Appendix A: Incidence rate per 1000 workout hours by competition status, sex, age group and workout frequency (days) (N = 3,049).

| Row Labels | Lower Bound | Higher Bound | IR Mean |
|------------|-------------|--------------|---------|
| **Non-competitors** | | | |
| Female | 1.78 | 0.42 | 1.10 |
| < 3 | 2.93 | 0.55 | 1.74 |
| < 25 | 4.21 | 0.61 | 2.41 |
| 25-29 | 1.36 | 0.28 | 0.82 |
| 30-34 | 2.42 | 0.39 | 1.41 |
| 35-39 | 4.29 | 0.87 | 2.58 |
| 40-44 | 2.86 | 0.41 | 1.64 |
| 45-49 | 3.61 | 0.65 | 2.13 |
| 50-54 | 3.08 | 0.73 | 1.91 |
| ≥55 | 1.57 | 0.46 | 1.02 |
| 3-5 | 1.22 | 0.35 | 0.79 |
| < 25 | 1.16 | 0.32 | 0.74 |
| 25-29 | 1.73 | 0.51 | 1.12 |
| 30-34 | 1.36 | 0.37 | 0.87 |
| 35-39 | 1.09 | 0.34 | 0.72 |
| 40-44 | 1.02 | 0.30 | 0.66 |
| 45-49 | 1.06 | 0.30 | 0.68 |
| 50-54 | 1.19 | 0.36 | 0.78 |
| ≥55 | 1.12 | 0.33 | 0.73 |
| > 5 | 1.20 | 0.36 | 0.78 |
| < 25 | 1.15 | 0.39 | 0.77 |
| 25-29 | 1.60 | 0.49 | 1.05 |
| 30-34 | 1.37 | 0.40 | 0.89 |
| 35-39 | 0.88 | 0.31 | 0.60 |
| 40-44 | 1.75 | 0.44 | 1.10 |
| 45-49 | 0.71 | 0.26 | 0.49 |
| 50-54 | 0.17 | 0.06 | 0.12 |
| ≥55 | 2.00 | 0.53 | 1.27 |
| **Male** | **2.00** | **0.49** | **1.24** |
| < 3 | 4.11 | 0.73 | 2.42 |
| 25-29 | 1.88 | 0.42 | 1.15 |
| 30-34 | 9.70 | 1.19 | 5.45 |
| Age Group | Competitors | Female |
|-----------|-------------|--------|
| < 3       | 2.21        | 0.47   | 1.34 |
| 25-29     | 1.78        | 0.47   | 1.13 |
| 30-34     | 3.33        | 0.58   | 1.96 |
| 35-39     | 1.97        | 0.48   | 1.23 |
| 40-44     | 1.18        | 0.28   | 0.73 |
| 45-49     | 3.08        | 0.58   | 1.83 |
| 50-54     | 1.25        | 0.40   | 0.83 |
| ≥55       | 2.86        | 0.53   | 1.70 |
| 3-5       | 0.88        | 0.30   | 0.59 |
| < 25      | 2.29        | 0.63   | 1.46 |
| 25-29     | 0.51        | 0.18   | 0.35 |
| 30-34     | 0.60        | 0.21   | 0.41 |
| 35-39     | 0.67        | 0.25   | 0.46 |
| 40-44     | 0.70        | 0.24   | 0.47 |
| 45-49     | 0.85        | 0.31   | 0.58 |
| 50-54     | 0.82        | 0.32   | 0.57 |
|          | < 25 | 25-34 | 35-39 | 40-44 | 45-49 | 50-54 | ≥55  |
|----------|------|-------|-------|-------|-------|-------|------|
| ≥55      | 0.63 | 0.24  | 0.44  |       |       |       |      |
| > 5      | 0.42 | 0.18  | 0.30  |       |       |       |      |
| < 25     | 0.54 | 0.19  | 0.37  |       |       |       |      |
| 25-29    | 0.41 | 0.15  | 0.28  |       |       |       |      |
| 30-34    | 0.52 | 0.22  | 0.37  |       |       |       |      |
| 35-39    | 0.43 | 0.18  | 0.31  |       |       |       |      |
| 40-44    | 0.63 | 0.27  | 0.45  |       |       |       |      |
| 45-49    | 0.41 | 0.19  | 0.30  |       |       |       |      |
| 50-54    | 0.35 | 0.15  | 0.25  |       |       |       |      |
| ≥55      | 0.09 | 0.05  | 0.07  |       |       |       |      |

