

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 Test Study Guide

Léo Pomar



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