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CrossFit Level 1 Training guide by Greg GlassmanCERTIFIED CROSSFIT LEVEL 3 TRAINER. The Certified CrossFit Level 3 Trainer credential is a CrossFit-specific designation for those who have completed the Level 1 and Level 2 Certificate Courses and then successfully passed the CCFT examination. This credential is for the experienced individual seeking to demonstrate a higher level of CrossFit ...CrossFit | CertificationsThe foundational CrossFit resource. © 2019 CrossFit, Inc. CrossFit, Forging Elite Fitness, 3...2...1...Go!, Fittest on Earth and Sport of Fitness are trademarks of ...Article - CrossFit: Forging Elite FitnessThis Guide is designed to be used in conjunction with our CrossFit Level 1 Trainer Course to help you develop your training knowledge and skills, and to help you prepare for the Level 1 Trainer Test. This is an essential, not an exhaustive resource.

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Content outline - CrossFit

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What to Expect from the CrossFit Level 1 Certificate Course

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Study material is provided to help prepare candidates for the Certified CrossFit Trainer examination. While this study material is extensive, it is not exhaustive. ... CrossFit Level 1 Training Guide. D1 , D2 , D3, D4, D5, D6. ALL DOMAINS ... MD from CrossFit Flagstaff, is a presenter at various CrossFit Level 1 seminars. He's also an ER doc.

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[Crossfit Level 1 Study Guide](#)

It's recommended that you study the CrossFit Training Guide before your Level 1 Course so that you have a good base knowledge of the principles of CrossFit and the information you will be presented with in the course and so that you are prepared for the test. This guide is available for download on the page I linked to above for anyone that is interested.

CrossFit Level 1 Training guide by Greg Glassman

CrossFit Level 1 Study Sheet 1. CrossFit

- Constantly Varied Functional

Movements executed at a High Intensity-Constantly Varied - General Physical Preparedness (GPP) is a term used to describe the generalized basequalities of an athlete.