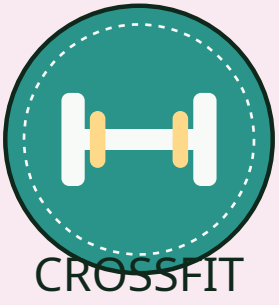
THE CARTOON BOOK OF

CROSSFIT



ENDURANCE

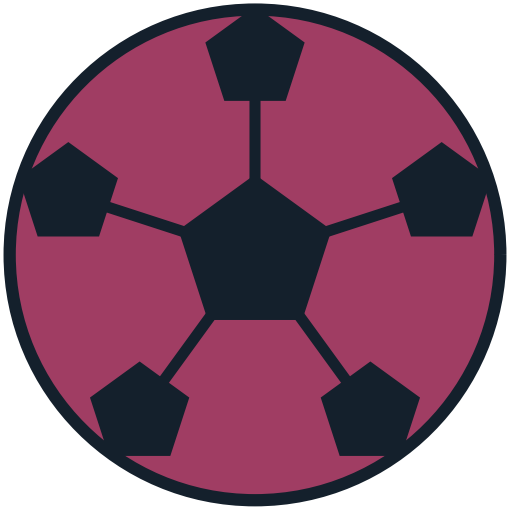
SPORT ON EARTH

Sport on Earth Books · The Athletics & endurance Family

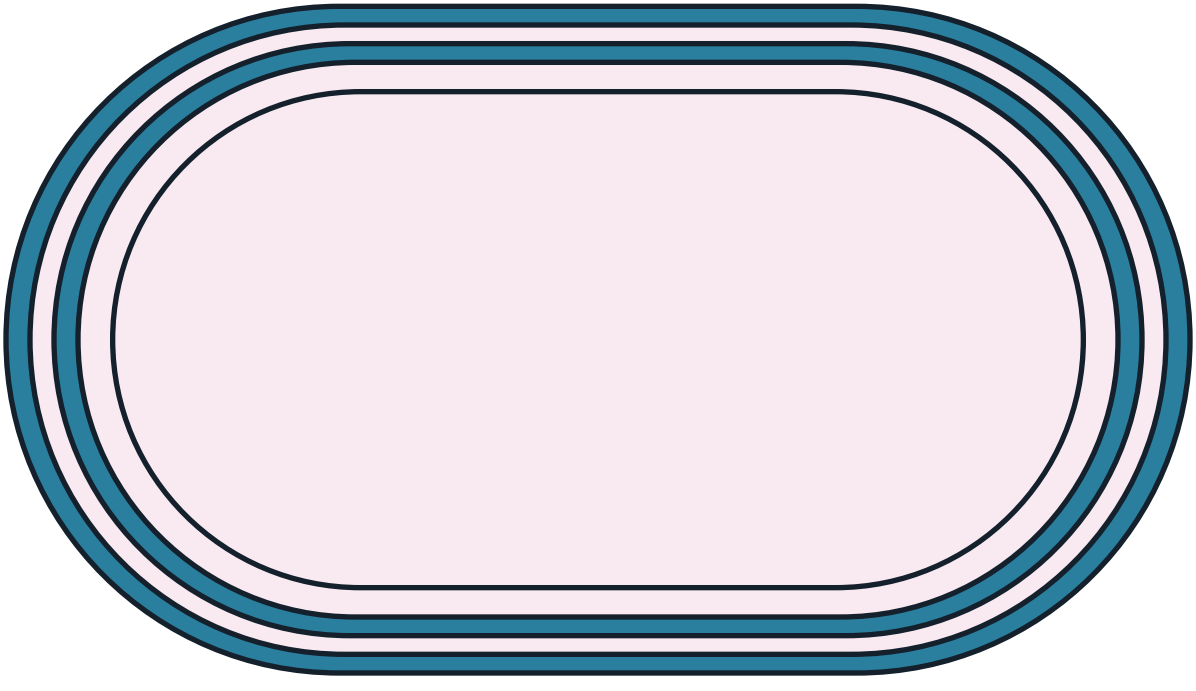
Original illustrations · No characters were copied in the making of this book

Meet CrossFit!

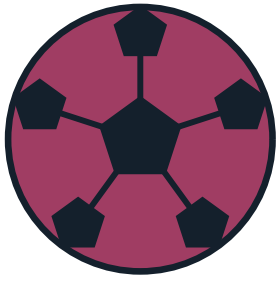
Fitness competition of mixed functional workouts.

