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

realizar 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

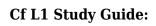
Cual es el resultado del Crossfit? - Answer- Aumentar la capacidad de trabajo a través de amplios dominios de tiempo y modalidades

Cuales son los 10 dominios reconocidos del Fitness? - Answer- Resistencia cardiovascular y respiratoria, resistencia (estámina), 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

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