


Blog

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Blog

HOW FIT DO YOU NEED TO BE? PART 2: NUTRITION

Last week I started a topic that I am personally working through myself. How fit do you need to be? I introduced a little pyramid...

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Blog

HOW FIT DO YOU NEED TO BE?: PART 1

The next few blog posts are going to be my journey and thoughts on this topic. Some of it will be science, and most will...

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Blog

IT'S MORE THAN A GYM

Many believe this is just a place to get lean, drop some pounds of unwanted fat, or add some desired muscle. There is so much more...

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General

WHY ARE CROSSFIT GYMS SO EXPENSIVE?

I get it. Looking at \$189 per month for a gym membership seems outrageous. Especially when there are gyms

around that are \$10 per month. ...

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YOUR LOCAL BOV

Gym News

PLEASE SUPPORT YOUR LOCAL BOX BY COACH JESS

Double Edge Community, What is it? "The Support Your Local Box Fundraiser is a Welded event for the benefit of Welded affiliates around the globe who...

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Featured Athlete

CARL LONG

This week's Featured Athlete was chosen by Coach Derek! We're lucky to have you around and a part of our community. Thanks for being such an...

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Featured Athlete

KAELA DEPAOLI

This week's Member Monday was chosen by Coach Wes, keep killin' it Kaela! "My #DECFmonday goes to Kaela Depaoli! She consistently attends the 3:30PM class...

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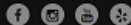
Featured Athlete

KIERSTEN BERRYMAN

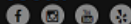
This week's Featured Athlete was chosen by Coach Kris. We're grateful to have Kiersten as part of the DE Community! Keep up the awesome work! "Kiersten...

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MIDTOWN



SOUTH



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