



Bodybuilding vs Crossfit: Here is everything you need to know

Here is the lowdown on the big debate among leading fitness enthusiasts.

HEALTH AND FITNESS

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Hindustan Times



Your guide to bodybuilding vs crossfit and which one celebs opt for.

[f](#) The first thing that comes to mind of a bodybuilder, when you debate with them about crossfit, is #crossfitfailvideos on YouTube. Similarly, the first thing that comes to mind of a crossfitter, when you debate with them about bodybuilders, is brute, vain and chicken legs. Fitness enthusiasts are usually divided into two tribes that are a) Bodybuilding b) crossfit. And this makes us wonder, which one is better and which is one better suited to you? Well, we can help. Here is your complete guide decoding bodybuilding vs crossfit.



Bodybuilding in a nutshell



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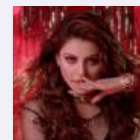
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Arnold Schwarzenegger is responsible for popularizing the sport of bodybuilding. (Getty)

The focus of bodybuilding is on growth and development of your muscles. The aim is to reduce body fat as much as possible and then add muscle mass. It focuses on the development of each body part. Every part is worked individually, from shoulders to calves. Bodybuilding tends to deliver the best results, if you are focused on proportionate and aesthetic appearance of your body. The process of bodybuilding is a lengthy procedure. In order to achieve your results, you need to be patient and dedicated to a certain regimen.

Celebs for bodybuilding

- 1) Salman Khan
- 2) John Abraham
- 3) Rock
- 4) Varun Dhawan

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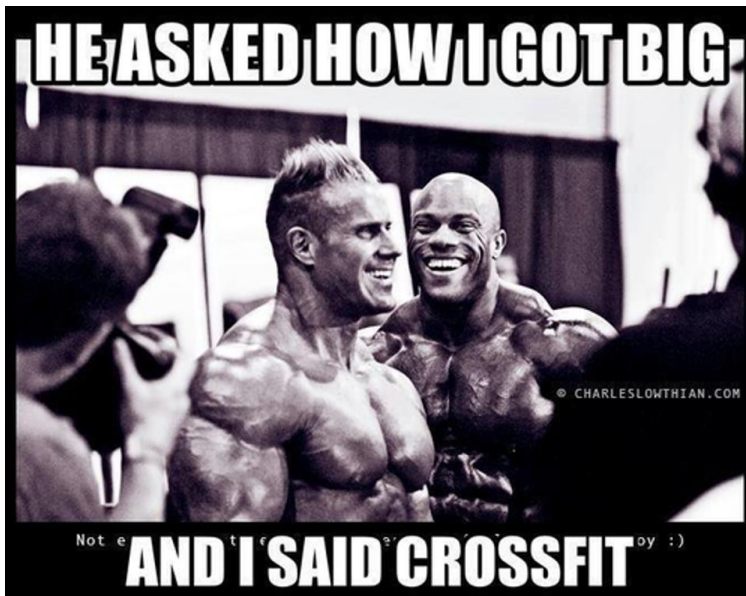
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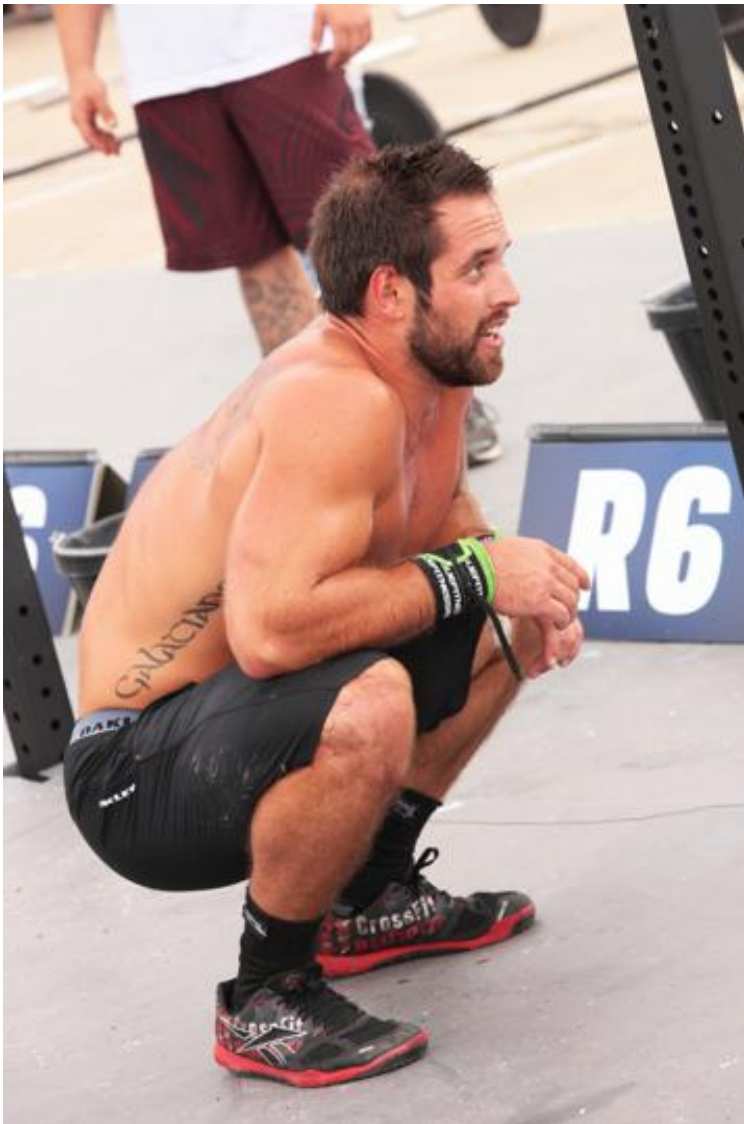
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Crossfit in a nutshell