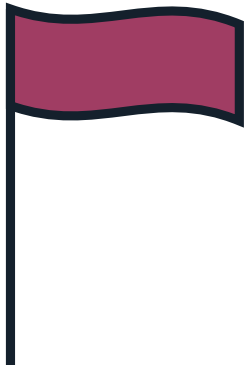


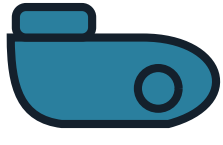
Where It Is Played



The Gear



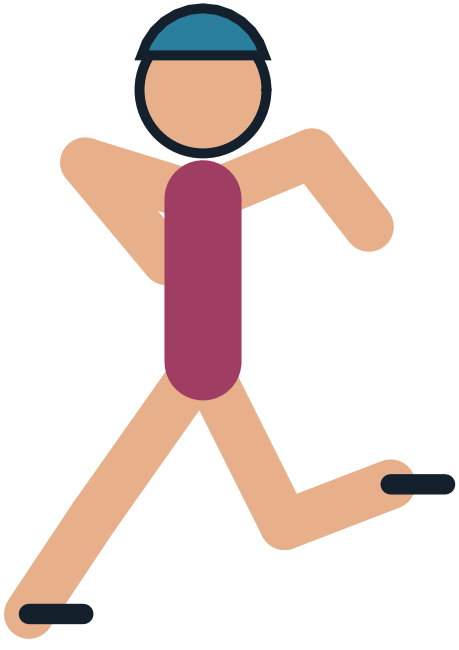




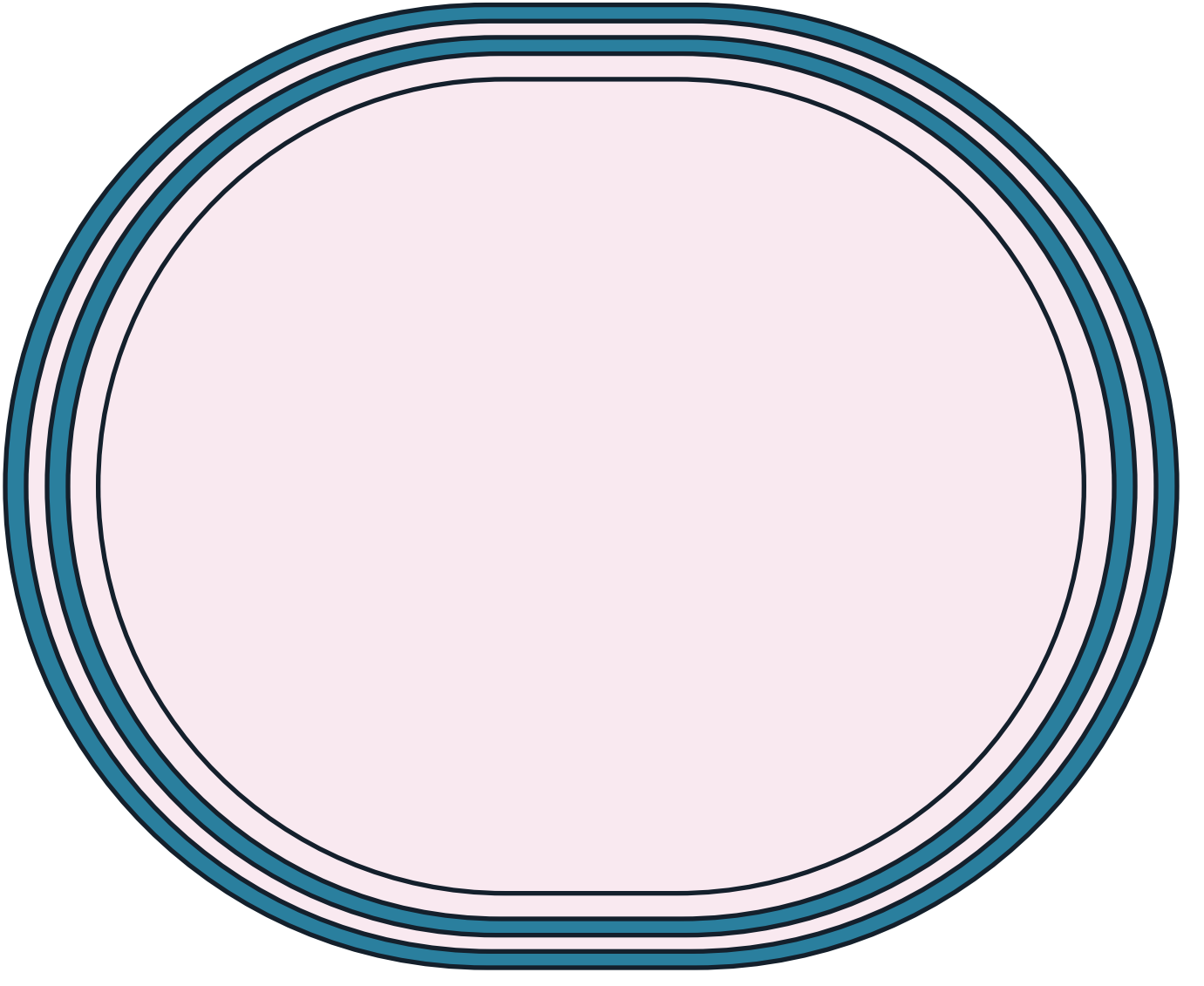
Meet the Athletics & endurance Family

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
- Cycling — Road, track, mountain bike, and BMX racing; road stage races reward overall time across days.
- Swimming — Four strokes (freestyle, backstroke, breaststroke, butterfly) raced over distances from 50 m to.
- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
- Triathlon — Swim, bike and run in one race.
- Ultrarunning and Trail Racing — Races longer than a marathon on trails; UTMB is the best known.

Action!



The Playing Area



