IMPLEMENTATION OF A *CROSSFIT* ADAPTATION FUNCTIONAL TRAINING PROGRAM TO IMPROVE BALANCE AND LOWER EXTREMITY STRENGTH IN THE ELDERLY

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ABSTISSUE

Background:

CrossFit can be an innovative alternative for the elderly. Traditional strength training is well established in terms of safety and gradual load increase, while concerns have arisen about excessive fatigue or poor technique in modified *CrossFit,* especially for those with musculoskeletal or cardiovascular conditions. However, adapted and supervised *CrossFit* sessions have shown low injury rates and high satisfaction among the elderly. **Objective**: To increase knowledge among elderly and physiotherapy students about delivering an adapted *CrossFit* program for balance and muscle strength. **Method**: The IEC media used was a pocket book entitled "Implementation of a *CrossFit* Adapted Functional Training Program to Improve Lower Extremity Mobility and Strength in the Elderly." **Conclusion**: The pocket book entitled "Implementation of a *CrossFit* Adapted Functional Training Program to Improve Lower Extremity Mobility and Strength in the Elderly" was selected as a health education and promotion medium targeting parents/patients' families, physiotherapy practitioners, and physiotherapy students.

Keywords: older adults, *Crossfit,* fall risk, strength