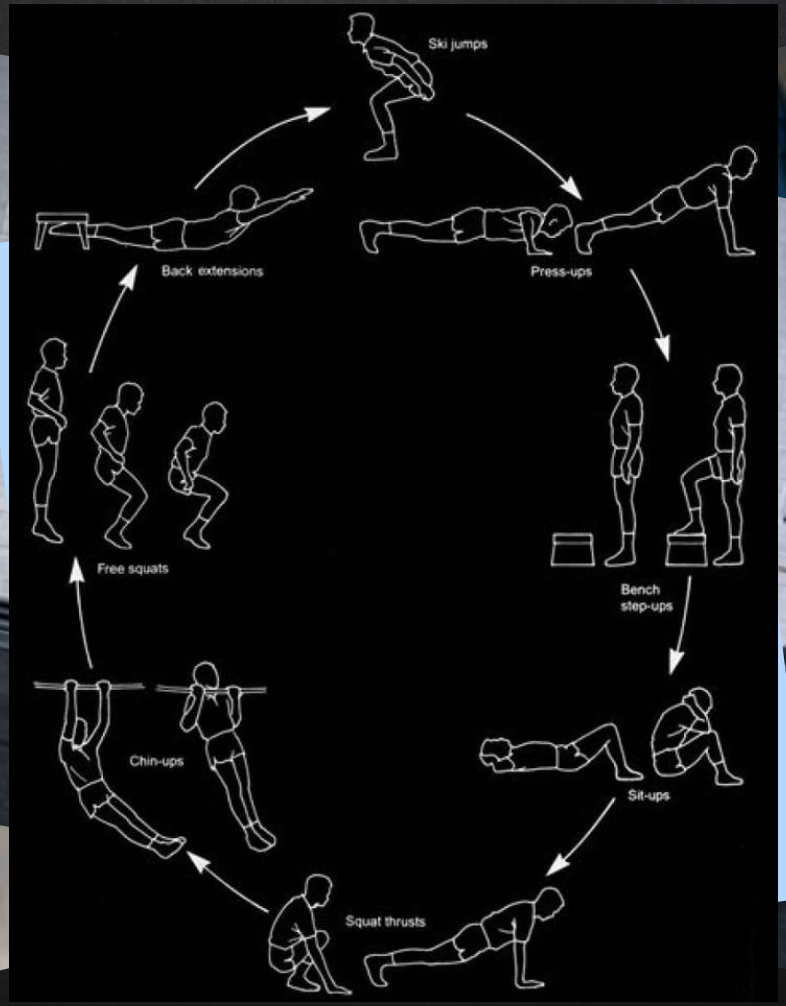
Data-driven Insights from CrossFit Competition

by Julius Jenek

CrossFit

What is that?


Ski jumps
Press-ups
Bench step-ups
Sit-ups
Squat thrusts
Chin-ups
Free squats
Back extensions

