

# WHAT IS CROSSFIT? - INDUSTRIAL ATHLETICS

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Contact: fitnesscenter

Phone: 1-412-465-0060

Address: 1707 Pennsylvania Ave, Pittsburgh, Pennsylvania, United States

Price: Check with seller

Description:

It is one of the most prominent advantages. You dont always need a gym for Crossfit Gyms near Pittsburgh PA. All you need is an open space. You can perform multiple workouts using bodyweight. If youre into weight training, your body might end up being stiff. It makes you less active. You might feel drowsy. CrossFit can bring that energy back and you can use it simultaneously with weight training.



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