

CrossFit L3/CCFT Study Guide 2024 with Complete Solutions

Define CrossFit - Answer- constantly varied, high intensity, functional movement

Characteristics of functional movement - Answer- natural

universal motor recruitment patterns

essential

safe

compound yet irreducible

core to extremity

high power producing

Calculate Work and Plot Graph of work capacity - Answer- force x distance

graph:

vertical axis = power

horizontal axis = time

Define and calculate power - Answer- the time rate of doing work

force X distance/time

Define General Physical Preparedness - Answer- any training period devoted to the general development of (but not limited to) conditioning, power, strength, skill, flexibility, endurance, and the other 10 domains of fitness

10 Fitness Domains - Answer- Cardiovascular and Respiratory endurance

Crossfit Level Study Guide

LP Steffe



Crossfit Level Study Guide:

Decoding **Crossfit Level Study Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Crossfit Level Study Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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