Retraction and apology to CrossFit

by Richard Beddie and Exercise New Zealand

In 2014 the Chief Executive of Exercise NZ, Richard Beddie, gave an interview in which he stated that CrossFit had been responsible for six deaths overseas and had rendered an Australian man paraplegic; and suggested that CrossFit certification may not teach CrossFit trainers how to do exercise correctly.

Exercise NZ and Richard Beddie accept that CrossFit has not in fact been responsible for any such deaths or paraplegic injury; that there was no basis for those claims; and that the criticism of CrossFit trainers were unwarranted.

Exercise NZ and Richard Beddie retract those statements and apologize to CrossFit Inc. and to CrossFit trainers for making those statements.

Exercise NZ and Richard Beddie accept that CrossFit is a legitimate and effective training regime and is as safe as other similar forms of exercise or activity.