HUF
CrossFit
FROZENINTIME

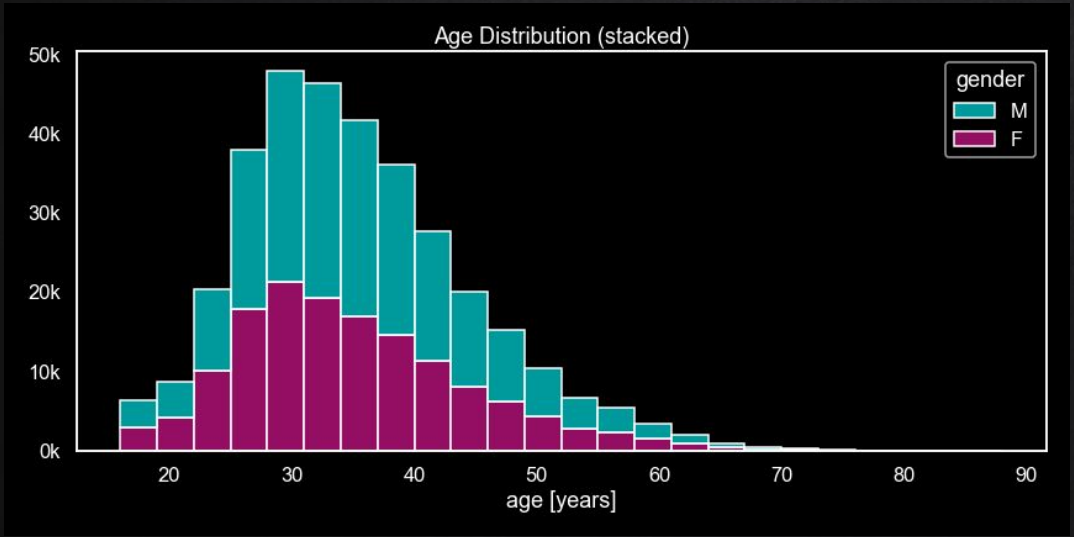
Open 2019 Dataset

What I am going to do...

Personal Details
Workout Results
Benchmark Statistics

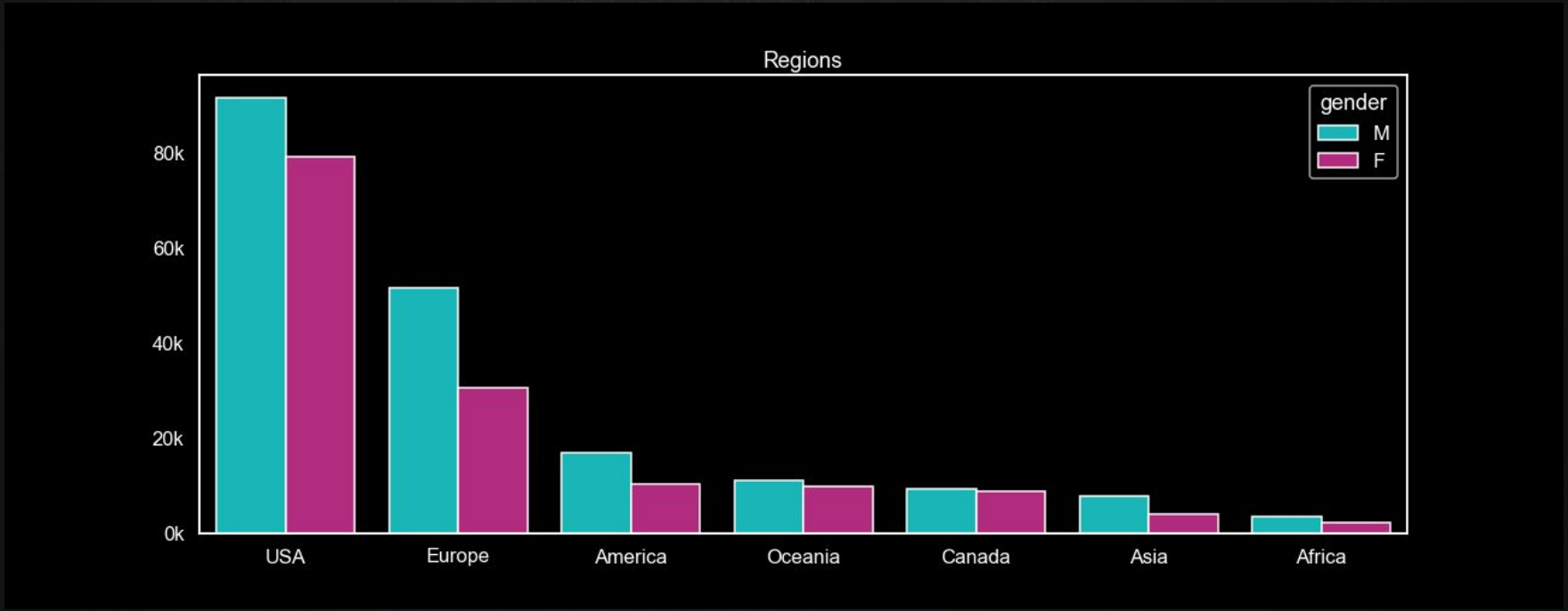
Reebok CrossFit GAMES
PROVE YOUR FITNESS
OPEN 2019

338,538



Reebok CrossFit GAMES PROVE YOUR FITNESS OPEN 2019

156



My Questions

Game-changer?

Balance?

Predictability?

