

Crossfit L1 Español (Pag 1-20) Crossfit

Exam Questions and Answers

Definición genérica del Crossfit - Answer- "movimiento funcional con constante variación y ejecutado a alta intensidad".

¿Que son Moviminetos Funcionales? - Answer- son patrones universales de activación motriz; se realizan en una onda de contracción desde el centro a las extremidades; son movimientos compuestos, es decir, de múltiples articulaciones.

Aspecto mas importante de los movimientos Funcionales - Answer- capacidad de mover grandes cargas en largas distancias, y hacerlo de forma rápida

A que se le puede llamar el deporte del Fitness? - Answer- Crossfit

Cual es el resultado del Crossfit? - Answer- Aumentar la capacidad de trabajo a través de amplios dominios de tiempo y modalidades

Cuales son los 10 dominios reconocidos del Fitness? - Answer- Resistencia cardiovascular y respiratoria, resistencia (estamina), fuerza, flexibilidad, potencia, velocidad, coordinación, agilidad, equilibrio y precisión.

El programa de Crossfit permite... - Answer- maximizar la respuesta neuroendócrina, desarrollar potencia, realizar entrenamiento combinado o interdisciplinario con múltiples

Cf L1 Study Guide

Esa Itkonen



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