Good to Know

CrossFit competition is governed by CrossFit, LLC under a rulebook rewritten for each season by design: the Open, quarterfinals and Games formats, movement standards and scoring are republished annually and have repeatedly changed shape (the sanctionals era, the 2019 national-champion qualifications, later returns to leaderboard models). Annual format churn is the system's nature; no stable landmark law change is carried for CrossFit.

More of the Athletics & endurance Family

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A Note on the Rules

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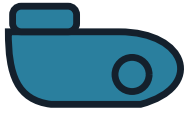
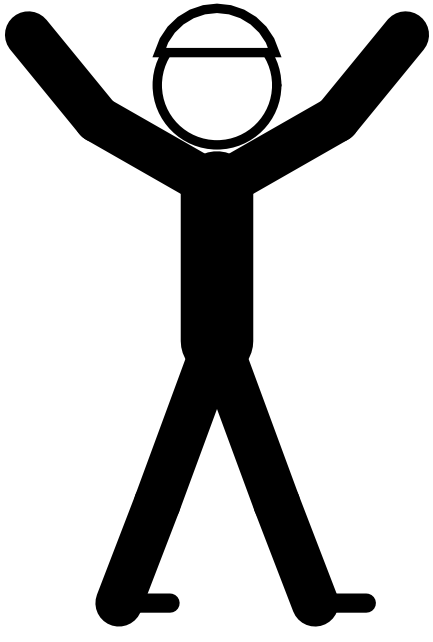
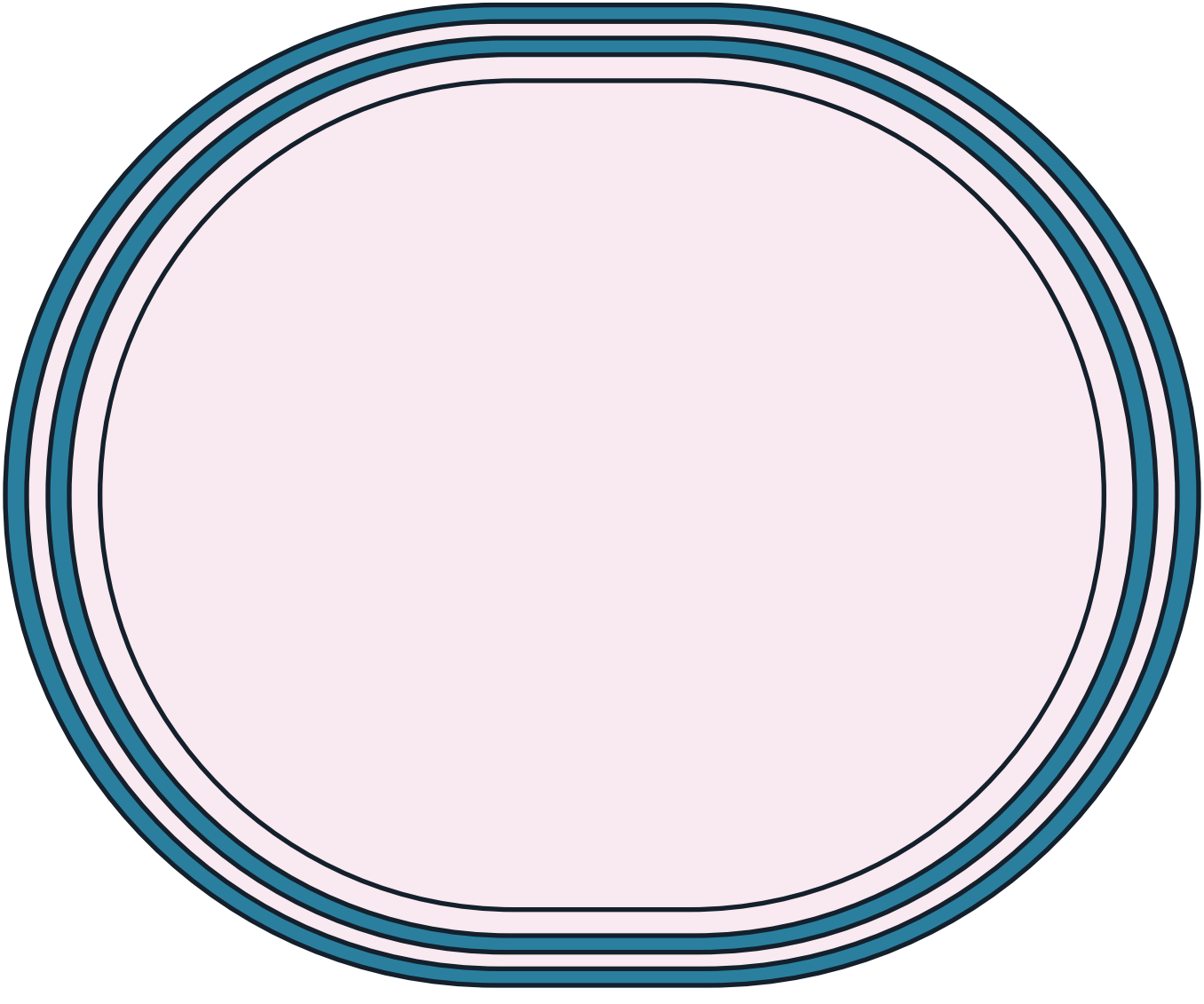


