rate of injuries that occur in CrossFit™ is similar to other programs, as well as health benefits²³.

CONCLUSION

It was found that health/quality of life and aesthetics were considered, respectively, the main aspects for starting practice in the modality. In addition to these factors, to maintain the practice, participants also indicated social relationships, followed by technical improvement. It is suggested that, with time of practice, the reasons may change, when technical improvement and the perception of community, seen as principles of the CrossFit™ brand, contribute to student retention.

Regarding the perceived benefits resulting from the practice of CrossFit™, there is an improvement in quality of life, with its intrinsic and extrinsic motivations, with gains being identified in psychological and social, physical aspects and those associated with morbidities.

As it is a descriptive research, this study had the limitation of being carried out only in a CrossFit™ box. On the other hand, the quantitative-qualitative approach contributed to a greater unveiling of the phenomenon studied, and the data presented can encourage adherence

to the practice of the modality and the fight against prejudice, given the numerous benefits of the modality and the false idea that it, in itself, is predictive of high injury rates.

It is suggested that prejudice should be fought with studies that highlight the benefits arising from the practice, as well as the risks in comparison to other sports, in order to continue improving the program's proposals. Especially due to the fact that the CrossFit™ training program is guided by the premise of continuous supervision, with the qualification of coaches, who must observe, guide and encourage, in a safe way, the gradual progression of loads, respecting the necessary training adaptations, according to the development of physical conditioning and technical mastery of each practitioner.

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CONTRIBUTIONS

Daniela Maysa Souza collaborated in the design, collection and analysis of data, writing and revision. **Gabriela Frischknecht Petters** participated in data collection and analysis, writing and revision. **Luana Wamser** and **Roberta Melchiorretto Ostermann** contributed to data collection, analysis and writing.

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