
CrossFit Level 1 Trainer Test

Define CrossFit - answer constantly varied functional movement executed at high intensity.

Characteristics of Functional Movements: - answer 1. Natural
2. UMRP: Universal motor recruitment pattern. (found everywhere)
3. Essential: for quality of life, living independently, to do everyday things.
4. Safe
5. Compound yet irreducible (multiple joints)
6. Core to extremity.

Define and Calculate Work: - answer The ability to perform real physical work as measured by; force x distance

Define and Calculate Power: - answer The time rate of doing work; intensity; force x distance./time

Functional Movements;
large loads-- force
long distances-- distance(or reps)
quickly--time

Intensity - answer Power; is the independent variable most commonly associated with maximizing the rate or return . The greater/higher the intensity the better the results.

Most important characteristic of functional movements - answer Their capacity to move large loads over a long distances, quickly.

Crossfit Methodology - answer Safety, efficacy and efficiency most important facets to elevate fitness can be supported by measurable, observable and repeatable data. "Evidence based"

Constantly Varied: - answer Exposure to a program that is broad general and inclusive.

Factors to vary;

1. loads
2. distance
3. time
- 4 equipment.

Being prepared for the unknown and unknowable.

Crossfit Certification Test Study Guide

LM Reder



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