Colour the Action

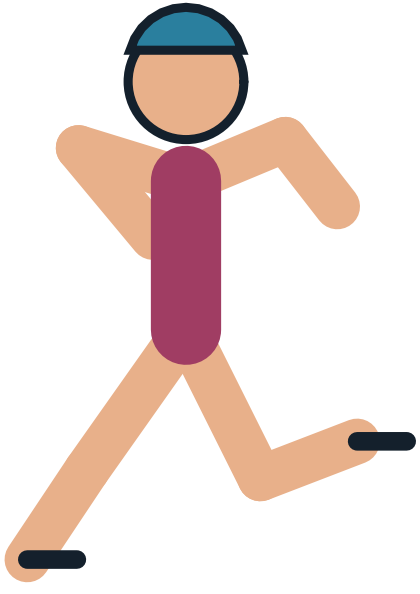


Psst — this page is a colouring page!

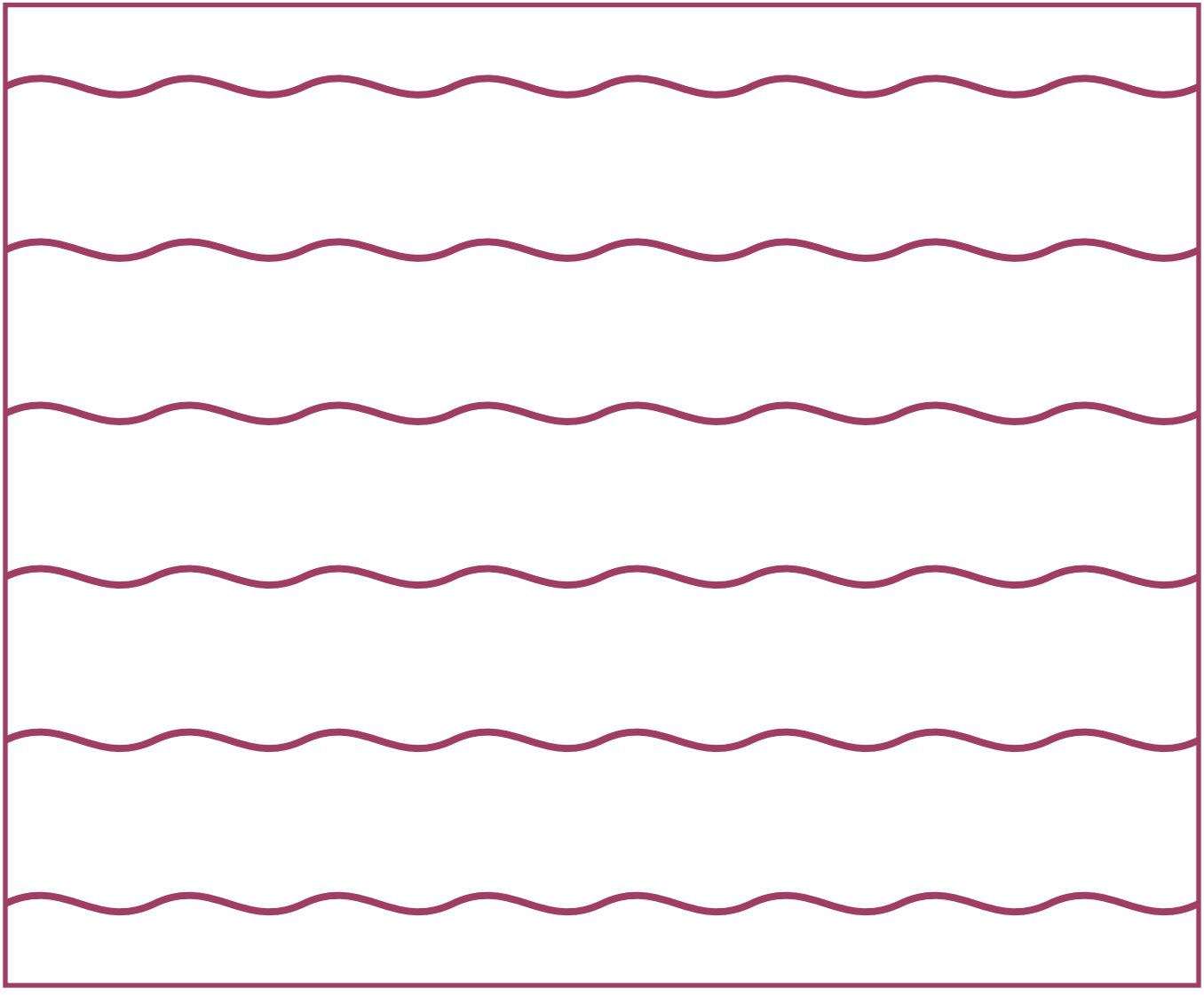
The Sport Today



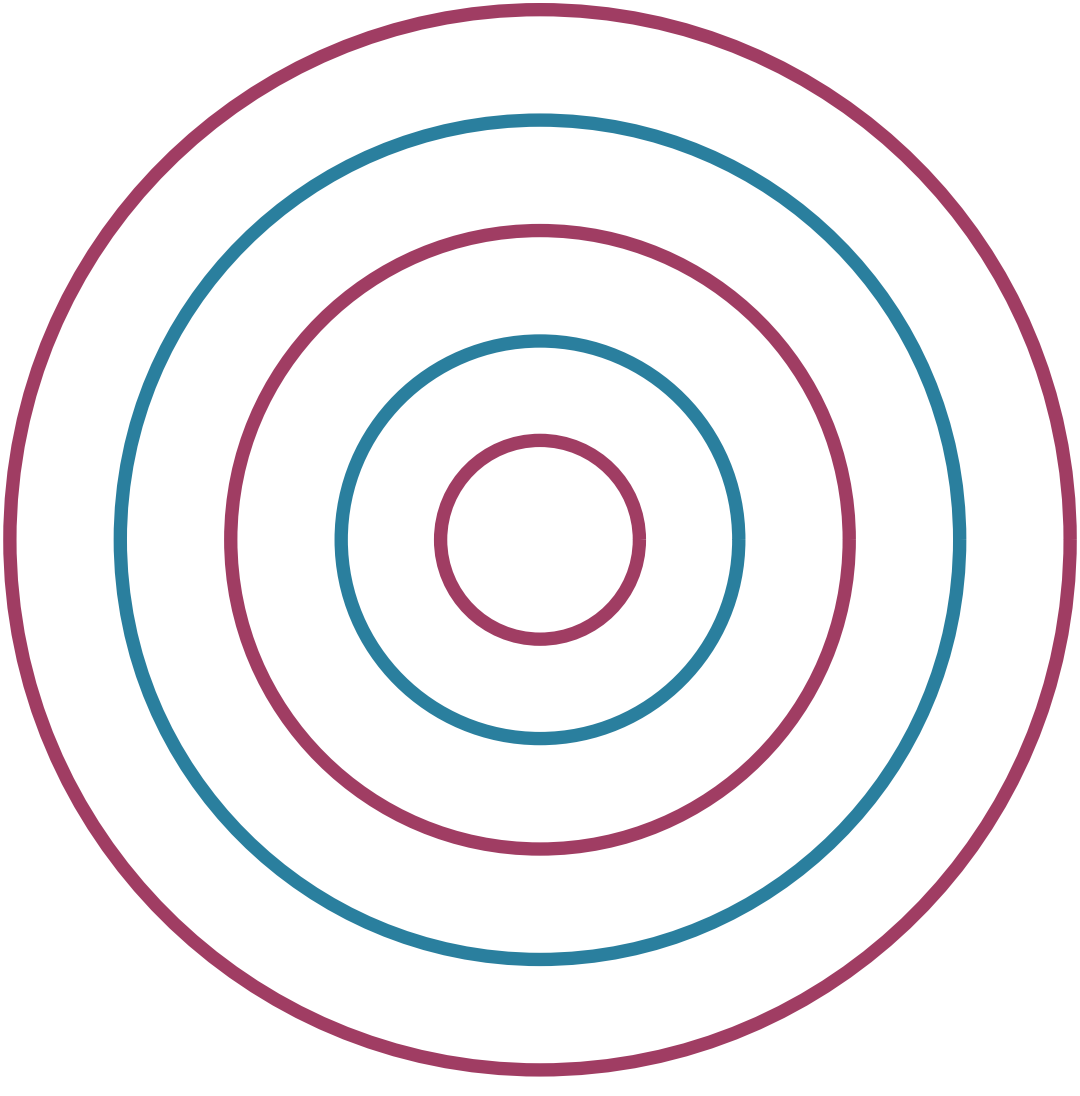
At School and College



Play It Near You



Through the Year



The Athletics & endurance Family

Every sport belongs to a family of games that share its shapes and skills. Here are some of this book's closest relatives — each with a cartoon book and a colouring book of its own.

