

Crossfit Level 1 Trainer Test

Define CrossFit

constantly varied functional movement executed at high intensity.

Characteristics of Functional Movements:

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:

The ability to perform real physical work as measured by: force x distance

Define and Calculate Power:

The time rate of doing work; intensity; force x distance./time

Functional Movements:

large loads-- force

long distances-- distance(or reps)

quickly--time

Intensity

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

Their capacity to move large loads over a long distances, quickly.

Crossfit Methodology

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

Constantly Varied:

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.

What is GPP and it's definition:

General Physical Preparedness: Being prepared to run and weightlift better than someone who only runs or only weightlift.

Ex: broad, general and inclusive and variance creates this general condition which prepares you for the unknown.

Failing at the margins of your experience relating to variance in CF

Constant variance prepares you at your margins of experience to prevent failure at margins of experience

Specialization vs CrossFit

Crossfit Level 1 Test

Terry C. Jones

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Terry C. Jones.

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