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7 Functional Bodybuilding Exercises for Performance AND ... CrossFit does require incredible core and upper-body strength for all sorts of movements, so by practicing these at a low intensity and utilizing the breath and yoga bandhas—or muscular "locks"—you're re-enforcing how to use your whole body properly to perform them. Quads, calves, heels, hips—they all do the work. CrossFit exercises that are performed with free weights are often done with barbells and are usually heavy compound exercises and Olympic style lifts. You'll find exercises such as the power clean, pull-ups, military presses, squats, snatches, and deadlifts commonly associated with CrossFit workouts.

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Bodybuilding vs CrossFit: Which is Better?

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Jujimufu has the physique of a natural bodybuilder, but the athleticism of a CrossFit athlete. I can't say that he is likely to win any competitions, but he would certainly do well. There is a lot of debate about whether Jujimufu takes anabolic steroids or other PEDs. Personally, I'd say that he definitely looks like he does.

Can You Mix Bodybuilding With CrossFit? - Beer N Biceps

Candice Wagner is a CrossFit Games athlete. She's strong, fit and capable of doing so much with her body. But before she found CrossFit, she had a different idea of what it meant to be fit and she didn't see her body the same way. She struggled with an eating disorder and her body image ...

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