- Athletics (Track & Field) — Running, jumping, and throwing events measured by time, height, or distance, plus combined even.
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- Marathon and Road Running — 42.195 km road races, with the World Marathon Majors.
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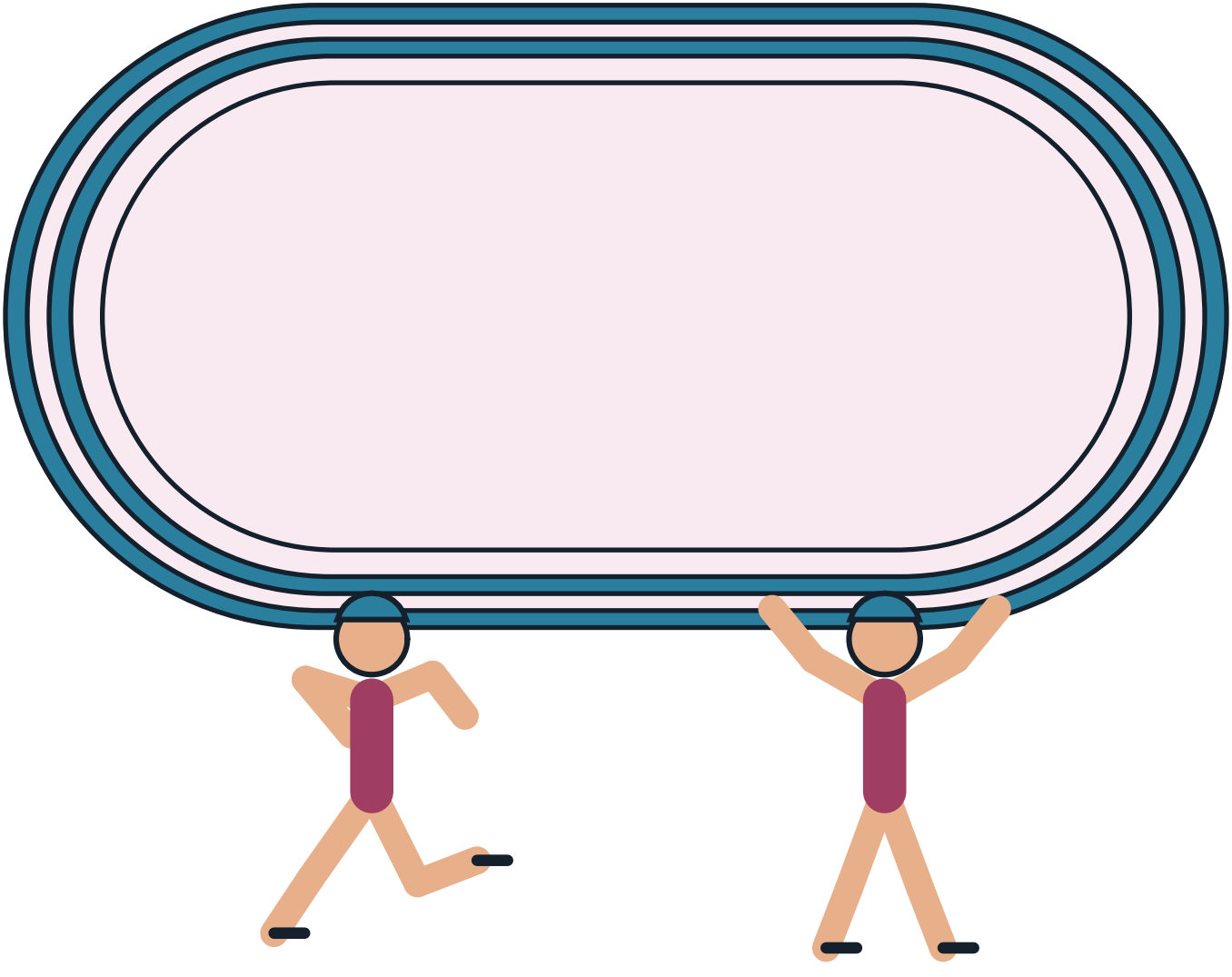
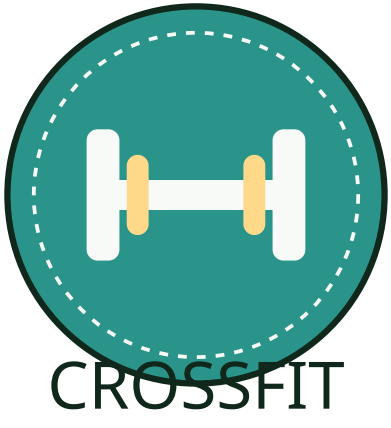
Game Day!

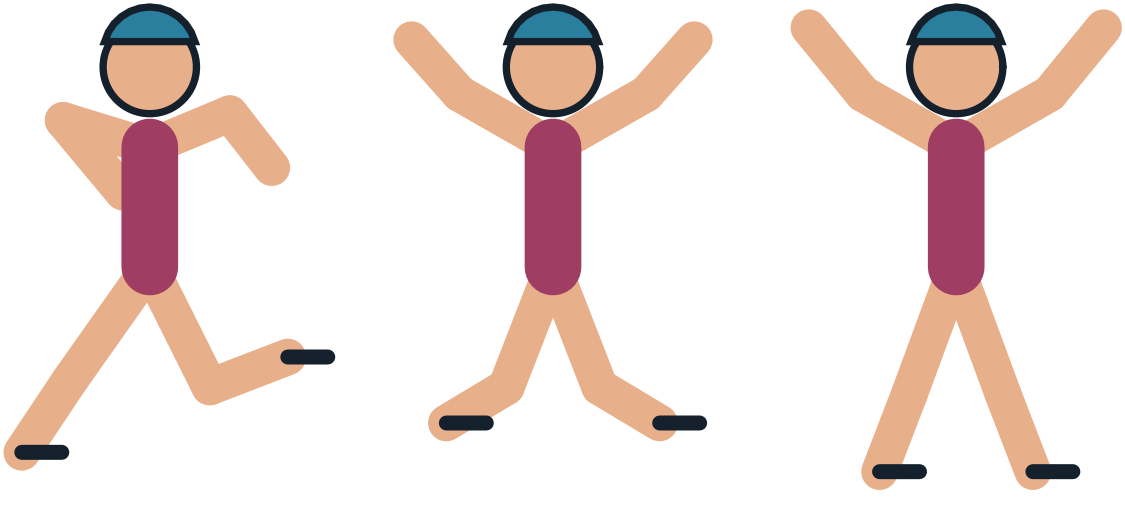


The Sport on Earth Mark

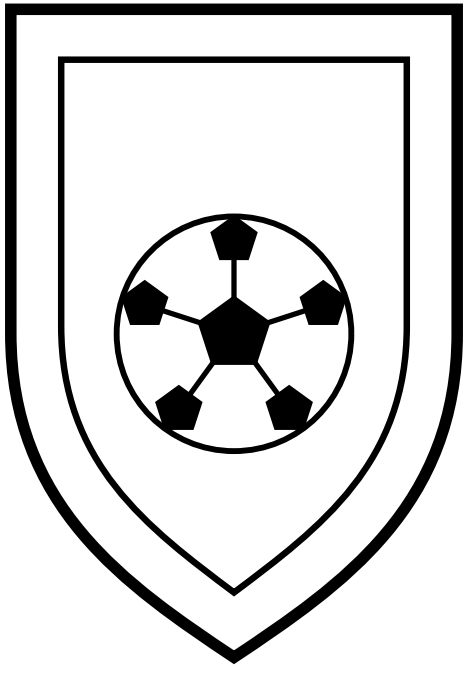
Every sport on Sport on Earth carries its own original mark, drawn for the site. Here is this sport's.



