

Crossfit Level 1 exam review

Define CrossFit - ANS A core strengthening program made up of constantly varied high intensity functional movements.

Articulate Characteristics of functional movements: Natural - ANS They are natural, effective, & efficient locomotor of body & external objects; most important they move large loads over long distances quickly;

Articulate Characteristics of functional movements: Universal Motor Recruitment Patterns - ANS universal motor recruitment patterns: movements that mimic motor recruitment patterns found in everyday life

Articulate Characteristics of functional movements: Essential - ANS universal motor recruitment patterns: essential because the soundness & efficacy of functional movements are so profound that exercising without them is by comparison a colossal waste of time

Safe - ANS Functional movements are safe because they are mechanically sound

Crossfit Level 1 Certification Study Guide Review

D Kirk



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