



Fit Enough for Faith?

Community, Values, Religion
in CrossFit

Dr.Alexander Darius Ornella
Research Lunch, School of Social Sciences, University of Hull, 26 Feb 2014

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I'm happy to discuss my research, You can contact me at: alexander@ornella.info

For a general reference to this presentation:

Ornella, Alexander D.: "Fit Enough for Faith? Community, Values, Religion in CrossFit", Research Presentation, Research Lunch, School of Social Sciences, University of Hull, 26 Feb 2014, <http://ornella.info/fit-enough-for-faith-hull/>.

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CrossFit Terminology

- “box”: CrossFit gym
- “WOD”: Workout of the Day
- CrossFit HQ: CrossFit Headquarters, TM holder
- CrossFit Affiliate: Certified CF trainer who licensed the name and opened a gym.
- Named workouts:
 - Benchmark Girls, New Girls, Hero Workouts

CrossFit Workout

Sessions are 60min, led & supervised by a professional and certified CrossFit coach:

- warm up
- stretching and mobility work
- strength/skills
- WOD



CrossFit Hull



The research project / book

- CrossFit as community
 - the local and the global
- CrossFit as religious practice
- CrossFit and religious practice
- CrossFit as meaning making and meaningful practice
- (De)Gendering
- The apostates
- Symbols, rituals, and movements: branding, buying-in, ...
- CrossFit bodies and CrossFit aesthetics

Religion and Sports: phenomena and existing research





The gym as gendered space; different gender dynamic at CrossFit boxes compared to a “traditional” gym.



CrossFit Seattle - 1st CrossFit Affiliate on the planet



CrossFit Mom - crossfitmom.com

CROSSFIT MOM

Babies Demos

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Workout of the Day
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Information

1st Trimester
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CrossFit Mom Articles

Falling off the Paleo Wagon

Welcome to CrossFit Mom

February 21, 2014   

Written by Andrea

Thursday, 20 February 2014 19:38



Advanced

3 rounds
20 min time



How to spot a CrossFitter in a non-CrossFit context?

- clothing
- movements/exercises
- “rituals”



CROSSFIT AFFILIATES

Military Affiliates

CrossFit Torii Beach - Okinawa, Japan
CrossFit Quantico - Stafford, VA
CrossFit Cherry Point - Havelock, NC
CrossFit Pentagon - Washington, DC
CrossFit WTBN - Quantico, VA
CrossFit New River - Jacksonville, NC
CrossFit Miramar - San Diego, CA
CrossFit Fort Meade - Odenton, MD
Black and Gold CrossFit - West

CrossFit Affiliates

CrossFit HQ
CrossFit Seattle - Seattle, WA
Agoge CrossFit Woodinville -
Woodinville, WA
CrossFit East -Jacksonville, FL
CrossFit Brand X - Ramona, CA
Rainier CrossFit - Sumner, WA
CrossFit Mikes Gym - Bonsall, CA
CrossFit Kansas City - Prairie
Village, KS
CrossFit Los Angeles (LA) - Santa
Monica, CA
CrossFit Milwaukee - Whitefish
Bay, WI
CrossFit Ann Arbor - Ann Arbor, MI
CrossFit Vancouver -
Vancouver, Canada
CrossFit Huntington Beach (HB) -
Huntington Beach, CA
CrossFit Southwest - Tempe, AZ
CrossFit NYC - New York, NY
CrossFit London UK - Bethnal
Green, United Kingdom
Team CrossFit Academy -
Monrovia, CA
CrossFit Chicago - Chicago, IL
CrossFit Gymert Nederland - 5422 VP
Gemert, Netherlands

Memento Mori

The Hero Workouts

Remembering service men and women fallen in service for their country.

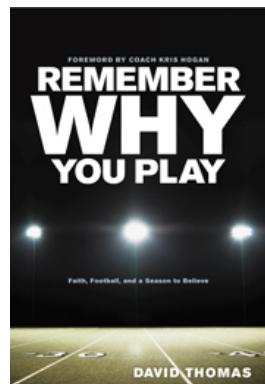
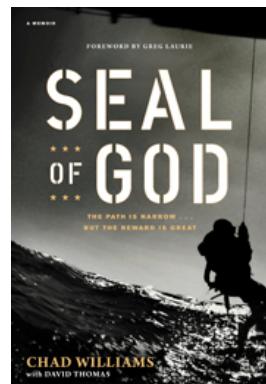
The Hero Workouts		
JT  PO1 Jeff Taylor In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little Creek, VA, who was killed in Afghanistan June 2005 First posted 6 July 2005	<ul style="list-style-type: none">• Handstand push-ups• Ring dips• Push-ups	21-15-9 reps, for time
MICHAEL  Lt Michael McGreevy In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan June 28 2005. First posted 15 July 2005	<ul style="list-style-type: none">• Run 800 meters• 50 Back Extensions• 50 Sit-ups	3 rounds for time



“May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world” (Gal 6:14).

Rich Froning
4x winner of the CrossFit Games, “The Fittest Man on Earth”.