Moves of the Game

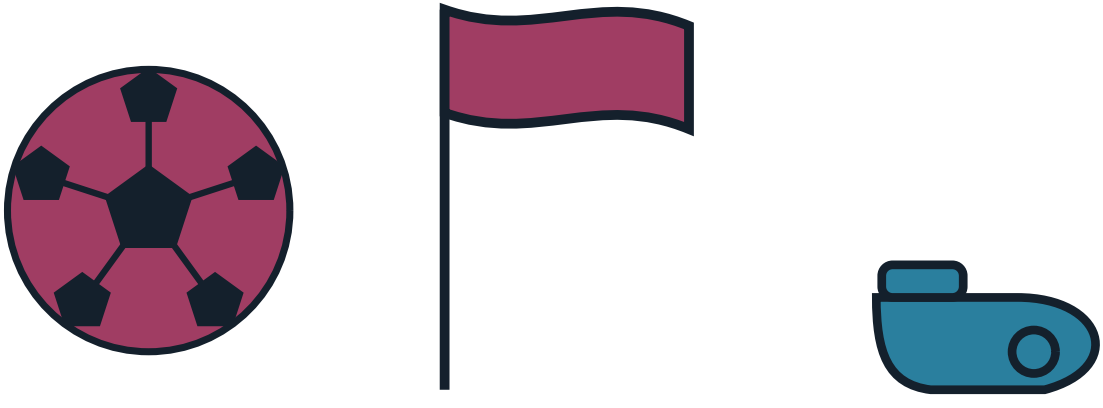


Design a Badge

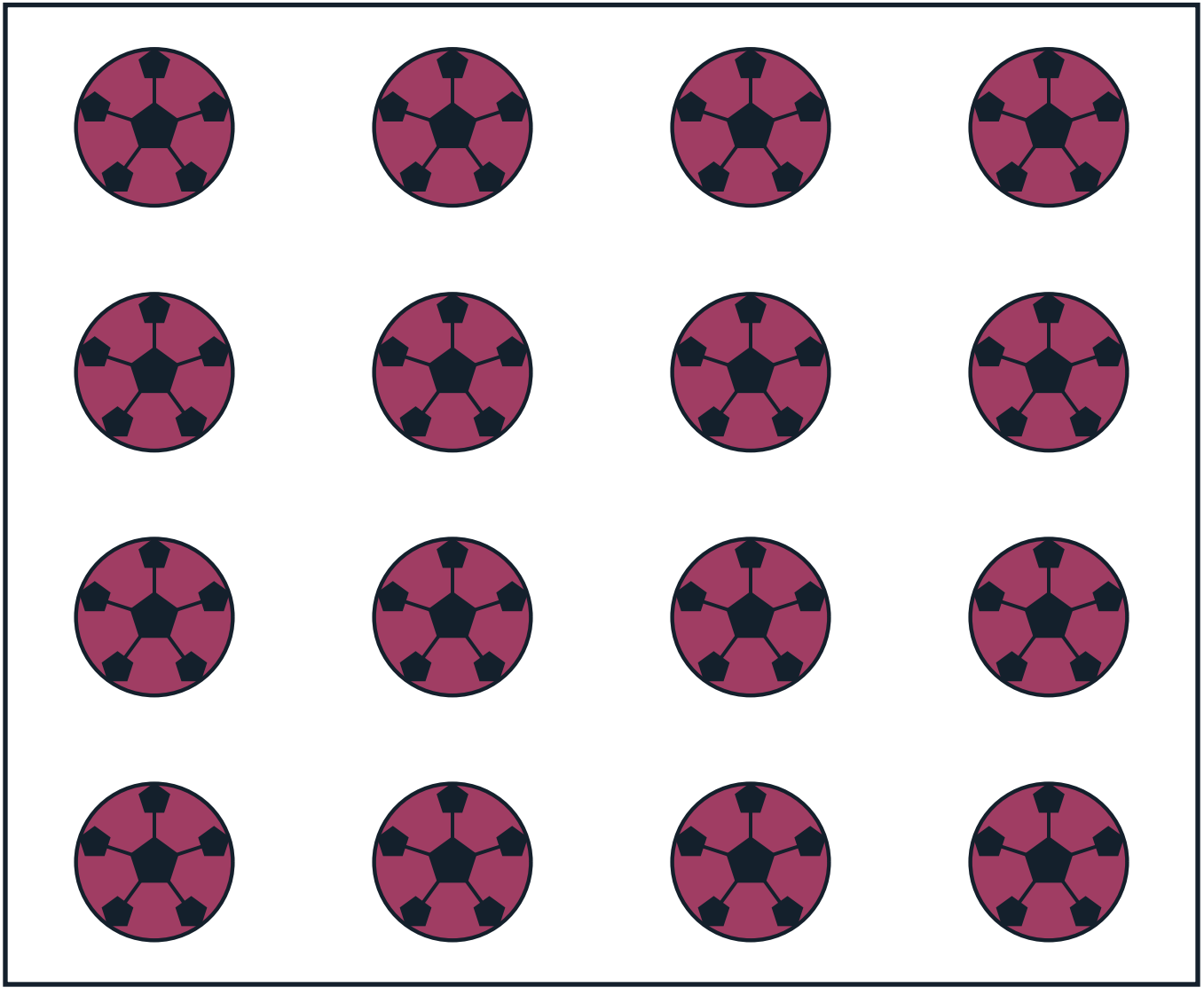


Draw and colour a badge for your own team.

