

Download Crossfit Level 1 Training Study Guide

V8.4-20190409KW 3 CrossFit Level 1 Certificate Course Participant Handbook version 8.4 (continued) 1
OVERVIEW 1.1 ABOUT CROSSFIT CrossFit is an international corporation dedicated to improving health through nutrition and exercise. CrossFit programming is decentralized, but its general methodology is used by thousands of private affiliated gyms, fire departments, law-enforcement agencies, and military organizations, including the Royal Danish Life Guards, as well as by some U.S. and Canadian high-school physical-education teachers, high-school and college sports teams, and the Miami Marlins. A review of my CrossFit Level 1 Seminar at CrossFit Mayhem in Cookeville, TN. Hey Courtney!! loved your post! I'm taking L1C this weekend and am kinda freaking out about the test. 3 of 83 Copyright 2018 © CrossFit, Inc. All Rights Reserved. V4.5-20180813KW L2 Certificate Course Training Guide PREPARATION FOR THE COURSE A large focus of this

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