

# "CrossFit's Dirty Little Secret" Rhabdomyolysis Article Critique [Unabridged] [Audible Audio Edition] By Trevor Clinger

By Trevor Clinger

## **Crossfit Pacific Coast | THE RHABDO POST -**

This is CrossFit's dirty little secret, So what the heck is Rhabdo? Per the NIH Rhabdomyolysis is the breakdown of muscle fibers resulting in the release of

<http://www.crossfitpacificcoast.com/2011/02/21/the-rhabdo-post-everyone-please-read>

## **www.amazon.de -**

Amazon.de Prime testen. Mein Amazon Angebote Gutscheine Verkaufen Hilfe. Alle Kategorien

<http://www.amazon.de/CrossFits-Little-Rhabdomyolysis-Article-Critique/dp/B00SXFKLNU>

## **CrossFit: Can the Popular Extreme Workout Be -**

Sep 25, 2013 titled "CrossFit's Dirty Little Secret" a course supervisor and spokesperson for CrossFit, says rhabdomyolysis Berger says one of CrossFit's

<http://abcnews.go.com/blogs/health/2013/09/26/crossfit-can-the-popular-extreme-workout-be-dangerous/>

## **Is Crossfit Going to Kill Me - YouTube -**

Sep 24, 2013 In this quick video I discuss the recent article about Crossfit's 'Dirty Little Secret' that has generated so much buzz and fear.

<http://www.youtube.com/watch?v=9I8Y5PEjW6o>

## **CrossFit's Dirty Little Secret | Outdoor Fitness -**

Everyone has an uncle they'd rather you not meet. Please allow me to introduce you to Uncle Rhabdo, CrossFit's unofficial and disturbing mascot. Uncle Rhabdo is a

<http://www.outdoor-fit.com/crossfit%E2%80%99s-dirty-little-secret>

## **RE: Rhabdomyolysis and CrossFit's Dirty Little -**

I recently read an article called CrossFit's Dirty Little Secret. I'd like to respond with some perspective on CrossFit's history with Rhabdomyolysis, ask

<http://www.tabatatimes.com/18498/>

## **CrossFit's Dirty Little Secret - Response - -**

CrossFit's Dirty Little Secret to write an article titled CrossFit's Dirty Little Secret. CrossFit linked to a potentially Rhabdomyolysis

<http://crossfittinate.com/crossfits-dirty-secret-response/>

## **How CrossFit can kill you - Health Zone -**

Sep 23, 2013 wrote a blog about CrossFit's dirty little secret M.D., suggests the best way to attack rhabdomyolysis is to prevent it from happening.

<http://blog.chron.com/healthzone/2013/09/how-crossfit-can-kill-you/>

## **Controversy surrounds Crossfit workouts - -**

Ronda Rousey, the world's top female mixed martial arts fighter, is also an emerging Crash Course: Ronda Rousey vs. Sara McMann. Enjoying the Olympics? Downhill

<http://femalemusclenews.com/in-the-news/us-canada/controversy-surrounds-crossfit-workouts/>

### **ScientiFIT | Where Science Meets Fitness -**

In a recent controversial article entitled, CrossFit's dirty little secret, Eric Robertson reports a case of Rhabdomyolysis (Rhabdo) and makes the claim that

<http://www.scientifit.com/rebuttaltorhabdo/>

### **Amazon.com: Customer Reviews: " CrossFit' s Dirty -**

Find helpful customer reviews and review ratings for "CrossFit's Dirty Little Secret" Rhabdomyolysis Article Critique at Amazon.com. Read honest and unbiased product

<http://www.amazon.com/CrossFits-Little-Rhabdomyolysis-Article-Critique/product-reviews/B00SYZIH8A>

### **My thoughts on the article Crossfit' s " Dirty -**

Rhabdomyolysis is rare, but it's to CrossFit's Dirty Little Secret than to point the finger solely at crossfit. Plus, it's not a secret when everyone

<http://crazyhealthyfit.com/2013/09/27/crossfits-dirty-little-secret-my-personal-opinion/>

### **Rhabdomyolysis News, Videos, Reviews and Gossip - -**

CrossFit's "dirty little secret" could kill you. Follow io9 Following; Related blogs; Earth & Space; Animals; Toybox

<http://io9.com/tag/rhabdomyolysis>

### **CrossFit Isn't Killing Us - Forbes -**

Apr 02, 2014 LAST DECEMBER, Outside Magazine pointedly raised a question that may have crossed the mind of many a curious exerciser:

<http://www.forbes.com/sites/rosspomeroy/2014/04/03/crossfit-isnt-killing-us/>

### **CrossFit' s Dirty Little Secret - Daily Health -**

Although this disease is very rare, it has become an epidemic among CrossFit enthusiasts. What Is Rhabdomyolysis? CrossFit's Dirty Little Secret. October 3, 2013.

<http://dailyhealthpost.com/crossfits-dirty-little-secret/>

### **Can CrossFit kill you? - Beaumont Enterprise -**

Oct 03, 2013 Eric Robertson, a professor of physical therapy at Regis University, wrote a blog about CrossFit's "dirty little secret": rhabdomyolysis. Rhabdomyolysis is

<http://www.beaumontenterprise.com/news/article/Can-CrossFit-kill-you-4869145.php>

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### **Affiliate Marketing: Learn About the Best Way for -**

zu verbessern, bieten wir Ihnen eine einfachere zu navigierende Seite an. Diese finden Sie unter der Web-Adresse [www.audible.de/access](http://www.audible.de/access).