**Male**

|          | < 3  | 3-5   | 5-15  | 15-25 | 25-34 | 35-39 | 45-49 | ≥55  |
|----------|------|-------|-------|-------|-------|-------|-------|------|
| < 3      | 3.38 | 1.31  | 1.38  | 0.85  |       |       |       |      |
| < 25     | 3.33 | 0.56  | 0.21  | 0.39  |       |       |       |      |
| 25-29    | 0.69 | 0.69  | 0.26  | 0.48  |       |       |       |      |
| 30-34    | 0.67 | 0.67  | 0.25  | 0.46  |       |       |       |      |
| 35-39    | 0.61 | 0.61  | 0.25  | 0.43  |       |       |       |      |
| 40-44    | 0.60 | 0.60  | 0.22  | 0.41  |       |       |       |      |
| 45-49    | 1.18 | 1.18  | 0.39  | 0.79  |       |       |       |      |
| 50-54    | 0.68 | 0.68  | 0.26  | 0.47  |       |       |       |      |
| ≥55      | 0.37 | 0.37  | 0.16  | 0.27  |       |       |       |      |
| > 5      | 0.37 | 0.37  | 0.14  | 0.26  |       |       |       |      |
| < 25     | 0.34 | 0.34  | 0.15  | 0.25  |       |       |       |      |
| 25-29    | 0.43 | 0.43  | 0.18  | 0.31  |       |       |       |      |
| 30-34    | 0.31 | 0.31  | 0.14  | 0.23  |       |       |       |      |
| 35-39    | 0.17 | 0.37  | 0.17  | 0.27  |       |       |       |      |
| 40-44    | 0.22 | 0.47  | 0.22  | 0.35  |       |       |       |      |
| 45-49    | 0.08 | 0.16  | 0.08  | 0.12  |       |       |       |      |
| 50-54    | 0.23 | 0.49  | 0.23  | 0.36  |       |       |       |      |
| ≥55      | 0.07 | 0.49  | 0.23  | 0.36  |       |       |       |      |

**Grand Total**

|          | 1.52 | 0.39  | 0.95  |
Table S1: Sensitivity Analysis related to (A) Length of participation, (B) number of weekly workouts, and (C) number of workouts per week

|                       | A               | 95% CI | B               | 95% CI | C               | 95% CI |
|-----------------------|-----------------|--------|-----------------|--------|-----------------|--------|
| (Intercept)           | 4.73            | 2.63   | 8.52            |        | 5.67            | 2.9    | 11.0            |        |
| Age (years)           | 0.99            | 0.98   | 1.00            |        | 0.99            | 1.00   | 1.00            |        |
| Male (vs. Female)     | 0.91            | 0.78   | 1.07            |        | 0.92            | 0.8    | 1.07            |        |
| BMI                   | 0.99            | 0.98   | 1.01            |        | 0.99            | 1.00   | 1.01            |        |
| Trains at a CrossFit affiliate (Yes vs. No) | 0.84            | 0.64   | 1.09            |        | 0.84            | 0.6    | 1.09            |        |
| Competition (Yes vs. No) | 1.06            | 0.89   | 1.28            |        | 1.14            | 1.00   | 1.34            |        |
| Participation Group (ref > 3 years) |                 |        |                 |        |                 |        |                 |        |
| < 1 years             | 1.25            | 0.98   | 1.61            |        |                 |        |                 |        |
| 1 – 3 years           | 0.94            | 0.78   | 1.12            |        |                 |        |                 |        |
| 3 > years             | 1.00            |        |                 |        |                 |        |                 |        |
| Workouts per week (ref +10 workouts) |                 |        |                 |        |                 |        |                 |        |
| 1 - 3 workouts per week |                 |        |                 |        |                 |        |                 |        |
| 4 - 6 workouts per week |                 |        |                 |        |                 |        |                 |        |
| 7 - 9 workouts per week |                 |        |                 |        |                 |        |                 |        |
| > 10 workouts per week |                 |        |                 |        | 0.98            | 0.60   | 1.49            |        |
| Training days per week (ref > 5 days) |                 |        |                 |        | 0.86            | 0.60   | 1.25            |        |
| < 3                   |                 |        |                 |        | 0.84            | 0.60   | 1.28            |        |
| 3 – 5                 |                 |        |                 |        | 1.00            |        |                 |        |
| > 5 days              |                 |        |                 |        |                 |        |                 |        |
| AIC                   | 3744            |        | 3750            |        | 3749            |        |

* CI = confidence interval; OR = odds ratio; AIC = Akaike Information Criterion.