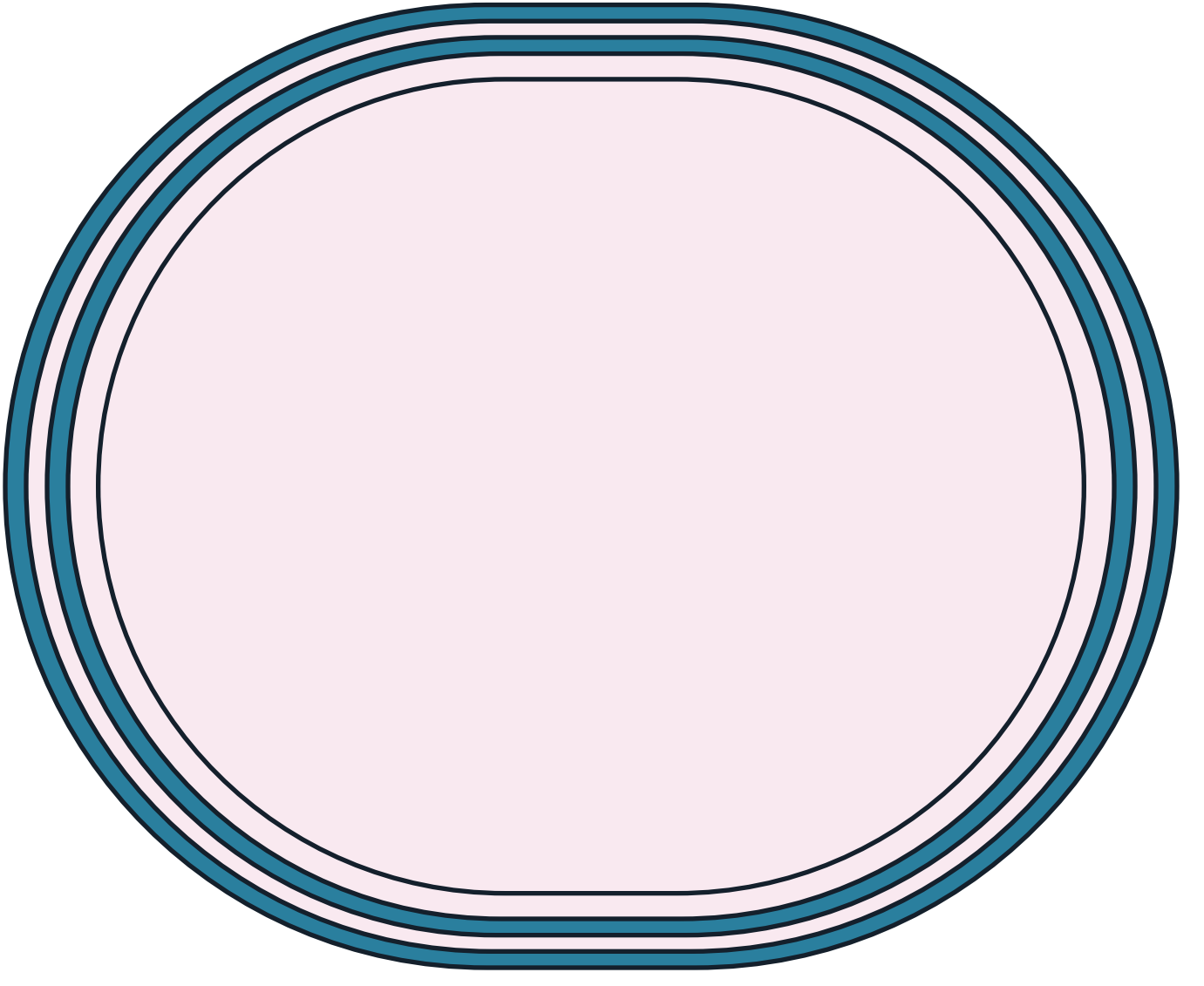
The Gear Parade



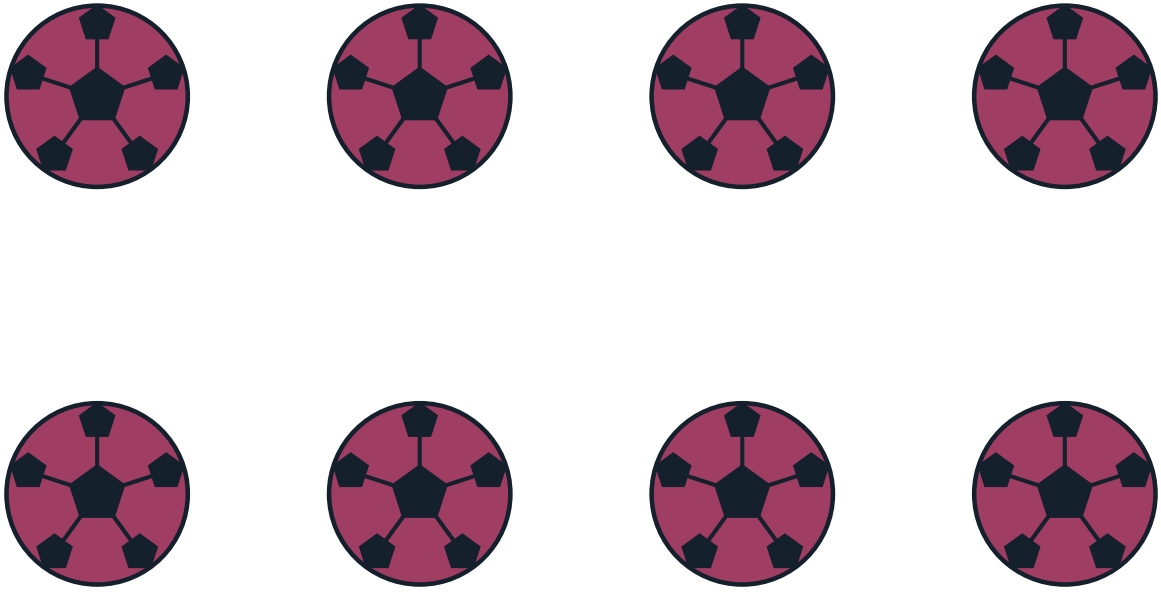
Pattern Play



The Arena From Above



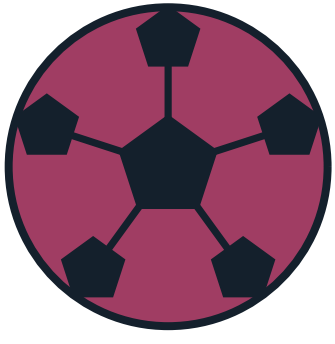
Count the Balls!



