

**Supplementary Table S1.** Sociological survey questions and answers (translated from Armenian).

N	Question	Possible answers
1	Do you enjoy participating in training?	<ol style="list-style-type: none"> <li>1. Yes.</li> <li>2. No.</li> <li>3. Sometimes yes.</li> <li>4. Sometimes no.</li> <li>5. I find it difficult to answer.</li> </ol>
2	Which method do you prefer most during CrossFit- training (you can mention several options):	<ol style="list-style-type: none"> <li>1. Tabata.</li> <li>2. AMRAP.</li> <li>3. 21-15-9.</li> <li>4. WOD.</li> </ol>
3	What exercises do you most enjoy doing in CrossFit-training (you can mention several options):	<ol style="list-style-type: none"> <li>1. Push-ups.</li> <li>2. Squats.</li> <li>3. Sit-ups.</li> <li>4. Jumping exercises.</li> <li>5. Static exercises.</li> <li>6. Exercises with weight.</li> </ol>
4	What types of exercises do you prefer (you can mention several options):	<ol style="list-style-type: none"> <li>1. With your own body weight.</li> <li>2. With partner.</li> <li>3. With additional weights.</li> </ol>
5	Do you have bad feelings during CrossFit training?	<ol style="list-style-type: none"> <li>1. Yes.</li> <li>2. No.</li> <li>3. Rarely.</li> </ol>
6	If you have bad feelings during training, mention them (you can mention several options):	<ol style="list-style-type: none"> <li>1. Headache.</li> <li>2. Nausea.</li> <li>3. Dizziness.</li> <li>4. Weakness.</li> <li>5. Muscle cramps.</li> </ol>
7	During which trainings do you mostly have the above-mentioned complaints (you can mention several options):	<ol style="list-style-type: none"> <li>1. Tabata.</li> <li>2. AMRAP.</li> <li>3. 21-15-9.</li> <li>4. WOD.</li> <li>5. I have no complaints.</li> </ol>
8	Do you find it difficult to do CrossFit exercises?	<ol style="list-style-type: none"> <li>1. Yes, often.</li> <li>2. Not often.</li> <li>3. Sometimes.</li> <li>4. I don't find it difficult.</li> </ol>
9	What would you like to change in the content and performance of crossfit training (you can name 3 options):	<ol style="list-style-type: none"> <li>1. Increasing the variety of exercises.</li> <li>2. Increasing the number of repetitions.</li> <li>3. Reducing the number of repetitions.</li> <li>4. Increasing the duration of rest between exercises.</li> <li>5. Reducing the duration of rest between exercises.</li> <li>6. Nothing needs to be changed.</li> </ol>