“Micha”

M

USA

35y

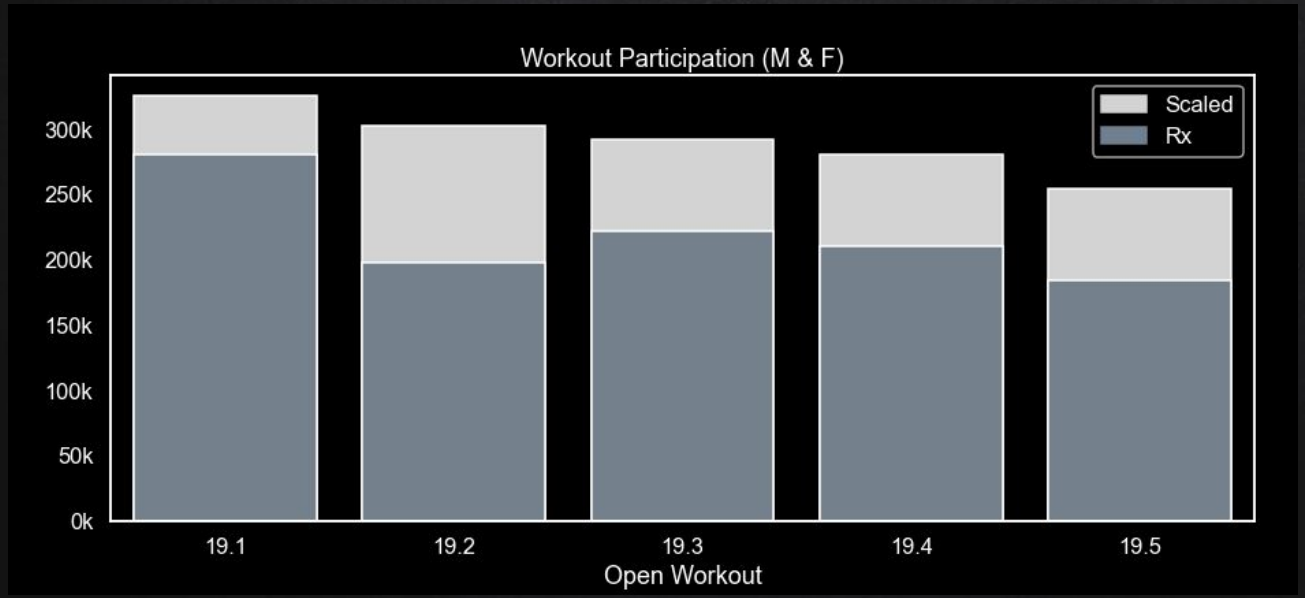
1.79m

85kg

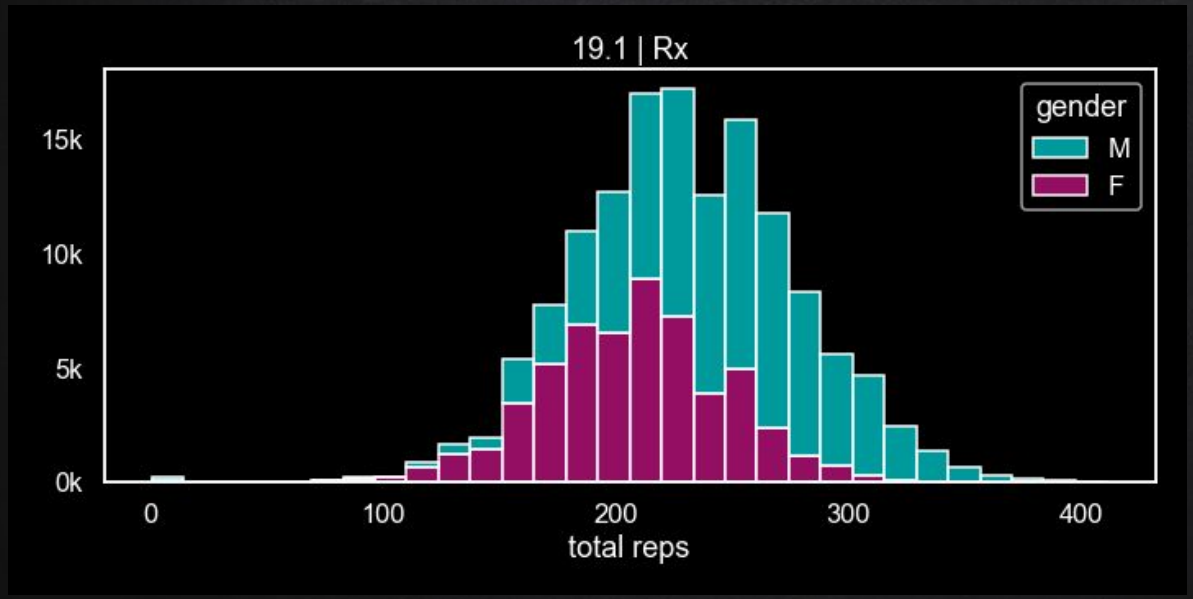
Insights

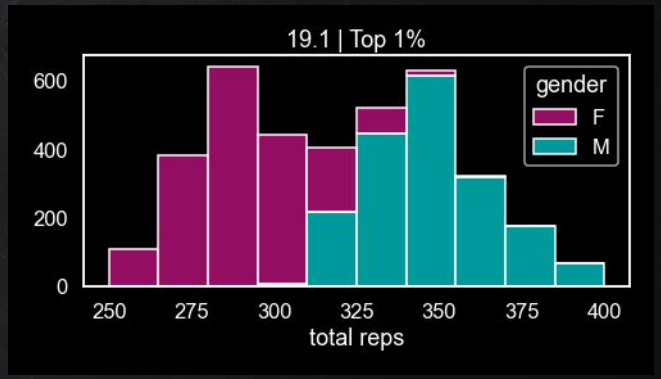
What's behind all this?

