



CrossFit Takes South San Francisco By Storm

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Marvelous CrossFit, a business in Burlingame, CA, is happy to announce that CrossFit is becoming an increasingly popular fitness program, in South San Francisco and in other parts of the country. This is due in part to the amazing results it offers. In addition, it is such a varied and fun activity to take part in that more and more people are trying it out. Marvelous CrossFit wants to encourage those who have never tried it before to give it a shot.

"If you want to get fit and healthy in a fun and entertaining way, CrossFit is the way to do it," says Ranier Gadduang from Marvelous CrossFit. "This is not one of those sports that will bore you after a while. It is also not one of those hype workouts. It's a really varied fitness modality and it delivers amazing results."

CrossFit HQ has also recently completed the 2015 CrossFit Games Competition. To celebrate this and to encourage even more people to give the fitness program a try, Marvelous is offering a free CrossFit training session in a one to one format. This is a full session with one of their certified coaches and includes an introduction, a warm up, a mobility session, an exercise review, a WOD and a cool down. "WOD stands for Workout Of The Day - it's the part of CrossFit that you usually see or hear about," adds Ranier Gadduang. "It's typically performed in a circuit style format, where you move from one exercise to another with minimal or no rest in between. We'll give you a custom tailored WOD to meet your current fitness level and while we'll

encourage you to do your best, rest assured there will be no pressure to over-do it."

Marvelous CrossFit believes in building happier, healthier lives throughout the community. This is why all who join become members not just of the program, but of an entire community. They also encourage everyone to join them on Facebook, where they will be able to share their experiences and review the program and the facility as a whole. By working together, participants can achieve significant results in a fun and energetic way.

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For more information about Marvelous Performance, contact the company here:Marvelous PerformanceRanier Gadduang650-600-1623team@marvelousperformance.com1669 Bayshore HighwayBurlingame, CA 94010

Marvelous Performance

The Most Fun And Effective Workout Of Your Life. A World Class Training Facility, Expert Coaching, And Community Unlike Any Other. Guaranteed To Make You Grow Stronger, Faster, And Sexier Than Ever Before. No Egos Allowed - Just Good Vibes And High Fives.

Website: <http://www.marvelousperformance.com/>

Email: team@marvelousperformance.com

Phone: 650-600-1623

