



CHARACTERIZATION OF BEGINNER CROSSFIT ATHLETES IN THE CITY OF BUCARAMANGA - COLOMBIA.

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In the last decade, the practice of CrossFit has become a training alternative that involves high intensity functional movements, which is why it has been increasing its practice exponentially, to this is added the commercial and marketing component in Colombia to through television programs. However, due to the complexity and demand in its performance, it has resulted in a discipline where certain indications and precautions must be followed, which raises concerns in health and training professionals, related to those people who start their practice. CrossFit's versatility factor makes practitioners start executing complex movements without prior anatomical and physiological adaptation of the neuromuscular system, performing inadequate executions and implementing high loads in most cases. The purpose of the study was to characterize the most frequent injuries in beginning CrossFit athletes. This cross-sectional study had a sample of 43 athletes, from gyms dedicated to training in this discipline, including the only two BOX centers Certified by the CrossFit company in the city of Bucaramanga. The information gathering technique was a closed interview. This study was approved by the ethics committee of Unidades Tecnológicas de Santander. The mean age was 29 years, 54% female. 41% of the population reported 1 to 2 years of experience, followed by 3 to 4 years with 25.5%. The body mass index (BMI) was 24.97 ± 2.6 Kg / m². 53.5% of the athletes trained an average of 4 to 5 times per week. 65% reported a day off in the training week, the majority (95%) reported supervision and advice from a professional. The regions of the body with the highest reported number of injuries are: shoulder (26%), knee (16.2%) and spine in the lumbar area (14.5%). The most recurrent type of injury was tendonitis (55%) and muscle tear (15%). In conclusion, the professionals who supervise the beginner athlete (1-3 years) should focus on the adequate execution of the movements that involve the regions identified in the study, in the realization of the Work of the Day (WOD). During planning, the principles of training and the laws of force must be taken into account; mainly the strengthening of the tendons and the "core" area, as well as the principle of progression of the loads. Therefore, these injuries are the product of the high repetitions (volume) and loads (intensity) that involve these joints, characteristic of the discipline.

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