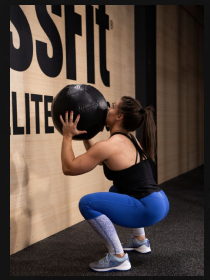
Participation



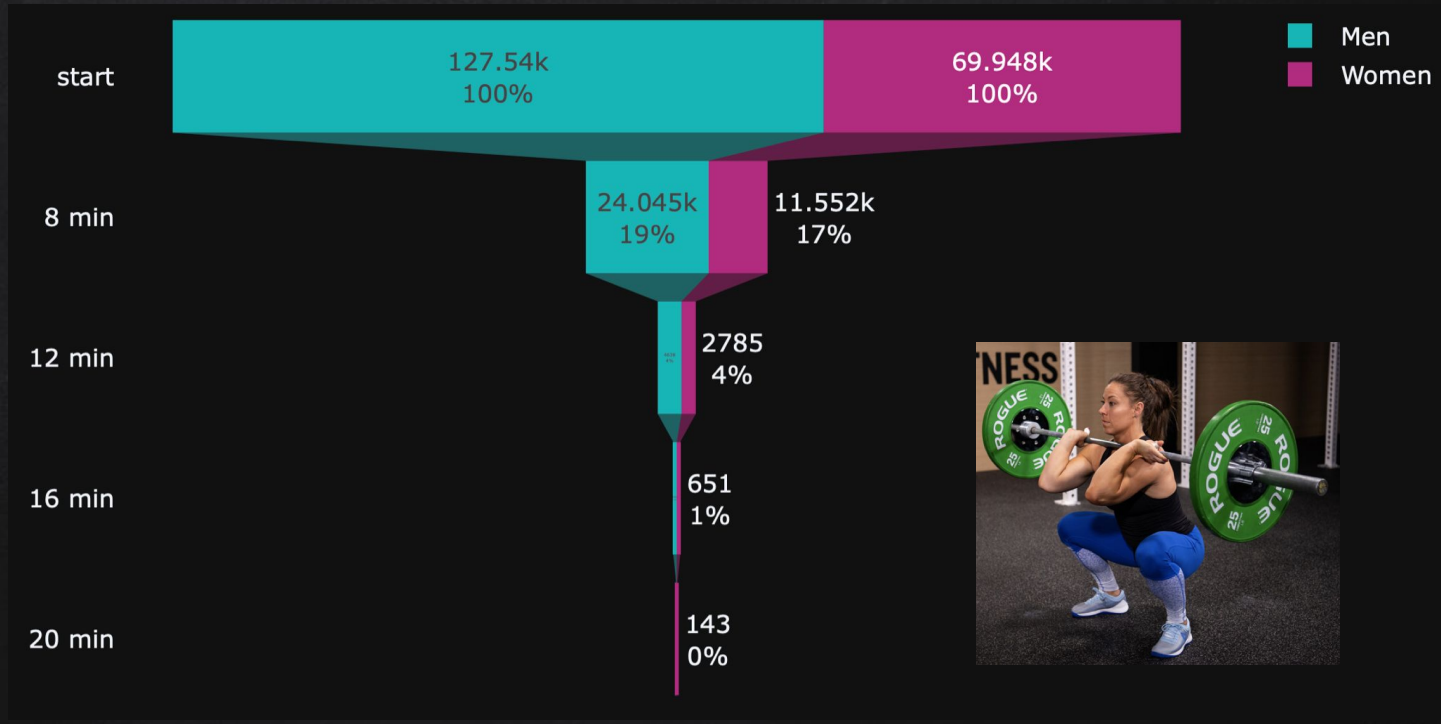
Balance 19.1


19.1 | Rx
gender
M
F
15k
10k
5k
0k
0
100
200
300
400
total reps


19.1 | Top 1%
gender
F
M
600
400
200
0
250
275
300
325
350
375
400
total reps

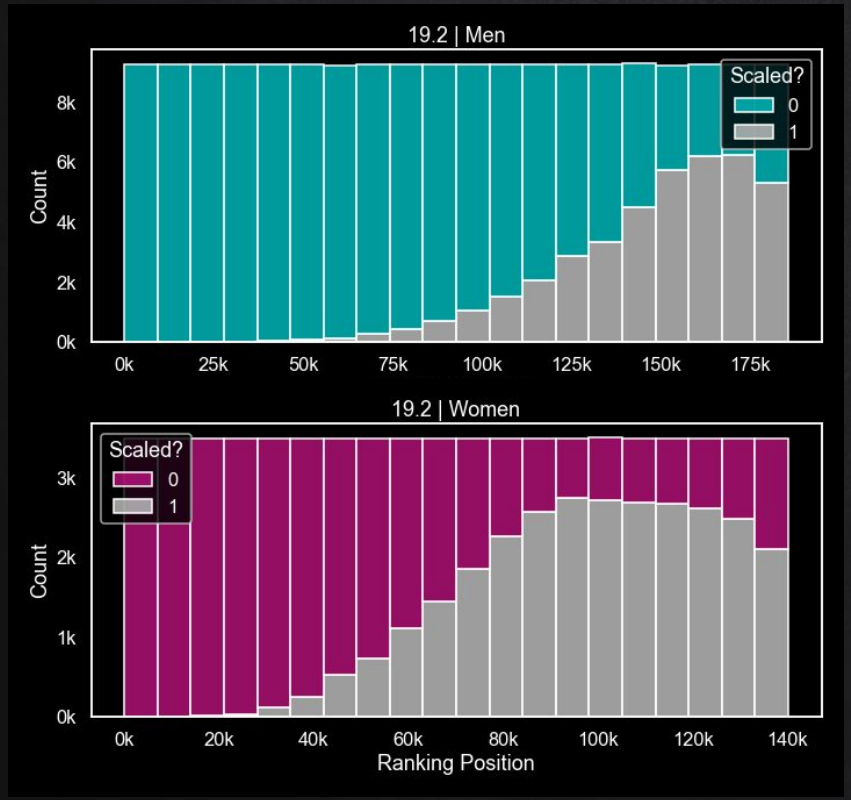


Balance 19.2


start
127.54k
100%
69.948k
100%
Men
Women
8 min
24.045k
19%
11.552k
17%
12 min
2785
4%
16 min
651
1%
20 min
143
0%

ROGUE

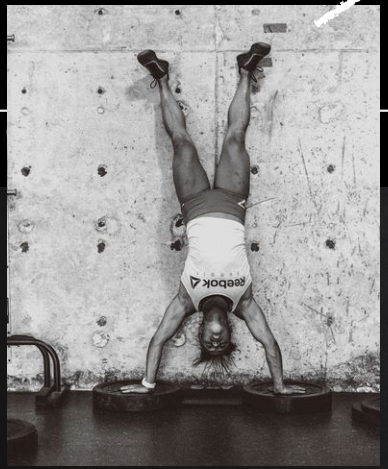
Scaling


19.2 | Men
Scaled?
0
1
Count
8k
6k
4k
2k
0k
0k
25k
50k
75k
100k
125k
150k
175k
19.2 | Women
Scaled?
0
1
Count
3k
2k
1k
0k
0k
20k
40k
60k
80k
100k
120k
140k
Ranking Position