<http://www.audible.de/pd/English-Business/Affiliate-Marketing-Learn-About-the-Best-Way-for-an-Online-Business-to-Generate-Additional-Revenue-Hoerbuch/B00SAF3F00>

### **Rhabdomyolysis - CrossFit South Bay | CrossFit | -**

Rhabdomyolysis or Rhabdo, or Maybe that would help put this dirty little secret into new classes, and what's going on at CrossFit South

<http://www.crossfitsouthbay.com/rhabdomyolysis/>

### **One Blogger' s Experiences With CrossFit and -**

Sep 30, 2013 By now, you may have heard about "CrossFit's Dirty Little Secret," an article by Eric Robertson that claims CrossFit is trying to shove rhabdo under the

<http://health.usnews.com/health-news/blogs/eat-run/2013/10/01/one-bloggers-experiences-with-crossfit-and-rhabdo>

### **RHABDO WHAT? - Crossfit Incendia - Peoria, AZ -**

Rhabdo is CrossFit's Dirty Little Secret; Rhabdomyolysis ( Rhabdo ) is the breakdown of muscle fibers that leads to the release of muscle fiber contents

<http://www.crossfitincendia.com/rhabdo-what/>

### **CrossFit and Rhabdomyolysis | Chris Garay -**

CrossFit's Dirty Little Secret CrossFit and Rhabdomyolysis. The first issue that we must address is the elephant in the room whenever you talk to

<http://chrisgaray.com/2013/09/23/crossfit-and-rhabdomyolysis/>

### **CrossFit's Dirty Little Secret Medium -**

CrossFit's Dirty Little Secret Everyone has an uncle they'd rather you not meet. Please allow me to introduce you to Uncle Rhabdomyolysis: As Told By CrossFit?

<https://medium.com/@ericrobertson/crossfits-dirty-little-secret-97bcce70356d>

### **The 10 Minute Six-Pack Ab Workout Routine Hrbuch -**

zu verbessern, bieten wir Ihnen eine einfacher zu navigierenden Seite an. Diese finden Sie unter der Web-Adresse [www.audible.de/access](http://www.audible.de/access).

<http://www.audible.de/pd/English-Health-Fitness/The-10-Minute-Six-Pack-Ab-Workout-Routine-Hoerbuch/B00UZORIII>

### **CrossFit's " dirty little secret" could kill you -**

Over at Medium, physical therapy professor Eric Robertson has written a fascinating piece about "exertional rhabdomyolysis" (a.k.a. "Rhabdo"), a devastating condition

<http://io9.com/crossfits-dirty-little-secret-could-kill-you-1370967333>

### **Controversy surrounds Crossfit workouts | FOX5 San -**

Controversy surrounds Crossfit in Denver revealed what he calls CrossFit's dirty little secret gotten rhabdomyolysis from doing CrossFit and I

<http://fox5sandiego.com/2013/09/26/crossfit-controversy/>

### **" CrossFit's Dirty Little Secret" Rhabdomyolysis -**

CrossFit has been expanding ever so rapidly in the past couple of years. I think it's necessary to analyze CrossFit from an alternative point of view.

<http://www.audible.com/pd/Health-Fitness/CrossFits-Dirty-Little-Secret-Rhabdomyolysis-Article-Critique-Audiobook/B00SXHLFDS>

### **" CrossFit's Dirty Little Secret" Rhabdomyolysis -**

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<http://www.amazon.co.uk/CrossFits-Rhabdomyolysis-Article-Critique-Unabridged/dp/B00SX7E85K>

### **CrossFit's Dirty Little Secret: A Rebuttal | -**

A recent article in Medium titled CrossFit's Dirty Little Secret Like the article notes, Most people who experience exertional rhabdomyolysis are very fit.

<http://www.deucegym.com/crossfits-dirty-little-secret-a-rebuttal/>

### **Crossfit's dirty little secret - Great artical -**

Topic: Crossfit's dirty little secret - Great artical (Read 4548 times) Coach is Back! Competitors Getbig V Rhabdomyolysis: As Told By CrossFit?

<http://www.getbig.com/boards/index.php?topic=494301.0>

**AutoAdmit.com - CrossFit' s dirty little secret -**

CrossFit's dirty little secret. CrossFit s unofficial and disturbing mascot. Rhabdomyolysis: As Told By CrossFit?  
[http://www.autoadmit.com/thread.php?thread\\_id=2367776&forum\\_id=2](http://www.autoadmit.com/thread.php?thread_id=2367776&forum_id=2)

**Is Rhabdo Really Crossfit' s " Dirty Little Secret -**

Short for Rhabdomyolysis. Can you get Rhabdo from Crossfit? That s the real dirty little secret . About the Author.

<http://www.thehealthyhomeeconomist.com/is-rhabdo-really-crossfits-dirty-little-secret/>

**Daily Dirt: CrossFit' s Dirty Secret, VA Trout -**

Daily Dirt: Crossfit s Dirty Secret, VA Trout Stocking Review, GA/SC Water Wars . 25 Sep 13. BY Jack Murray  
In: CrossFit s Dirty Little Secret: Rhabdomyolysis.

<http://www.blueridgeoutdoors.com/newswire/daily-dirt-crossfits-dirty-secret-va-trout-stocking-review-gasc-water-wars/>

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