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CrossFit | Home

the CrossFit community. Regardless of starting age, work capacity across broad time and modal domains can be improved. The CrossFit Games provide compelling evidence that despite getting older, masters athletes get stronger and fitter. The age-fitness paradigm is changing as a result of better data, and as CrossFit trainers, we have every reason to

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MASTERS TRAINING GUIDE -

CrossFit

CrossFit's bold positions on health and fitness have brought us into conflict with the entrenched interests of the fitness, nutrition, and food and beverage industries. These entities have launched and funded numerous efforts to restrain and regulate CrossFit affiliates. They have engaged in repeated scientific misconduct and fraud, lobbied for legislation that would criminalize the daily ...

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CrossFit Level 2 Certificate Course. The Level 2 builds upon the Level 1 Certificate Course and is designed for any CrossFit trainer who wants to refine their coaching skills and acquire a deeper understanding of CrossFit methodology and its practical application as a trainer, including program design, lesson planning, and implementation.

CrossFit | Certificate Courses

This is your classic WOD class and the cornerstone of the schedule at CrossFit London. Each session starts with a targeted warm-up, followed by a skill and/or

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