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# Crossfit Level 3 Trainer Test

**1. 4 Crossfit Operational Models:** 1. 10 Fitness Domains or types of adaptations

2. Performance of athletic tasks

3. Energy systems

4. Sickness-Wellness-Fitness Continuum

**2. 10 Fitness Domains or types of adaptations:** 1. Cardio

Vascular/respiratory endurance

2. Stamina

3. Strength

4. Flexibility

5. Power

6. Speed

7. Coordination

8. Agility

9. Balance

10. Accuracy

# Crossfit Level Test Study Guide

**LM Reder**



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