



**TEAM MUSCLE FARM
DEMAND MORE OF YOURSELF**

THE CROSSFIT FTL EDITION



WHAT YOU'LL FIND IN OUR "BOX"

A CrossFit Gym, or 'box', is not your average gym. Community is the most important aspect of CrossFit, and at CrossFit Fort Lauderdale we make sure that old and new members are embraced into our fitness family. Our coaches are certified, friendly, driven and always excited to work with new athletes. More importantly, our sense of community trickles down to our members: at our boxes, you'll soon realize that our more experienced athletes constantly engage newer ones to motivate and encourage them to constantly improve on their performance.



COACHES YOU CAN TRUST

A gym is only as good as its coaches. We're lucky to have some of Florida's best fitness coaches call CrossFit Muscle Farm home. Join us for a workout with a coach who cares about your goals and success. Our Fort Lauderdale coaches are highly educated specialists in weight loss, nutrition, CrossFit, Olympic lifting, bodybuilding, running, yoga, rowing, boot camp, cycling and many other disciplines. You'll soon notice our level of dedication to your excellence. We provide the right amount of motivation and experience, without being too pushy or leaving you too close to comfort to be truly effective and outdo your own fitness goals.

WELCOME TO THE FITcademy

FITcademy is a program developed from the same foundation and principles as CrossFit only we have eliminated the heavy weights and increased the aerobic portion. FITcademy offers a completely different format and higher intensity, with many similar movements, without the Olympic Weightlifting aspect you see in CrossFit. What you are left with is an extremely effective, high intensity, fat burning, muscle toning, life changing program that is designed to push to past the goals you have set for yourself.





IT'S ALL ABOUT
BRAND SYNERGY





GET ONE ON ONE WITH JASON CENAMI OF
CENAMI FITNESS





WHAT WE'RE ALL ABOUT

Founded in 2011, CrossFit Fort Lauderdale is an official CrossFit affiliate that offers individualized strength training and conditioning programs. Whether you are a competitive athlete or someone who has never exercised before, our professional coaches are ready to help you achieve your fitness goals.

CrossFit Fort Lauderdale offers fitness programs designed for all ages and skill levels, combining a variety of functional movements that help athletes achieve what is considered the ultimate level of fitness. If you're wondering why functional movements are so important, just think of something as simple as getting out of bed, getting up from a chair, or picking up a bag of groceries from the floor. These simple tasks can become more difficult as we get older.

All the movements we do in CrossFit are functional, which means they condition and enable us to do everyday activities and movements with ease and efficiency. Think of a deadlift as picking up a bag of groceries from the floor, or a squat as getting up from a sitting position, and a jerk as setting something inside your cupboard. Every CrossFit