Religion and sport as literary genre



David Thomas

CrossFit Mayhem

FORGING ELITE FITNESS

41 South Cedar Ave, Suite A
Cookeville, TN 38501

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02/24/2014

10 HOURS AGO by Lauren in WOD

0

Search Website GO

MAYHEM CHALLENGE

Sermon on the Mount Challenge
[Read for more information about this challenge](#)

Week of Feb 17-23
VERSE: [Matthew 5:16-20](#)

Back Squat
2-2-2-2-2 @ 80%

Metcon (Time)
20 Back Squat (225/135) – From the ground
40 Toes to Bar
60 KB Swing (2/1.5)

Metcon (Time)
5 Sets
20 Back Extensions
Rest 1 minute between sets

70LB KETTLEBELL

MAYHEM FOR MUSTARD SEED RANCH EVENT



CROSSFIT FAITH

CrossFit FORGING ELITE FITNESS

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Wednesday, February 19, 2014

Faith WOD

TODAY'S STEPS
READ: 2 Timothy 3:14-17

REFLECT: What is the purpose of knowing the Scriptures?

RESPOND:
1 - Are you hungry for the knowledge of God?
2 - If so, what evidence shows you are gaining knowledge?
3 - If not, what do you think is keeping you from gaining



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Search CrossFit Faith

Blog Archive

Blog Archive

Faith Journey 40-Day Journey
Knowledge Goals Love A Journey
Through Matthew Fear Purpose
Confidence Forgiveness Friendship
Mercy Skill Identity Grace Prayer
Evidence Godliness Anger Defeat

CrossFit Faith

Physical Fitness

Daily Workouts

The CrossFit Faith system goes hand-in-hand with the physical fitness program of CrossFit Mayhem (www.crossfitmayhem.com). Several of these same athletes also participate in the CrossFit Faith program.

We also highly recommend following the main site WODs (www.crossfit.com), and utilizing Jeff Martone's training at www.tacticalathlete.com.





Rich Froning 
@richfroning
Servant of Christ. Husband of @hillaryfroning. Galatians 6:14.
@crossfitmayhem. @roguefitness. @oakleysports. @reebok shoes. @advocare.

TWEETS 3,746 FOLLOWING 0 FOLLOWERS 137K

Following 



Ron Ortiz 
@srortiz818
Son of God, husband, father, coach to many, friend to all. 2013 Crossfit Masters 45-49 Champion.
PalmBeach, Fl

TWEETS 167 FOLLOWING 1,786 FOLLOWERS 1,920

 Follow 



Andrea 
@Ager_Bomb
Love GOD, Love PEOPLE, Love CROSSFIT. I will be tweeting about all three!
Hollywood, California • theandreaager.com

TWEETS 1,408 FOLLOWING 274 FOLLOWERS 11.4K

Following 

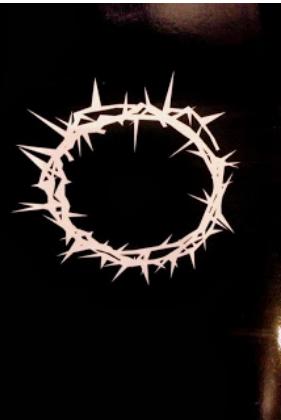
Andrea Ager, 2013 CrossFit Open: 2nd (CA), 7th (world)



Jeremy Thiel
@jeremythiel
Jeremy 2.0 lets go! Pursuing excellence unto Christ. My Game
@advocare_com | @crossfitcentral | @redblackgym | @relentlessatx |
Austin Texas · jeremythiel.com

TWEETS 2,420 FOLLOWING 467 FOLLOWERS 4,480

Following ⚙️



Iron Sharpens Iron

“You will walk away from the weekend with a copy of the Athlete New Testament, a Faith Rx'd T-shirt and wristband, and hopefully a new outlook on how to make Christ a central part of your training and life. Join us for this first of its kind, unforgettable event!

By Jeremy Thiel



Talayna Fortunato

@talaynaf

Physical Therapist, CrossFitter, Dog Owner, Southern girl living in FL
tcrossfit.wordpress.com

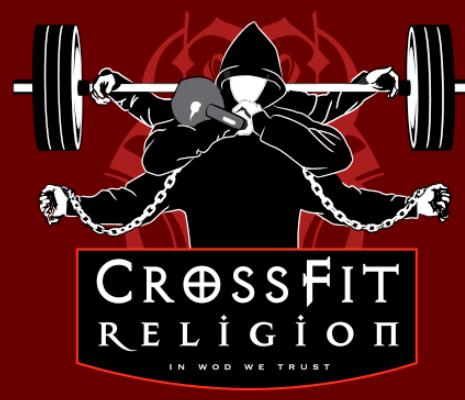
TWEETS 794 FOLLOWING 110 FOLLOWERS 15.9K

+👤 Follow ⚙️

WELCOME

We sweat.
We burn.
We battle time and inner demons.
We are intense but we are focused.
We are Crossfit Religion.

JOIN US.



CrossFit affiliate

