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SL: the most underrated (and hated) form of exercise you need...

One of the most hated sports in the fitness space

Could you guess it?

CrossFit.

It's often ostracized for being 'stupid and useless'

The truth is though, it ALL comes down to whether or not you ENJOY it.

Weightlifting, jiu-jitsu, whatever it may be.

The form of exercise you should choose, should **always** be the one you can stay consistent with.

All of them have their pros and specialities.

Which means none of them are superior to the other,

CrossFit aids in cardiovascular health, strength, muscle mass, but most importantly,

It's about the **feeling** you get while doing it.

You may not get as swole and muscular like Arnold

But what you will get is effortless consistency, and finally begin to enjoy your workouts

You aren't constraint to just 3 sets of 8, or having to do 100's of pushups in your bedroom

There are a variety of different exercises, for all levels to get your heart pumping

So whatever you decide to choose, at least do something you enjoy, otherwise what's the point?

And for all those who say CrossFit is 'stupid' and 'useless'

Try doing a 15 minute CrossFit workout.

Let's see if you're still talking after.

If you're up to the challenge then make sure you're serious, because it won't be light and easy like you assume.

Or will it?

Prove me wrong.

[If you are ballsy enough, I challenge you to click here and find out 🤨...](#)