



Group photo at the very first event in Pal-Fit, The Eid Throw-Down (competition).

cardiovascular and respiratory endurance as well as your strength, stamina, balance, and agility. Most classes are one-hour-long group classes, through which a positive competitive spirit raises the collective reinforcement, one to another, in single, pair, or group WODs.

CrossFit is a combination of multiple disciplines such as Olympic-style weightlifting, aerobics, and body weight exercises.

Shadi Baker, choreographer and fitness trainer, says that the beauty of this sport is that it develops mutual respect on both the collective and individual levels. It's a type of human development that allows you to increase your strength and body responsiveness.

CrossFit is enjoyable because its program is never constant. Your WOD is different every day. Although the

exercises may be repeated, they are done in a different sequence and for a different purpose each day.

Coach Qatamesh believes that what distinguishes the "good system" in CrossFit practice is "how this system evolves and adapts with changes in the surroundings. CrossFit has done a very good job with that."

CrossFit is a general strength and conditioning program, says Qatamesh. "The word general means that the program does not specialize in any specific training pattern. It is always changing, and the key point is functionality." The movements and exercises performed during the one-hour classes at The Box are, in fact, very much daily life practices.

Shadi Baker, who is training to become a certified CrossFit coach, says, "The sport springs from our daily

movements. For example, squats or box jumps, pushing and pulling as well as running, swimming, or climbing. The movements that we make all the time are utilized by the program."

An element of extra challenge is added to these exercises by including time caps or adding speed and weight limits, giving your practice an end goal and criteria for progress to look out for.

The trainees place their results after each class without any hesitation on a board in the middle of The Box, making their progress not only measurable but also challengeable, first and foremost by themselves.

In the Ramallah Box, most of the coaching is done in Arabic and most of the terminology is already Arabized, encouraging

inclusiveness and respect for the general social and cultural context in Palestine.

Pal-Fit also makes use of social media by using smart open-source applications or Web-based registration platforms that serve to reserve participants' class information. In addition, there is a Facebook page, a special members-only group, and an Instagram account that promote with pride the achievements of trainees, best practices, and all results. All participants have access to this information and are thus connected to fellow CrossFitters and their Box whenever it's convenient. A key to the openness and friendliness that trainees feel at Pal-Fit is the continued support and encouragement that they receive from fellow teammates whose experiences have been inspiring.

Amani Manasra, a fellow CrossFitter, had hurt her knee very badly a few years back, cutting her ACL (anterior cruciate ligament). The healing process included physiotherapy, and her way back to her sportive lifestyle was

Amani Manassra..
(one of the
interviewees you
might use a quote
or sth).



