

Crossfit Level 1 Training Guide

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Having recently completed the CrossFit Level 1 As far as preparation for the course is concerned my only study material was the CrossFit Training Guide,

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The CrossFit Training Guide is a collection of CrossFit Journal articles written since 2002 primarily by CrossFit CEO and founder Coach Greg Glassman (Coach

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Lectures. The lectures, although well-delivered, were disappointing at best. I read the CrossFit Training Guide twice before coming to the cert, and almost all the

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It s recommended that you study the CrossFit Training Guide before your Level 1 Course so that you Here is where I had some issues with the CrossFit Level 1

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Because you one day would like to coach CrossFit or simply to better your understanding of this new sport, here is a link for the training guide.

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