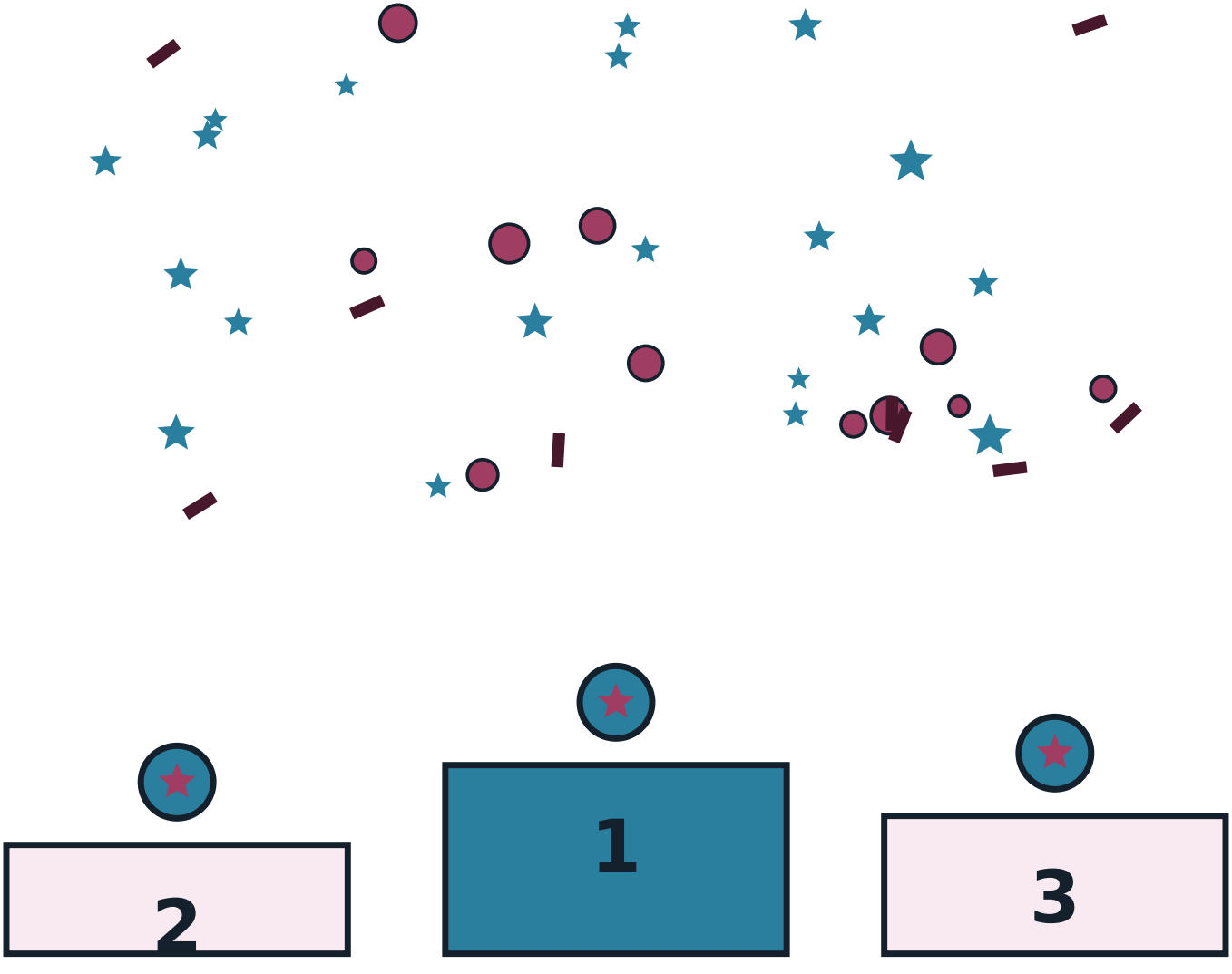
How many can you count? Write the number here: _____

My Favourite Part of CrossFit

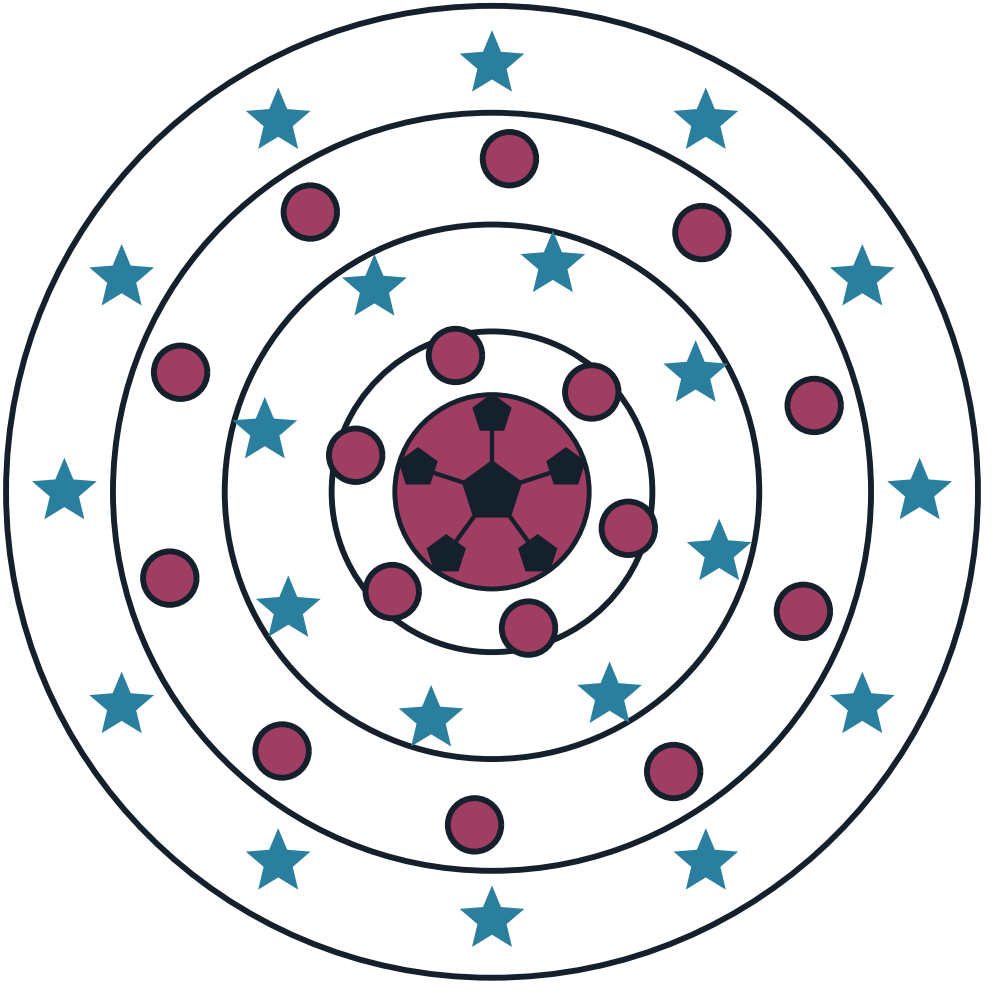
Gear Close-Up



Champions!



The Mandala of the Game



About This Book

Everything in this book comes from Sport on Earth's own verified sport files — the same words you can read on the sport's page at Sport on Earth. The illustrations are original artwork drawn by computer for this book series. They are not pictures of real players, real teams or anybody else's characters.

More Books in the Family

- The Cartoon Book of Athletics (Track & Field)
- The Cartoon Book of Cycling
- The Cartoon Book of Swimming
- The Cartoon Book of Marathon and Road Running
- The Cartoon Book of Triathlon
- The Cartoon Book of Ultrarunning and Trail Racing
- The Athletics (Track & Field) Colouring Book
- The Cycling Colouring Book

My Notes

CrossFit

The Cartoon Book of CrossFit — a Sport on Earth Book.

Text from Sport on Earth's verified sport files. Illustrations: original programmatic artwork created for this series, including the site's own sport mark. No copyrighted characters, team logos or player likenesses appear in this book.

Collect the whole shelf: a cartoon book and a colouring book for every one of the 442 sports and games on Sport on Earth.