American athlete Rich Froning has won multiple titles of crossfit games. (Getty)

Crossfit can be defined as a strength and conditioning program. It is not a specific program that is designed to focus on one particular aspect such as size or aesthetic appearance. The aim is

to make you as fit as possible. Unlike bodybuilding, crossfit is not focused on losing fat or on aesthetical appearance.

Celebs for Crossfit

- 1) Akshay Kumar
- 2) Kangana Ranaut
- 3) Aamir Khan
- 4) Channing Tatum
- 5) Brad Pitt

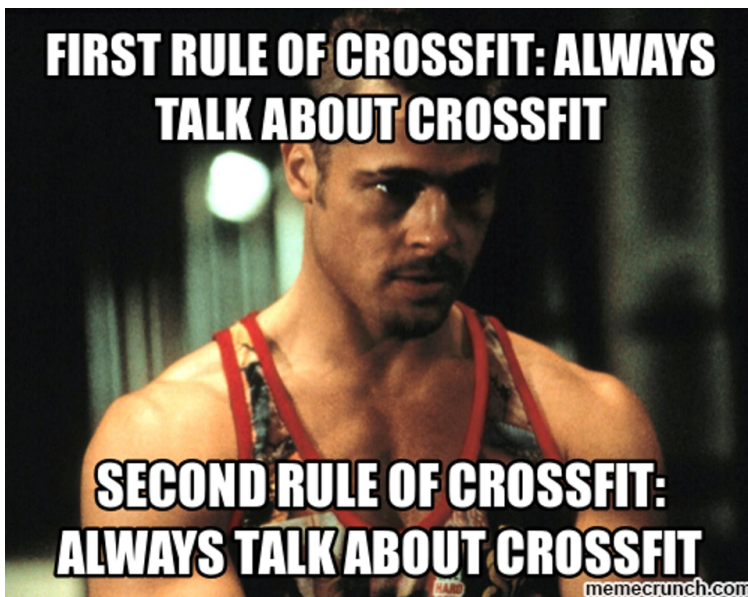
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The difference

Crossfit is not a specialized sport. In crossfit, you have workout of the day also known as WOD. The workout of the day can include different kinds of workout.

Athletes can be expected to lift weights, run, row and do Olympic lifts along with various other athletic activities. In bodybuilding, your workout tends to focus on one body part a day, 5-6 exercises, 3 sets per exercise with 10 repetitions minimum per set. After every set there is an interval of 60-80 seconds.

Crossfit's intensity is higher compared to bodybuilding. However, due to the high intensity, there is a higher chance of getting injured compared to bodybuilding. Also if you are looking to gain weight or muscle then crossfit is probably not your calling. But if fitness is your only goal and you want to be athlete who can run, lift, be a jack of all trades then go for it.

The verdict

If you are a beginner, then bodybuilding has to be your starting point. You need to have muscle strength and size for a tough and complex workout like crossfit. Bodybuilding will help you develop muscle strength and fitness initially.

Crossfit also involves complex lifts such as deadlift and squats, which might be too much for a beginner. Therefore it's better to master these lifts through bodybuilding. If you are a beginner then start with bodybuilding. And then move on to crossfit for total fitness. Crossfit works perfect as an advanced workout.

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