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conforms to a content
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analysis of CrossFit
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within it that are
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Content Outline and
provides a Reference
List that will help
prepare candidates
for the exam. USING
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OUTLINE

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development. In

addition to entry-level courses such as the

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Course, intermediate-

level courses such as

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Training Guide ” and
the “ Level 2
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Such as the Level 1 Certificate Course , intermediate-level courses such as the Level 2 Certificate Course, and age-specific courses such as the CrossFit Kids Certificate Course .

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permanent residence
in locations where
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offerings have
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practice and work on
their coaching
abilities in real time.
The course includes
sections called
“ Practical
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minimum of 50 hours training others using the CrossFit methodology before attending a Level 2 Course. Online course work such as Scaling, Spot the Flaw, and Lesson Planning can help students prepare and gain confidence for the practical sessions.

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to help prepare
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While this study
material is extensive,
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The CrossFit Training
Guide is a collection

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of CrossFit Journal
articles written over
the last 10 years
primarily by Coach
Greg Glassman on the
foundational
movements and
concepts that
comprise the CrossFit
methodology. This
guide is designed to
be used in
conjunction with our
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help you develop
your training
knowledge and skills,
and to help you
prepare for the Level
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Article - CrossFit:
Forging Elite Fitness
Each CrossFit
workout is
guaranteed to make

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you sweat, whilst also preparing you for movements that you perform in your day-to-day life (functional movements), such as carrying groceries or picking up your child. One thing that really sets CrossFit Central apart from many of the many other gyms in central Manchester is its focus on

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essential resource for
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interested in
improving health and
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primarily by CrossFit
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Glassman beginning
in 2002, this bible of
functional training
explains exactly how
CrossFit movements
and methodologies
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movements
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goals. Movements covered in detail with full-color photos and learning progressions: Squat, front squat, overhead squat, press, push press, jerk, deadlift, sumo deadlift high pull, medicine-ball clean, snatch, GHD sit-up, hip and back extension, pull-up, thruster, muscle-up,

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snatch. Supported by decades of research, this manual contains a detailed lifestyle plan that has been used by both coaches and individuals to: Gain muscle and improve bone density. Lose fat. Improve body composition. Improve and optimize nutrition. Lower blood

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pressure.Reduce
symptoms of chronic
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strength and
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performance and
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performance.Improve
performance in
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injury. Improve each
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endurance, stamina,
strength, flexibility,
power, speed,
coordination, agility,
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This guide is designed
for use in conjunction
with the two-day
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Trainer Course that is a prerequisite to opening a CrossFit affiliate, but this guide can also be used as a standalone resource by coaches and fitness enthusiasts alike. The ?CrossFit Level 1 Training Guide? is the key to a lifetime of health and fitness.

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The CrossFit Level 1 Training Guide is an essential resource for anyone seeking to understand the CrossFit methodology and foundational movements. This compendium of articles, written over the last two decades primarily by Coach Greg Glassman, may be used to support

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training venture that
seeks to forge a
broad, general, and
inclusive
fitness. Readers will
find proven teaching
progressions, detailed
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with clients of any
level. Readers will
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movements - the
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press, push press, jerk, deadlift, sumo deadlift high pull, and medicine-ball clean - are covered in detail with full-color photos and learning progressions.

Progressions for the snatch, GHD sit-up, hip and back extension, pull-up, thruster, and muscle-

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as are
recommendations for
improving CrossFit's
10 general physical
skills: cardiovascular/
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two-day CrossFit Level 1 Certificate Course that is a prerequisite to opening a CrossFit affiliate, but the guide can also be used as a standalone resource for coaches, fitness enthusiasts, and individuals seeking to improve their own health. The CrossFit Level 1 Training

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Guide is the key to a lifetime of health and fitness.

The certified nutrition consultant and creator of the popular Carrots 'N' Cake daily blog outlines innovative and fun dieting methods that do not rely on restrictive practices, sharing accessible

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core exercises and
detail the necessary
preparation and
movement. Other
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broad introduction to
the field of personal
training, covering
both basic science
topics and practical
application. It was

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Originally designed to help people prepare for the ACSM

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help readers begin
transforming their
bodies.

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Corrective Exercise
Training introduces
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Professional to

NASM's proprietary

Corrective Exercise

Continuum, a system

of training that uses

corrective exercise

strategies to help

improve muscle

imbalances and

movement efficiency

to decrease the risk of

injury. This textbook

includes several new

chapters that were

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not included in
NASM's previous
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materials, including
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corrective exercise
training, assessments
of health risk, static
postural assessments,
range of motion
assessments, and
strength assessments
(manual muscle
testing) as well as

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dynamic movements
included in the text.

These, along with
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strategies for
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impairments seen in
each segment of the
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the premier resource
for learning and
applying NASM's
systematic approach

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lose weight for good.
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intermittent fasting
for lasting weight loss
Understand the

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gain, obesity, and
insulin resistance

Enjoy an easy and
delicious low carb,
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calorie counting, yoyo
diets, and excessive
exercise for good
Everything you
believe about how to
lose weight is wrong.
Weight gain and
obesity are driven by

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hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting,

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sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

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The flagship title of the certification suite from the American College of Sports Medicine, ACSM's Guidelines for Exercise Testing and Prescription is a handbook that delivers scientifically based standards on exercise testing and prescription to the certification

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Candidate, the professional, and the student. The 9th edition focuses on evidence-based recommendations that reflect the latest research and clinical information. This manual is an essential resource for any health/fitness and clinical exercise professional,

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physician, nurse,
physician assistant,
physical and
occupational
therapist, dietician,
and health care
administrator. This
manual give succinct
summaries of
recommended
procedures for
exercise testing and
exercise prescription
in healthy and

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diseased patients.

Study Guide

A concise study guide that highlights the key concepts required to pass the American Council on Exercise (ACE) CPT Exam to become a certified personal trainer. The content in this study guide is presented in an easy to read format that helps to

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study guide is

organized in the
following four
performance

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Domain III: Program

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