

Q28 What is your most favourite thing about CrossFit in general?

Answered: 44 Skipped: 8

#	Responses	Date
1	There is so much to learn and always so much room for improving	12/22/2014 11:37 PM
2	Feeling the energy after the wod	12/22/2014 10:16 PM
3	The challenge and the benefits!	12/22/2014 8:37 PM
4	Fun daily exercise.	12/22/2014 3:59 PM
5	getting sweaty	12/22/2014 3:52 PM
6	getting fit and having fun doing it	12/22/2014 3:38 PM
7	Coaches and the workouts	12/22/2014 9:47 AM
8	Toughest workouts ive ever done and keep wanting to come back for more	12/21/2014 9:56 PM
9	The variety, and the challenge that is an achievable challenge.	12/19/2014 9:26 AM
10	Working out as a team	12/18/2014 9:43 AM
11	That I can perform and do things I never thought possible	12/17/2014 10:41 PM
12	The feeling after every WOD	12/17/2014 10:20 PM
13	Pushing your body beyond its 'limits'	12/17/2014 9:54 PM
14	How fun it can be to get healthy and stronger / I've amazed my self at how strong I am compared to a year ago without even realising	12/17/2014 9:38 PM
15	room for growth and achievements in so many different areas	12/17/2014 9:29 PM
16	The progress than can be made	12/17/2014 9:17 PM
17	always a tough work out	12/17/2014 9:03 PM
18	It pushes you to your limits and teaches you to ignore them.	12/17/2014 8:53 PM
19	The feeling of being fit overall	12/17/2014 8:49 PM
20	Getting stronger and stronger every month :)	12/17/2014 8:22 PM
21	I feel so good after a work out.. When I don't, I almost feel guilty! I feel stronger and more toned as well which is always a bonus :)	12/17/2014 8:18 PM
22	the feeling it gives you is like no other it's amazing	12/17/2014 7:51 PM
23	Learning how strong you really are.	12/17/2014 7:27 PM
24	Keeps me fit and learning new moves and improving these moves!	12/17/2014 7:15 PM
25	Seeing yourself achieve more and being stronger	12/17/2014 6:55 PM
26	its different to other fitness classes and is constantly upgrading movements and exercises its not the same stuff every week	12/17/2014 5:53 PM
27	The gains :) the atmosphere. The energy.	12/17/2014 5:47 PM
28	That it is so broad and suitable to life, guarantee'd to get anyone results!	12/17/2014 5:24 PM
29	That Crossfit kicks my arse every workout.	12/17/2014 5:21 PM
30	I am challenged everyday and I know I will never get to the point that I need to stop applying good work ethic, mental toughness and physical preparation. There will always be a goal.	12/17/2014 3:55 PM

31	Variety & environment	12/17/2014 3:37 PM
32	I could never go back to a gym. Doing things I never thought I could do. Always having something to gain push towards	12/17/2014 3:19 PM
33	The pain.	12/17/2014 3:17 PM
34	Squat	12/17/2014 3:13 PM
35	Its always high intensity training and you feel like you have achieved something after every workout	12/17/2014 2:53 PM
36	how it comprises all aspects of fitness into one	12/17/2014 2:44 PM
37	The WODs! pushing yourself to the limits over and over again, then seeing the massive improvements a few months later.	12/17/2014 1:57 PM
38	Everydays different	12/17/2014 1:43 PM
39	Making friends with similar goals and interests... And getting super sweaty!	12/17/2014 1:40 PM
40	Improving on my Fitness	12/17/2014 1:32 PM
41	Doing exercise in a way that always feels new to the body and never knowing what is coming (wod). Exercising in a group while pushing individual limits.	12/17/2014 1:16 PM
42	I like how we always have something bigger and better to strive for. It encourages you to continually improve and push yourself. In regular gyms I would often feel unmotivated and not work out as much as I could/should.	12/17/2014 1:08 PM
43	heart rate spikes.	12/17/2014 1:04 PM
44	How quickly I change, how it challenges me	12/17/2014 1:00 PM