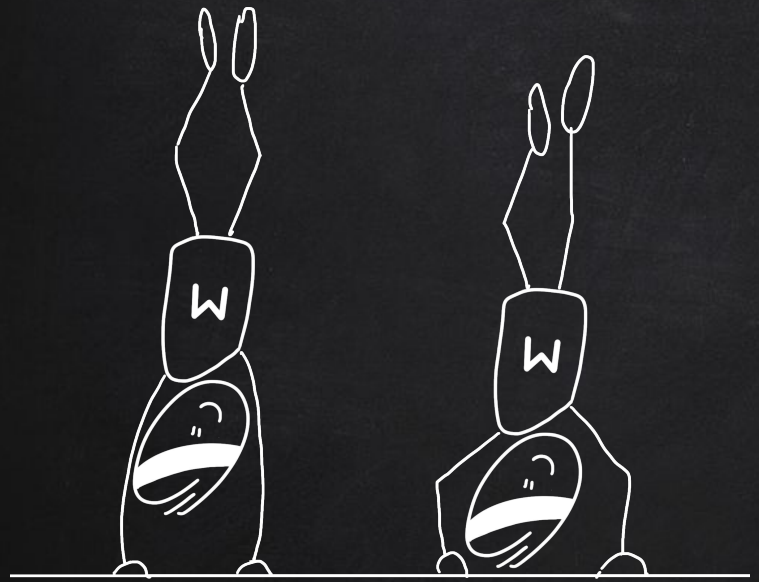
M
10
100

Important Movements 19.2

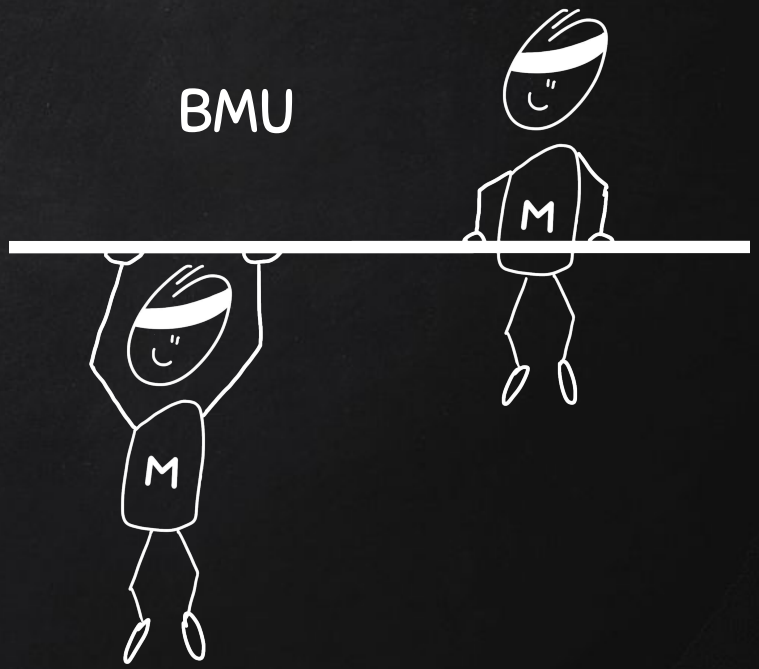
Important Movements 19.3/4



Important Movements 19.3/4

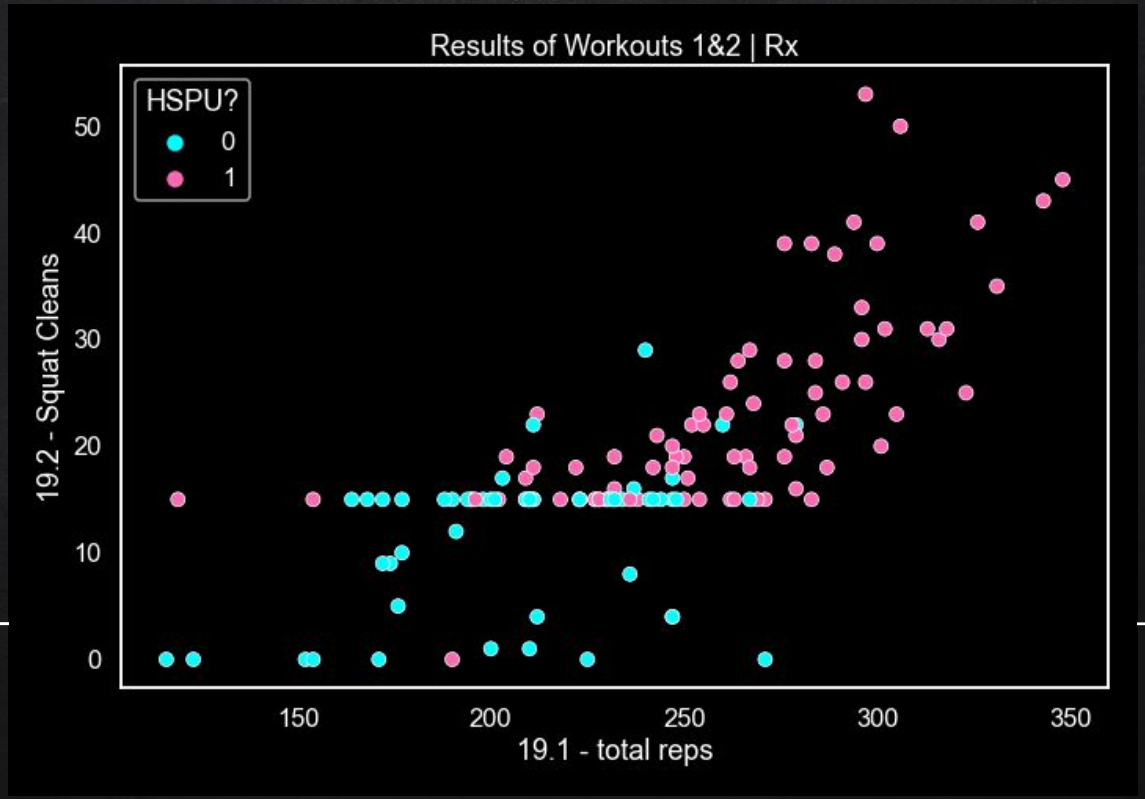


HSPU



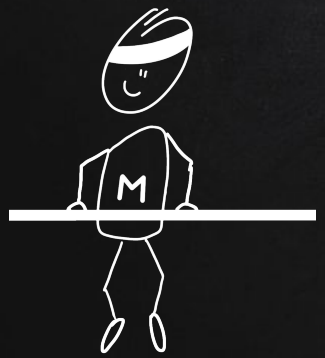
BMU

Influence on HSPU/BMU

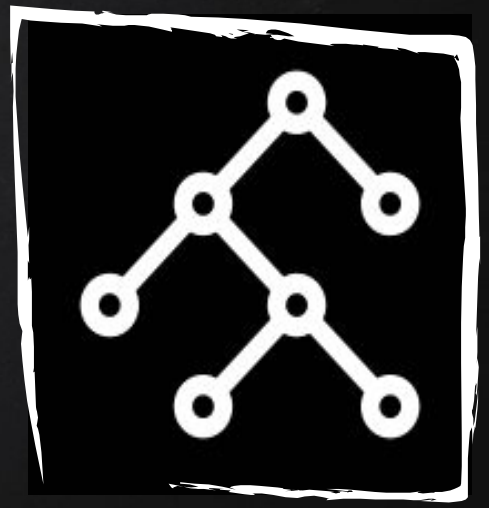


Predictability

→ 89%



→ 84%



Conclusion

- ✗ Predictability?
- ✗ Balance?
- ✗ Game-changer?

Ressources

https://breakingmuscle.com/fitness

https://www.wodnews.it/crossfit-rowing-guida-definitiva/

https://www.freepik.com/premium-vector/cute-panda-jump-rope_10430796.htm

https://www.schoolsplus.co.uk/abrahammosscommunityschool/2017/02/22/workout

https://giphy.com

https://games.crossfit.com/workouts/open/2019

THANKS!

Any questions?